



The prophet Jonah refused to obey the Lord, fleeing from God's _____ in an entirely different direction. This act of direct disobedience landed Jonah in some very unusual and difficult life circumstances and ultimately into the belly of Hell (v. 6). It was there that Jonah cried out to God and repented of his sins causing God to bring him back onto dry land and to his mission. It is nearly impossible to return from the Hell inside the earth, but it is possible to return from hell-like circumstances God allows in our lives when we flee Him in rebellion (Ps. 18:5; 116:3; Matt. 23:15). Today we will explore how Jonah returned from Hell!

TO HELL AND BACK (Part 2) – Jonah 2:7-10

1. Jonah **Remembered** the Lord – v. 7

- It is easy to _____ the Lord when we get focused on ourselves and our own agenda – Deut. 6:12, 8:11-18; Ps. 9:17, 78:7, 103:2-5.
- It is also easy to remember the Lord and _____ to Him – Num. 15:39; Ps. 20:7, 77:11-12, 86:5; Ecc. 12:1; 1 Chron. 16:12; Neh. 4:14; Lk. 24:6; Rev. 2:5, 3:3.
- When Jonah remembered the Lord, He called out to Him by _____ – Ja. 4:10; Ps. 34:17-18.

2. Jonah **Recognized** His Error – v. 8

- His way of thinking was against God, _____, and a lie – Ps. 51:6; 1 Sam. 12:21; Jer. 10:14-15.

Vain =

- There are endless vanities (lying) purported throughout our world today – Jer. 16:19; 2 Ki. 18:20.
- Jonah warns _____ to not forsake God's mercy / truth for any lie – Mk. 14:9; Rom. 1:25; Ps. 31:6.

Forsake =

3. Jonah **Repented** of His Sins – v. 9

- He agrees to thankfully do what God commanded him...though it was a _____ – Rom. 12:1; Lk. 22:41-44; Rev. 14:10, 16:19.
- He recounts his _____(s) to the Lord and commits to do them – 2 Cor. 7:10; Acts 26:20; Ecc. 5:4-5.
- God is in the salvation _____ – Lk. 2:49; Jer. 17:14; Is. 45:22; Heb. 7:25-26.

4. Jonah _____ to God's Mission for Him – v. 10; Hos. 6:1-3