

<sup>17</sup> Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. <sup>1</sup> From inside the fish Jonah prayed to the Lord his God. <sup>2</sup> 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. <sup>3</sup> 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. ...

**Jonah 1:17 - 3:3**

<sup>4</sup> I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' <sup>5</sup> The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. <sup>6</sup> 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. <sup>7</sup> "When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. ...

**Jonah 1:17 - 3:3**

<sup>8</sup> "Those who cling to worthless idols forfeit the grace that could be theirs. <sup>9</sup> 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.'" <sup>10</sup> And the Lord commanded the fish, and it vomited Jonah onto dry land. <sup>1</sup> Then the word of the Lord came to Jonah a second time: <sup>2</sup> "Go to the great city of Nineveh and proclaim to it the message I give you." <sup>3</sup> Jonah obeyed the word of the Lord and went to Nineveh.

**Jonah 1:17 - 3:3**



**...AND HE ANSWERED ME**  
**STORIES OF PRAYER AND THE GOD OF GRACE**

**Prayer...**





**Prayer...**

**Breaks Jonah out of something**



**Prayer...**

**Breaks Jonah out of something**

**Brings Jonah into something**



**Prayer...**

**Breaks Jonah out of something**

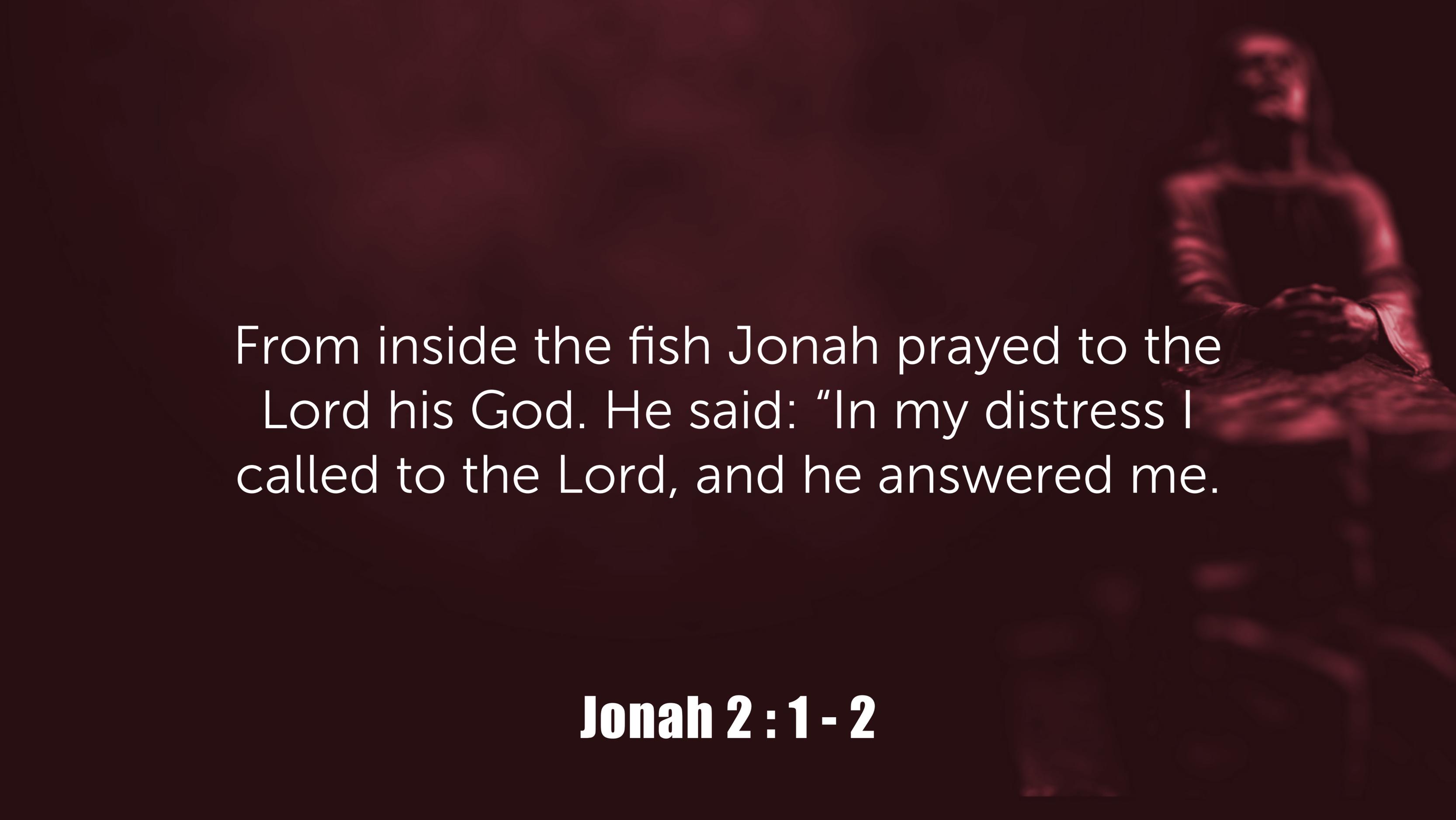
**Brings Jonah into something**

**Bears Jonah through something**



**Prayer...**

**Breaks Jonah out of something**



From inside the fish Jonah prayed to the Lord his God. He said: "In my distress I called to the Lord, and he answered me.

**Jonah 2 : 1 - 2**

**Who is this person  
named Jonah?**



**Who is this person  
named Jonah?**

**Why is he hanging  
out inside a fish?**



**Who is this person  
named Jonah?**

**Why is he hanging  
out inside a fish?**

**And what is happening  
inside of him?**





**Who is Jonah?**



**But why is he inside a fish?**

The Word of the Lord came to Jonah

**Jonah 1:1**





**So what is happening  
inside Jonah?**

A statue of a man kneeling in prayer, illuminated by a red light. The statue is positioned on the right side of the image, with its head bowed and hands clasped in prayer. The background is dark, and the overall scene is bathed in a deep red glow.

“A minister may fill his pews, his communion roll,  
the mouths of the public, but what that minister  
is on his knees in secret before God Almighty,  
that he is and no more.”

