

## **CRY OUT FROM ROCK BOTTOM** Jonah 1:17-2:10

### **Call up when you're going down** Jonah 1:17-2:2

*"Then Jonah prayed to the Lord his God from the stomach of the fish and he said, 'I called out of my distress to the Lord and He answered me.'" – Jonah 2:1-2a*

### **The truth about grace** Jonah 2:3-8

- We deserve nothing but condemnation
- We are utterly incapable of saving ourselves
- There is a great cost to the salvation that God provides
- God gives grace fully no matter what your future actions will be.

### **Salvation is from the Lord** Jonah 2:9-10

- *"Death is swallowed up in victory. O death, where is your victory? O death, where is your sting?"*  
- 1 Corinthians 15:54
- God doesn't save Jonah because Jonah is good. God saves Jonah because God is good.

### **Response:**

#### **Three prayers of desperation when we are sinking into the deep.**

1. Jonah 2:1-9 – Jonah's prayer from inside the fish
2. Luke 15:18-19 – *"Father, I have sinned against heaven and in your sight; I am no longer worthy to be called your son; make me as one of your hired men."*
3. Your heart's honest cry

#### **Cry out to God today for the undeserved grace in the most difficult situations in your life.**

- For your greatest sins
- For your deepest hurt
- For your worst fears
- For that situation only God can change
- For the person you don't believe can be saved

## Digging Deeper + LifeGroup Discussion:

1. What do you think about Jonah's prayer? It can be hard to understand but what do you see that's positive in his heart? What do you see that's negative in his response?
2. How does God's grace for Jonah and the Ninevites impact you? What does that tell you about God?
3. Share what you are desperate for right now. Get beyond the surface level prayer requests. Spend time praying for one another for these things.

## Next Steps:

**GROW IN COMMUNITY:** The Bible encourages Jesus-followers to be planted, rooted, growing, maturing, and able to withstand the pressures of the world. At Calvary, we believe this happens best in community. As we grow together we are better together. So, take a next step today and explore ways to deepen and grow in your faith by joining a Group or attending a Gathering. Pick up the new Fall 2019 Groups & Gatherings guide in the Lobby or visit [calvarylife.org/grow](http://calvarylife.org/grow)

## In Response:

**COMMUNION:** Communion is a "meal" for believers in Jesus Christ to help us give thanks and remember His death on the cross for the forgiveness of sins. The matzah bread represents the body of Christ given for us. The cup of juice represents the blood of Christ that was shed to pay the price for our sins. We are called to examine ourselves before taking communion (Read 1 Corinthians 11:23-34). We typically pass communion elements the first Sunday of the month. Most other weeks, communion is available at tables around the room after the sermon.

**GIVING:** The offering is received during each Sunday service. This is a way to express a wholehearted trust in God and worship Him through giving. It is also an act of obedience to God that helps free us from money having mastery over us. Tithing is a biblical command of 10% as a baseline of giving, but the New Testament calls us as followers of Jesus to give even more. Our prayer is that you plan ahead to give purposefully and joyfully to God, helping to further ministry locally and globally in Jesus' name. Discover ways to give on the front of the bulletin or [calvarylife.org/give](http://calvarylife.org/give)

**PRAYER POINTS:** These locations at the front right and left of the Worship Center will have people available to pray with you during the time of singing after the sermon and after the service as well. These people are excited to pray with you about anything in your life, including praying to tell Jesus that you believe in Him as God and trust Him for salvation. They will also pray for any health needs, stresses, worries, family members, temptations or anything else.

**PRAYER ROOM:** The Prayer Room is located at the front right of the Worship Center Auditorium through the doorway behind the Prayer Point. This is a quiet space that you can go to at anytime during the service to be able to pray and reflect on what God is doing in your heart.