



**Realizing my \_\_\_\_\_.**

Jonah 2:2-4

Jonah said, "In my distress I called to the LORD...." Jonah 2:4

**1. Recognizing my \_\_\_\_\_.**

Jonah 2:5-7

"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you..." Jonah 2:7

**2. Remembering where my \_\_\_\_\_.**

Jonah 2:8-9

"8Those who cling to worthless idols forfeit God's love for them.  
9But I, with shouts of grateful praise, will sacrifice to you." Jonah 2:8-9

- Help is not found in
  
- Help can be found in

**Do I lack \_\_\_\_\_ like Jonah?**

**Am I stuck in my own \_\_\_\_\_?**

*Am I running from God like Jonah?*

*Am I using my talents and abilities in serving others?*

*Am I giving to God?*

*Am I praying for my neighbors? Have I hosted them lately?*