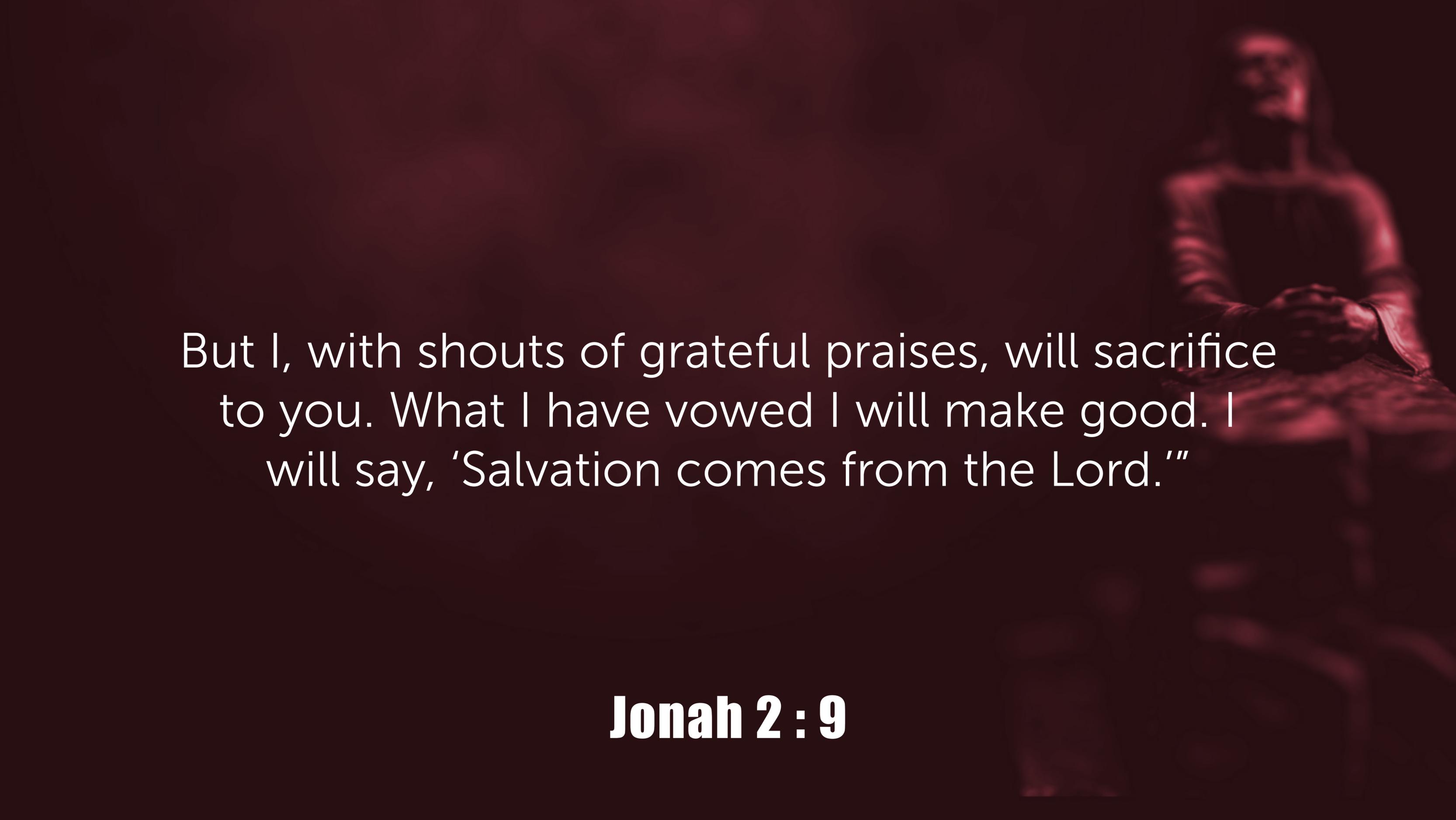
**John Owen**



**Prayer...**

**Breaks Jonah out of something**

**Brings Jonah into something**



But I, with shouts of grateful praises, will sacrifice  
to you. What I have vowed I will make good. I  
will say, 'Salvation comes from the Lord.'"

