

WELCOME TO HAVEN

January 19, 2025

Welcome

Worship Songs

"Old Church Choir"

"Gratitude"

Prayer

Scripture for Today

Jonah 2 (NIV)

Message

"Run, Pray, Praise, Vomit"

Jack D. Cohen

Offering/Worship Song

"Do It Again"

**Closing*



JONAH

NIV



JONAH

RUN, PRAY, PRAISE, VOMIT

■ If you want to _____ God, the devil will always _____

"Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights." – Jonah 1:17

"From inside the fish Jonah prayed to the Lord his God." – Jonah 2:1

■ Sometimes what we call _____, God calls _____

■ God doesn't always give us what _____, but gives what _____

"Is anyone among you in trouble? Let them pray." – James 5:13

"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.'" – Jonah 2:2

"You 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. I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. 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. When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. Those who cling to worthless idols turn away from God's love for them. 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.'" – Jonah 2:3-9

Jonah 2	Psalms
"I called to the Lord and he answered me." – Jonah 2:2	"I call out to the Lord, and he answers me." – Psalm ____
"Deep in the realm of the dead I called for help." – Jonah 2:2	"You will not abandon me to the realm of the dead." – Psalm ____
I have been banished from your sight." – Jonah 2:4	"I am cut off from your sight!" – Psalm ____
"The waters closed over me." – Jonah 2:5 (NLT)	"The waters have come up to my neck." – Psalm ____
Those who cling to worthless idols ..." – Jonah 2:8	"I hate those who cling to worthless idols." – Psalm ____
"What I have vowed I will make good." – Jonah 2:9	"I will fulfill my vows to the Lord." – Psalm ____

"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.'" – Jonah 2:9

"And the Lord commanded the fish, and it vomited Jonah onto dry land." – Jonah 2:10

■ While you're _____, God is still _____

"[Jesus] answered, 'A wicked and adulterous generation asks for a sign! But none will be given it except the sign of the prophet Jonah. For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.'" – Matthew 12:39-40