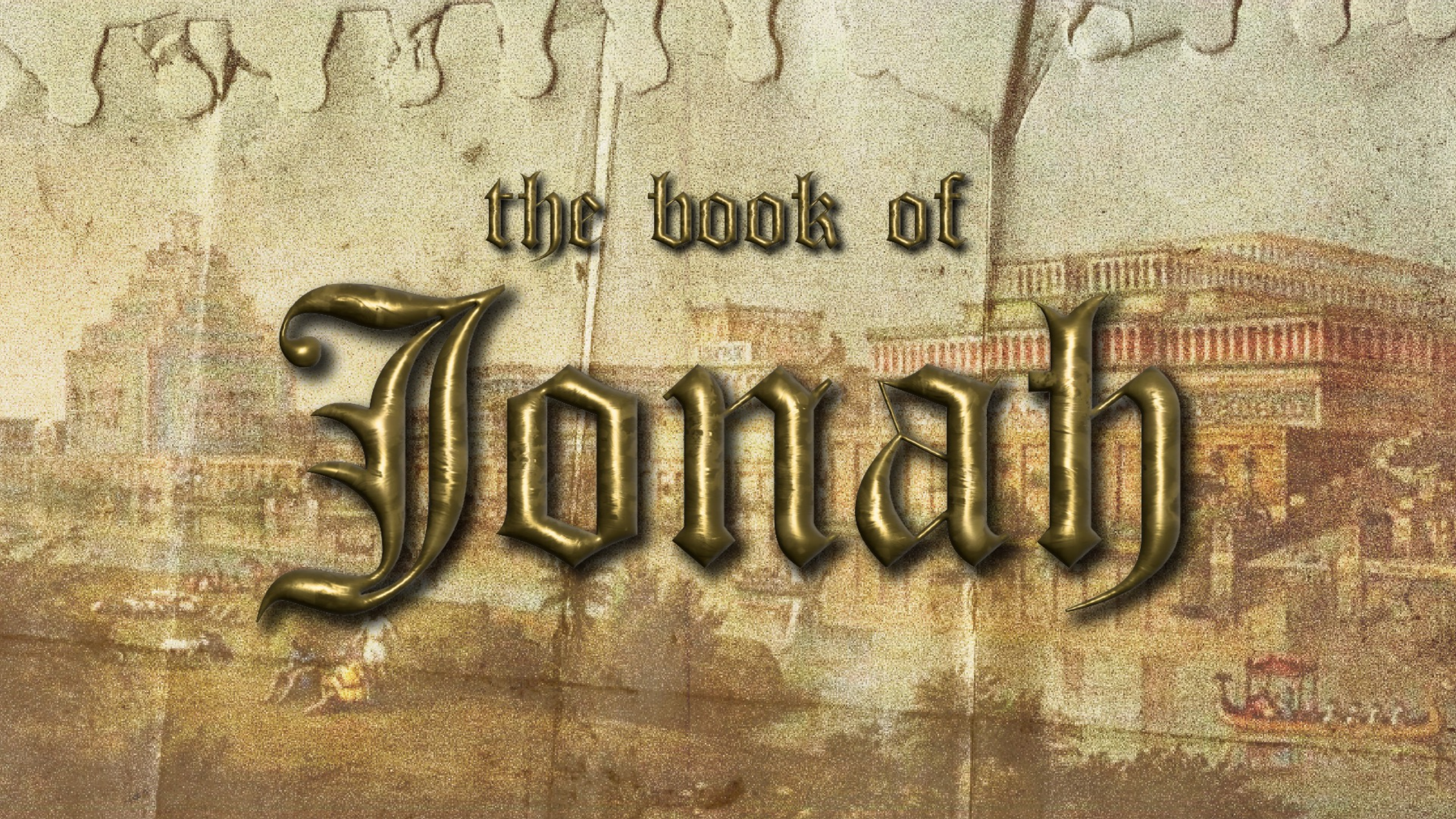


the book of

Jonah



Jonah 1:17–2:10

Now the LORD provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

^{2:1}From inside the fish Jonah prayed to the LORD his God. ²He 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.

³You 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.

Jonah 2:1–10

⁴I said, 'I have been banished
from your sight;
yet I will look again
toward your holy temple.'

⁵The engulfing waters threatened me,
the deep surrounded me;
seaweed was wrapped around my head.

⁶To 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.

Jonah 2:1–10

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.

⁹But I, with shouts of grateful praise,
will sacrifice to you.

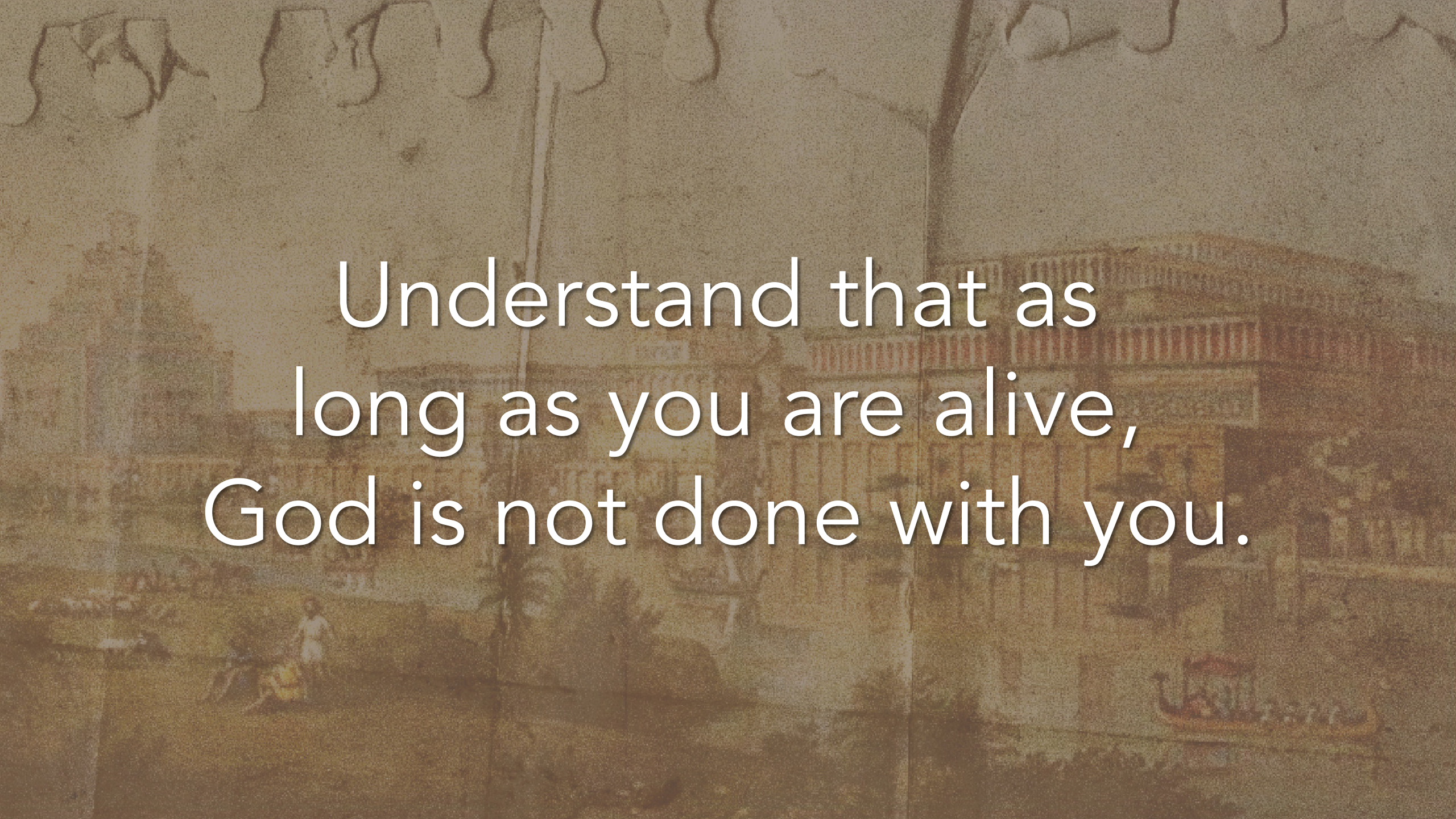
What I have vowed I will make good.

I will say, ‘Salvation comes from the LORD.’”

¹⁰And the LORD commanded the fish, and it vomited Jonah
onto dry land.

A sepia-toned illustration of a coastal town. In the foreground, a harbor or bay is visible with a small boat on the right. The middle ground shows a dense cluster of buildings, including a prominent structure with a balcony or loggia. The background features a hilly landscape with more buildings and a few figures. The overall style is that of a historical or travel illustration.

