



Life Lessons from Jonah

June 08, 2025

What to do when it feels hopeless?

Speaker: Pastor Jason

Main scripture: Jonah 1:17-2:10

Proverbs 13:12 “hope deferred makes the heart sick...”

What to do when it feels hopeless?

However desperate a person's situation is, God listens to prayer and can bring deliverance.

1. Pray Prayers of _____ (Jonah 2:2)

Jonah 2:2 ““I cried out to the Lord in my great trouble, and he answered me. I called to you from the land of the dead, and Lord, you heard me!”

Psalms 34:4-5

Psalms 34:17-20

2. Pray Prayers of _____ (Jonah 2:4, 7)

Then I said, ‘O Lord, you have driven me from your presence. **Yet I will** look once more toward your holy Temple.’[...] **As my life** was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple. (**Jonah 2:4, 7**)

Repentance comes from the Greek word Metanoia which means change in perspective.

Romans 12:2 “Do not be conformed by the patterns of this world but be transformed by the renewing of your mind”.

God often won't bring deliverance for us until he delivers you from your mindset.

Remember: If you aren't repenting you are not growing.

Jonah 2:9 “But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the Lord alone.”

Notes: