

**YOUNGER**

**YOUTH**

**JOURNAL**

**OUTRAGEOUS MIRACLES**



# JONAH 2:1-10

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>2</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  
SWEEPED OVER ME.  
<sup>4</sup> I SAID, ‘I HAVE BEEN BANISHED  
FROM YOUR SIGHT;  
YET I WILL LOOK AGAIN  
TOWARD YOUR HOLY TEMPLE.’

5 THE ENGULFING WATERS THREATENED ME,  
[B]

THE DEEP SURROUNDED ME;  
SEAWEED WAS WRAPPED AROUND MY HEAD.  
6 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.  
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.

9 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

# S O A P



## **S** C R I P T U R E

Read Genesis 6: 5-22

## **O** B S E R V A T I O N

What is God showing you in this passage?  
What stands out to you?

## **A** P P L I C A T I O N

How can I apply what I have just read to my life?

## **P** R A Y E R

write down your prayer





# 3 POINTS

LESSON FROM JONAH

**1** . GOD KNOWS US DEEPER THAN WE KNOW OURSELVES

**2** . LIKE WHEN GOD MET JONAH IN THE BELLY OF THE WHALE. GOD MEETS US WHEN WE ARE AT OUR LOWEST.

**3** . GOD SALVATION PLAN IS FOR EVERYONE!

# RESPONSE

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HAS GOD EVER ASKED YOU TO DO SOMETHING YOU DIDN'T WANT TO?

HOW OFTEN DO WE INVITE GOD TO BE A PART OF OUR SITUATIONS WHEN WE ARE AT OUR LOWEST.

SPEND 5 MINS ALONE TODAY. PUT YOUR FAVOURITE WORSHIP SONG ON. PAUSE AND WAIT FOR GOD'S HOLY SPIRIT TO MEET WITH YOU.

FOR IDEAS ON WHAT SONGS TO USE, SEARCH YOUTH WORSHIP BY EMMAUS ROAD WORSHIP ON SPOTIFY.