**Jonah 2 : 9**



**Grace is getting what you want the most  
when you need it the most when you  
deserve it the least.**

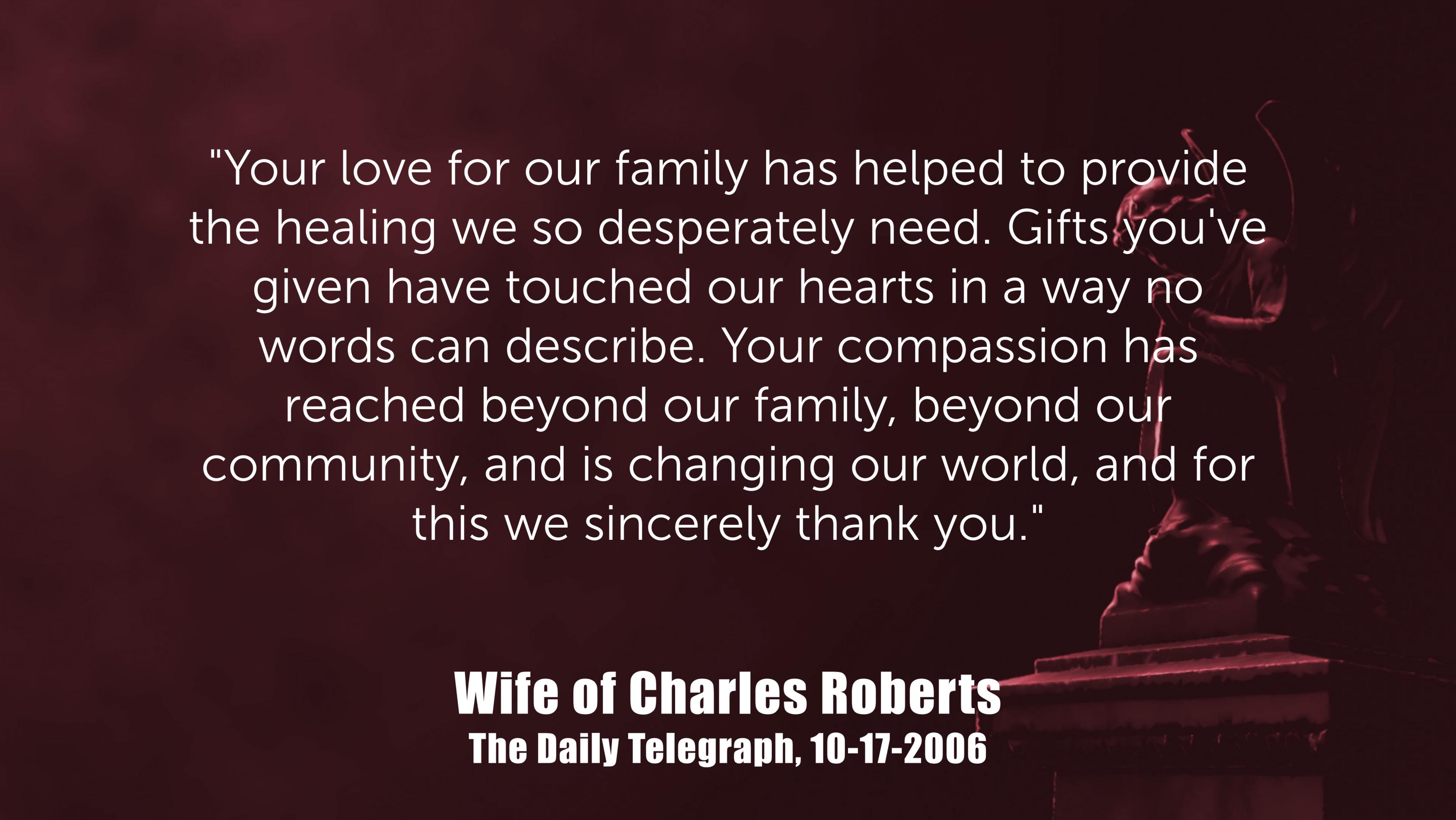
What I have vowed I will make good.

**Jonah 2 : 9**



Jonah obeyed the word of the Lord and  
went to Nineveh.

**Jonah 3 : 3**



"Your love for our family has helped to provide the healing we so desperately need. Gifts you've given have touched our hearts in a way no words can describe. Your compassion has reached beyond our family, beyond our community, and is changing our world, and for this we sincerely thank you."

**Wife of Charles Roberts**  
**The Daily Telegraph, 10-17-2006**

Salvation comes from the Lord.

