

**CCR Sermon Series – The Book of Jonah**  
**Grace in the Depths**  
**08/02/2026**

**Jonah 1:17-2:10**

17 And the Lord appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

1 Then Jonah prayed to the Lord his God from the belly of the fish,

2 saying, "I called out to the Lord, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice.

3 For you cast me into the deep,

into the heart of the seas, and the flood surrounded me;

all your breakers and your waves passed over me.

4 Then I said, 'I am driven away from your sight;

yet I shall again look upon your holy temple.'

5 The waters closed in over me to take my life;

the deep surrounded me; weeds were wrapped about my head.

6 To the roots of the mountains I went down,

to the land whose bars closed upon me forever.

Yet you brought up my life from the pit, O Lord my God.

7 When my life was fainting away, I remembered the Lord,

and my prayer came to you, into your holy temple.

8 Those who pay regard to vain idols

forsake their hope of steadfast love.

9 But I with the voice of thanksgiving will sacrifice to you;

what I have vowed I will pay.

Salvation belongs to the Lord!"

10 And the Lord spoke to the fish, and it vomited Jonah out upon the dry land.

**SUMMARY:**

**1. Man's Crisis of Sin (Our Situation)**

Sin plagues all humankind.

**2. Our Call/ Cries for Help (Our Responses)**

We can call upon the Lord & cry out to Him

**3. God is in Control (Our Salvation)**

It is the Lord's work. Salvation belongs to the Lord.

## DISCUSS

### 1. Man's Crisis of Sin (Our Situation):

Jonah describes a physical and spiritual "descent" (v. 2–6).

**Jonah uses graphic language to describe "hitting rock bottom"—weeds wrapped around his head and bars closing him in.**

**In our own lives, how do we typically "mentally or spiritually" run from God, and what are the early warning signs (the "descending" steps) that we are moving away from His presence instead of toward it?**

### 2. Our Call/Cries for Help (Our Response):

Jonah finally prays from the "belly of the fish" after ignoring previous opportunities (v. 1–2, 7).

**Jonah waited until he was at his absolute limit to cry out. Why do we often find it harder to be vulnerable with God in a crisis than with other people—or conversely, why do we wait until things are "at their worst" before we take prayer seriously?**

### 3. God is in Control (Our Salvation):

Jonah declares "Salvation belongs to the Lord" while still inside the fish (v. 9–10).

**Jonah's deliverance began with a "God-appointed" fish that felt like a punishment but was actually a rescue. Can you share a time when God used a difficult or "uncomfortable" circumstance (a season of discipline or waiting) to ultimately bring your life "up from the pit"?**

#### Pray For:

##### 1. Awareness of the Descent:

"Lord, grant me a sensitive heart to recognize the 'early warning signs' of spiritual drifting. Forgive me for the ways I mentally run from You, and give me the strength to turn back toward Your presence before I hit rock bottom."

##### 2. A Heart of Immediate Vulnerability:

"Father, help me to stop waiting for a crisis to seek Your face. I surrender the pride or fear that keeps me from being vulnerable with You, and I choose to bring my needs to You today, rather than waiting until I am at my absolute limit."

##### 3. Trust in the 'Uncomfortable' Rescue:

"Lord, I acknowledge that 'Salvation belongs to You' alone. I thank You for the 'fish' in my life—the difficult circumstances or seasons of discipline that are actually Your tools for my rescue. Help me to trust Your sovereignty even while I am still in the belly of the trial."