

May 27, 2018
La Jolla Christian Fellowship
UBERWHALE: Episode 1
Surviving In The Belly Of The Whale
Jonah 2
Pastor Adam Stadtmiller

2 From inside the fish Jonah prayed to the LORD his God. 2He 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. 3You 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. 4I said, 'I have been banished from Your sight; yet I will look again toward Your holy temple.' 5The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. 6To 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. 7 "When my life was ebbing away, I remembered You, LORD, and my prayer rose to You, to Your holy temple. 8 "Those who cling to worthless idols turn away from God's love for them. 9But 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.'" 10And the LORD commanded the fish, and it vomited Jonah onto dry land.

Pastor Adam's "Sets Up The Message" Notes:

Instructions for surviving in the belly of a whale.

- **Survival mode vs. Abundant Life**
 - We must stop believing that lie that abundant life is not available in difficult seasons.

What you do in the belly of the whale makes all the difference.

- **Vs. 1** *From inside the fish Jonah prayed to the LORD his God.*

1. Jonah *activated* prayer to the Lord his God.

- Legacy is often defined by the decisions you made in the belly of the whale.
 - **Jonah prayed** out of "his distress".
 - Distress is an elite prayer factory.
 - Learning how to pray in distress is an art form.
 - "Help"
 - **Vs. 7** *I remembered you, LORD, and my prayer rose to you, to your holy temple.*
 - **God heard:** From deep in the realm of the dead I called for help, and you listened to my cry.
 - Prayer is God's heroin.

2. Jonah *activated* faith.

- **Vs. 4** *I have been banished from your sight; Yet I will look again toward your holy temple.*
 - **The enemy's tactic is to separate the sheep from the shepherd.**
 - Ephesians 2:13-18 *But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.¹⁴ For he himself is our peace, who has made the two groups one and has destroyed the barrier, the dividing wall of hostility, ¹⁵by setting aside in his flesh the law with its commands and regulations. His purpose was to create in himself one new humanity out of the two, thus making peace, ¹⁶and in one body to reconcile both of them to God through the cross, by which he put to death their hostility. ¹⁷ He came and preached peace to you who were far away and peace to those who were near. ¹⁸For through him we both have access to the Father by one Spirit.*

3. What you turn to in the belly of the whale can define your destiny.

- **Vs. 8** *Those who cling to worthless idols turn away from God's love for them.*
 - What's your go to when trials come?

4. Sometimes we get vomited into our destiny.

- **Vs. 9b-10** *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.'¹⁰ And the LORD commanded the fish, and it vomited Jonah onto dry land.*

Food for the journey: Use these questions and challenges to go deeper in one of our community groups or in personal reflection.

1. Is it possible to live the abundant life in the belly of the whale?
2. What you activate in the belly of the whale defines victory vs. defeat. Jonah activated prayer and faith. How can we practically do that?
3. Pastor Adam made the radical statements that distress is a prayer factory and prayer is God's heroin. Wow, what do you think of that?
4. Jonah said, those who cling to worthless idols turn from the love of God. Talk about that statement. What is its impact on you?
5. This week practice praying in a more defined and passionate manner. Use the Psalms as a guide. Perhaps even write your own psalm.