

Projection Notes
Jonah 2 – “What Goes Down Must Come Up”
June 11, 2023

¹ From inside the fish Jonah prayed to the Lord his God. ² He said: “In my distress I called to the Lord, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry. ³ You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. ⁴ I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’ ⁵ The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. ⁶ To the roots of the mountains I sank down; the earth beneath barred me in forever. But you, Lord my God, brought my life up from the pit. ⁷ “When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. ⁸ “Those who cling to worthless idols turn away from God’s love for them. ⁹ But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, ‘Salvation comes from the Lord.’” ¹⁰ And the Lord commanded the fish, and it vomited Jonah onto dry land.

1. Sin does _____

2. Prayer is not just a _____

3. _____ is alive in _____

4. A _____ isn't the goal