

Feeling Hopeless?... Start with Prayer  
First Wednesday  
September 4, 2024

Jonah 2:1 NIV

Theme: When we're feeling OVERWHELMED, we need to LOOK UP to God in prayer.

- The source of difficulty - Jonah 1:1-3
  - ✓ Running from God's PRESENCE and will
  - ✓ Wisdom comes from FEARING God - Jonah 1:5-7, 10
  - ✓ Despair rather than OBEDIENCE - Jonah 1:12
  - ✓ God was READY - Jonah 1:17
  
- Turning to God - Jonah 2:1 NIV
  - ✓ No remedy except PRAYER - Mark 9:29
  - ✓ Deeply rooted PROBLEMS - Jonah 2:2-7
  - ✓ Change of HEART - Jonah 2:8-9
  - ✓ Change of CIRCUMSTANCES - Jonah 2:10
  - ✓ Renewed COMMISSION - Jonah 3:1-3a