



Gastric Prayers (Jonah 2:1-10)

From the Fish's Belly...

"Then Jonah prayed to the Lord his God from the fish's belly. And he said: "I cried out to the Lord **because of my affliction, And He answered me. **"Out of the belly of Sheol I cried**, And You heard my voice. For **You cast me into the deep, Into the heart of the seas**, And the **floods surrounded me**; All **Your billows and Your waves passed over me**. Then I said, 'I have been cast out of Your sight; **Yet I will look again toward Your holy temple.**' The waters surrounded me, even to my soul; The deep closed around me; **Weeds were wrapped around my head**. I went down to the moorings of the mountains; The earth with its bars closed behind me forever; **Yet You have brought up my life from the pit**, O Lord, my God. **"When my soul fainted within me, I remembered the Lord**; And my prayer went up to You, Into Your holy temple. "Those who regard worthless idols Forsake their own Mercy. But **I will sacrifice to You With the voice of thanksgiving; I will pay what I have vowed**. Salvation is of the Lord." So the Lord spoke to the fish, and it vomited Jonah onto dry land."** Jonah 2:1-10 NKJV

Jonah 2:1-10

- ☑ “Then **Jonah prayed to the Lord** his God from the fish’s belly.”

Jonah 2:1 NKJV

- ☑ **It all began like this...**

- ☑ ““**Arise, go to Nineveh...**” But Jonah arose **to flee** to Tarshish **from the presence of the Lord**. He **went down to Joppa**, and **found a ship** going to Tarshish; so he **paid the fare**, and went down into it, to go with them to Tarshish from the presence of the Lord.” Jonah 1:2-3 NKJV

- ☑ **First Degree Rebellion:** this is premeditated disobedience. This is sin with forethought. God told me to do this and I hatch an elaborate scheme to do the OPPOSITE! He goes to the port; finds a ship going in the opposite direction; and buys a ticket to get on board! This is premeditated willful sin!

- ☑ **Outcome:** “The Lord had **prepared a great fish to swallow Jonah**. And **Jonah was in the belly of the fish** three days and three nights.” Jonah 1:17 NKJV

- ☑ **When your attempts to flee from God’s presence fail...**

- ☑ **Prayer:** what you discover when realizing that running from the Lord is not possible!

☑ **Old Testament Proof:** *“Where can I go from Your Spirit? Or **where can I flee from Your presence?** If I ascend into heaven, **You are there;** If I make my bed in hell, behold, **You are there.** If I take the wings of the morning, And dwell in the **uttermost parts of the sea,** Even there Your hand shall lead me, And Your right hand shall hold me.”* Psalms 139:7-10 NKJV

☑ **New Testament Proof:** *“And there is **no creature hidden from His sight,** but **all** things are naked and open to the eyes of Him to whom we **must give account.**”* Hebrews 4:13 NKJV

☑ *“And he said: “I cried out to the Lord **because of my affliction,** And He answered me. “Out of the belly of Sheol I cried, And You heard my voice.”* Jonah 2:2 NKJV

☑ **My affliction?**

☑ **Reality Check:** “Earth to Jonah...” you caused this mess. This is all on you! You are acting a like a victim! The real takeaway here is this: You have NOWHERE else to hide or run, and NO ONE else to help, and you realize that Yahweh is the answer, and always has been the ONLY answer. But what is even more outrageous is when you recognize that Yahweh is ALSO gracious and merciful

beyond anything you can measure, understand or even imagine!

- ☑ Because anything less than a God who has perfect patience and is willing to forgive us and give us a complete do-over, even in the midst of immeasurable rebellion and disrespect of His authority, would have landed Jonah, not in the belly of some accommodating fish, but in the mouth of a massive shark with fourteen rows of razor-sharp teeth! You feel me?

- ☑ I know this...Jonah is fortunate I am not God, because I don't think you can pray after you've been chewed into pieces!



- ☑ *"For **You cast me into the deep**, Into the heart of the seas, And the floods surrounded me; All Your billows and Your waves passed over me."* Jonah 2:3 NKJV

- ☑ **Revisionist History!**

- ☑ Yahweh cast him into the ocean? *"And **he said** to them, **"Pick me up and throw me into the sea**; then the sea will become calm for you. For **I know that this great tempest is because of me**."* Jonah 1:12 NKJV

- ☑ **Whose idea was this?** This was NOT Yahweh's idea. This was Jonah's idea. Of course, Yahweh would have

preferred Jonah had gone to Nineveh straight away after he received his instructions... Absent that decision, the next best choice would have simply been to turn the boat around immediately upon his full confession that this whole debacle was *“because of me!”*

☑ **Peter did the same thing...**

- ☑ **Whose idea was this?** Jonah acts like God threw him in the raging ocean...no, no! It was Jonah's idea. Just like it was Peter's idea to get into the raging sea!

