

**Monday** -- In the bible and probably in the whole world, Jonah is famous, but he's famous not really because of what he says. In Jonah we have only eight words of preaching in the entire book. "*Forty more days and Nineveh will be overturned.*" That's it. It's the events of his life that make him famous, not so much his prophesy. By contrast read *Amos, chapters 1-9*, another of the minor prophets to see a more typical prophetic sermon.

**Tuesday** -- Jonah's experience begins with the Lord saying, "*Go to the great city of Nineveh and preach against it.*" What's unusual about this is that Jonah is called by God to go and speak to someone who isn't from Israel. Usually prophets, even if they are talking about other countries, they are talking to Israel about these other countries. But here, Jonah is being sent to someone else entirely. It's also unusual because Jonah is sent to preach to Israel's enemies. It was that fear that drove him to run away from God's call.

**Wednesday** -- When Jonah tried to sail away Tarshish, he was thrown overboard. That's when we first see God's providence (*Jonah 1:17*) "But the LORD provided a great fish to swallow Jonah..." Note that the fish was not there to destroy Jonah, but actually to save him. Can you recall some time when you felt God provided for you...even if you didn't know it? *Read Jonah 2:1.*

**Thursday** -- The second chapter is truly a psalm of prayer and praise. Jonah was in a tough place from which to pray, but it's a reaffirmation that we can pray anywhere: by our bedside, before a meal, in a traffic jam, in good times and in bad. Jonah was in the Whale. Job was on his dunghill, Joseph was in the pit, David was in a cave, Paul and Silas were in jail, chained to prison guards, but at midnight they sang a song that opened prison doors. *Acts 16:25-26.* When you are locked into the belly of a big crisis, there are two things that will help get you out. One is prayer, and the other is praise. If you have been swallowed up by the giant troubles of life, do not allow yourself to wallow in self-pity. Remember to pray to God. Begin to praise Him. When you sing a song in the dark, things will begin to change. Never give up. *1 Thessalonians 5:18*--Give thanks in all circumstances.

**Friday** -- Read this entire prayer of Jonah in *chapter 2*. Jonah prayed. It is vital here to understand WHAT Jonah prayed. Jonah did not use one original thought or one original request in his whole prayer. Jonah simply prayed the Word of God! He prayed the scriptures. Almost a dozen times in these 8 verses he quotes from the book of Psalms. *Psalms 120:1*-I called on the Lord in my distress; *Psalms 86:13*-you have delivered my soul from the depths...*Psalms 88:6*- You cast me into the darkest depths *Psalms 42:7*- The roar of your waves has swept over me. *Psalms 31:22*-I am cut off from your sight *Psalms 69:1*-The waters have come up to my neck *Psalms 69:2*-I am in deep waters, the floods engulf me *Psalms 30:3*-You brought me up from the pit. Its worth memorizing scripture so that when you are in the deepest of tough times...you can let the bible direct your prayers!