**Jonah 2 : 10**





**Prayer...**

**Breaks Jonah out of something**

**Brings Jonah into something**

**Bears Jonah through something**

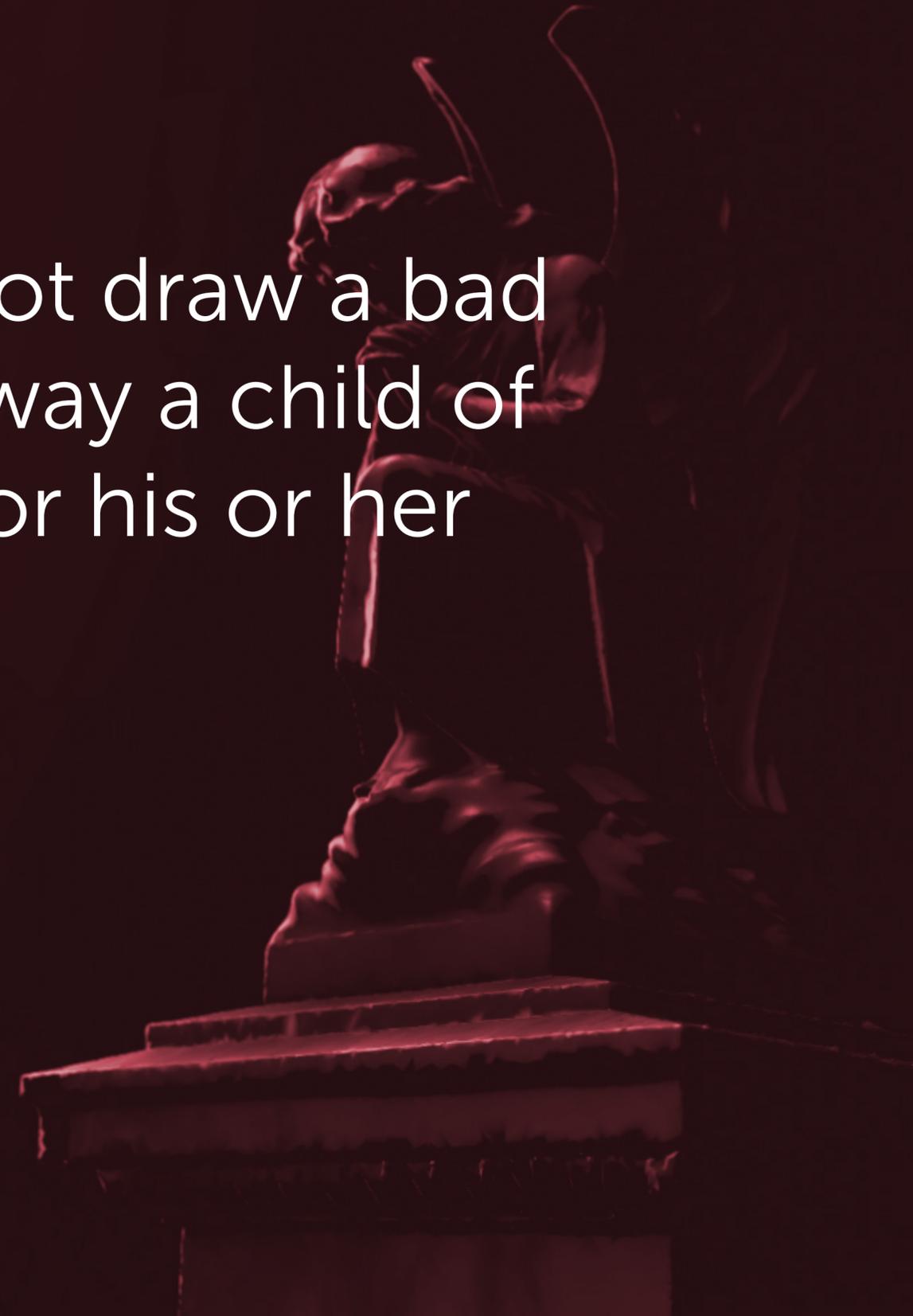


I said, 'I have been banished from  
your sight; yet I will look again  
toward your holy temple.'

**Jonah 2 : 4**

In the same way that a child cannot draw a bad picture for a parent, in the same way a child of God cannot pray a bad prayer for his or her Heavenly Father.

**Richard Foster**





**...AND HE ANSWERED ME**  
**STORIES OF PRAYER AND THE GOD OF GRACE**