☑ *“And Peter answered Him and said, “Lord, if it is You, **command me to come to You on the water.**” So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus.”*

Matthew 14:28-29 NKJV

- ☑ Yahweh did not force Jonah to jump, but He did orchestrate the storm!

☑ *“But **the Lord sent out a great wind on the sea, and there was a mighty tempest on the sea, so that the ship was about to be broken up.**” Jonah 1:4 NKJV*

- ☑ It's seems Y'shua did the same! He prayed for a great wind...

- ☑ *“Immediately Jesus **made His disciples get into the boat** and go before Him to the other side, while He sent the multitudes away. And when He had sent the multitudes away, **He went up on the mountain by Himself to pray.** Now when evening came, He was alone there.”*

Matthew 14:22-23 NKJV

- ☑ **But notice the critical difference...**

- ☑ The storm ceased when Jonah got in the water, then they worship Yahweh!

- ☑ *“So **they picked up Jonah and threw him into the sea, and the sea ceased from its raging.** Then **the men feared the Lord exceedingly, and offered a sacrifice to the Lord and took vows.**”* Jonah 1:15-16 NKJV

- ☑ However, the storm got worse when Peter entered the water!

- ☑ *“**But when he saw that the wind was boisterous, he was afraid;** and beginning to sink he cried out, saying, “Lord, save me!””* Matthew 14:30 NKJV

- ☑ It was not until they got back in the boat that the storm ceased... and then they worshiped Y’shua!

- ☑ *“And **when they got into the boat, the wind ceased.** Then those who were in the boat came **and***

worshiped Him, saying, “Truly You are the Son of God.”” Matthew 14:32-33 NKJV

☑ See: [All That Will Be Already Is!](#)

☑ “Then I said, ‘**I have been cast out** of Your sight; Yet I will look again toward Your holy temple.’” Jonah 2:4 NKJV

☑ **A pattern of self-deception...**

☑ He was NOT cast out—he was running from God! “**But Jonah arose to flee** to Tarshish from the presence of the Lord...” Jonah 1:3 NKJV

☑ “The **waters surrounded me**, even to my soul; The deep closed around me; **Weeds** were wrapped around my head.” Jonah 2:5 NKJV

☑ **A pattern of self-deception...**

☑ Jonah was not in the water for more than a split second. The storm stopped the moment he hit the water! “So they picked up Jonah and **threw him into the sea, and the sea ceased from its raging.**” Jonah 1:15 NKJV

☑ So, what is he talking about—“The waters surrounded me...” It’s all self-deception drama. The weeds were in his head not around his head!

☑ **“Weeds were wrapped around my head.”**

- ☑ This is exactly what it feels like when the cares of the world choke out God's voice!
- ☑ “Now **he who received seed among the thorns** [thistle and weeds] is he who hears the word, and **the cares of this world** and the deceitfulness of riches **choke the word**, and he becomes unfruitful.” Matthew 13:22 NKJV
- ☑ “I went down to the moorings of the mountains; The earth with its bars closed behind me forever; **Yet You have brought up my life from the pit**, O Lord, my God.” Jonah 2:6 NKJV
- ☑ **I was completely buried in my sin and rebellion!**
- ☑ This is what it feels like to be trapped in your sin. And quite frankly, it is even worse when you have piled layers upon layers of self-deception on top of your sin.
- ☑ This is why Jonah jumped in the water—yes, he was aware of his sin and rebellion, but he was still completely clueless about what to do about it. He was not repenting (T'shuvah—turning toward God). He was still running from God! Otherwise he would have turned back toward Nineveh.

- ☑ It did not get better just because the storm ceased the moment he hit water. The ocean calmed for the benefit of the “innocent” men remaining in the boat!
- ☑ Jonah’s sin simply took a different turn. He just got swallowed up in the next chapter of the saga! You can run, but you cannot hide! God’s will WILL be done!
- ☑ **I want you to see and hear these word of Paul with Jonah in mind. It will explode with new meaning!**
- ☑ God works in you both **to will** and **to do for His good pleasure**. So why fight it!
- ☑ *“that at the name of Jesus **every knee should bow**, of those in heaven, and of those on earth, and of those under the earth, **and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father. Therefore**, my beloved, as you have always **obeyed**, not as in my presence only, but now much more in my absence, **work out your own salvation** with fear and trembling; for it is God who works in you both to will and to do for His good pleasure. Do all things **without complaining and disputing**, that you may become **blameless and harmless**, children of God **without fault in the midst of a crooked and perverse generation**,*

among whom ***you shine as lights in the world,***

Philippians 2:10-15 NKJV

☑ Emphasis:

- ☑ Everyone will eventually submit to God (willingly or unwillingly).
- ☑ You might as well obey even when you think He's not looking! (Note to self: He's ALWAYS looking!)
- ☑ Much of your well-being here on earth is up to you. Your everyday choices make a huge difference.
- ☑ In the end—God's plans will be accomplished with or without your willingness.
- ☑ So, you might as well be willing and do so without complaining.
- ☑ Besides, there is a dark world out there and they need to see the light of God, and someone has to show them!
- ☑ Paul learned his lesson on the road to Damascus!
- ☑ *"Then he fell to the ground, and **heard a voice** saying to him, "Saul, Saul, **why are you persecuting Me?**" And he said, "Who are You, Lord?" Then the Lord said, "I am Jesus, whom you are persecuting. **It is hard for you to kick against the goads** [the sharp cattle prod that moves*

an animal in a direction it would rather not go].”” Acts 9:4-5 NKJV

- ☑ He was hand-selected and then involuntarily assigned a commission—like Jonah!
- ☑ *“So he, trembling and astonished, said, **“Lord, what do You want me to do?”** Then the Lord said to him, **“Arise and go** into the city, and you will be told what you must do.”” Acts 9:6 NKJV*
- ☑ Paul chose wisely and went to his assigned city...
- ☑ *“Then Saul arose from the ground, and when his eyes were opened he saw no one. But **they led him by the hand and brought him into Damascus.** And he was **three days** without sight, and neither ate nor drank.”*
Acts 9:8-9 NKJV
- ☑ Three days later, with no sight and no food! And then his eyes were opened!
- ☑ *“And Ananias went his way and entered the house; and laying his hands on him he said, “Brother Saul, the Lord Jesus, who appeared to you on the road as you came, **has sent me that you may receive your sight and be filled with the Holy Spirit.**” Immediately **there fell from his eyes something like scales, and he***

received his sight at once; and he arose and was baptized.” Acts 9:17-18 NKJV

- ☑ Unlike Jonah who bolted in the other direction,
- ☑ *““Arise, go to Nineveh...” But Jonah arose **to flee** to Tarshish **from the presence of the Lord.** ” Jonah 1:2*
- ☑ And he had a completely different three-day experience!
- ☑ *“The Lord had **prepared a great fish to swallow Jonah.** And **Jonah was in the belly of the fish** three days and three nights.” Jonah 1:17 NKJV*

- ☑ *““When **my soul fainted within me, I remembered the Lord;** And my prayer went up to You, Into Your holy temple. **“Those who regard worthless idols Forsake their own Mercy. But I will sacrifice to You With the voice of **thanksgiving; I will pay what I have vowed.**** Salvation is of the Lord.”” Jonah 2:7-9 NKJV*

- ☑ **I will pay what I have vowed!**

- ☑ All these prayers—all this self-deception—is leading to one place.
- ☑ *“Yahweh is working all things in you both to will and to do His good pleasure.” Philippians 2:13*

- ☑ In other words, He was waiting until Jonah came to the end of himself (after three days in the grave) and would finally confess! *"I will pay what I have vowed."*
- ☑ And then...
- ☑ *"So **the Lord spoke to the fish**, and it vomited Jonah onto dry land."* Jonah 2:10 NKJV
- ☑ **Where might have the Lord deposited Jonah!**
- ☑ *"The word of the Lord came **to Jonah the second time**, saying, **"Arise, go to Nineveh...** and preach to it the message that I tell you." So **Jonah arose and went to Nineveh, according to the word of the Lord....**"* Jonah 3:1-3 NKJV
- ☑ **Second chances...**
- ☑ Next time we meet, Jonah gets a do over!

NEXT TEACHING

Do Over! (Jonah 3:1-10)