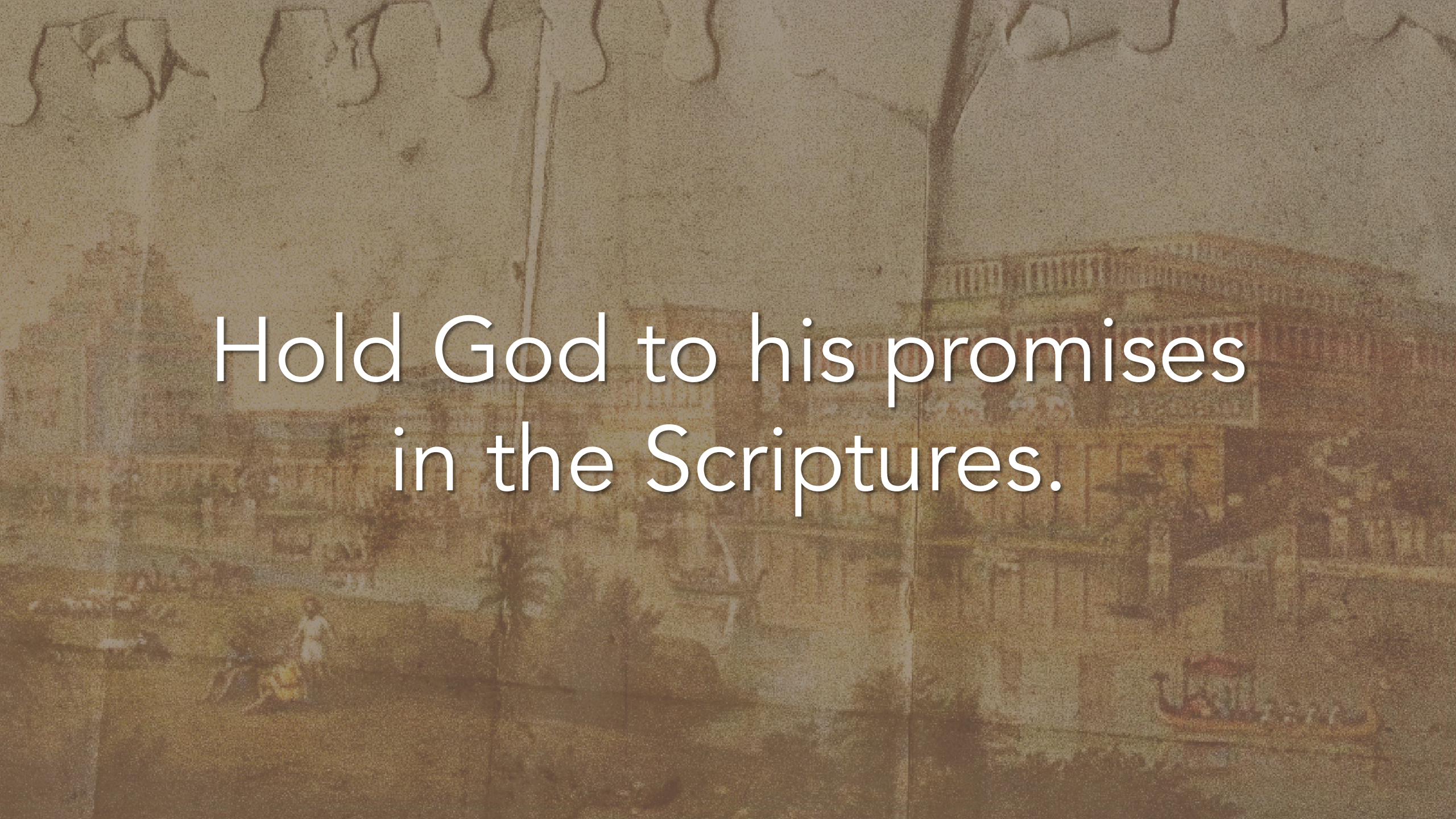
Running to God ...at Rock-Bottom

The background is a faded, sepia-toned illustration of a city street scene. It shows several multi-story buildings with windows and balconies. In the foreground, there are figures of people, some appearing to be walking or standing near a horse-drawn carriage or similar vehicle. The overall tone is historical and somewhat somber due to the muted colors.

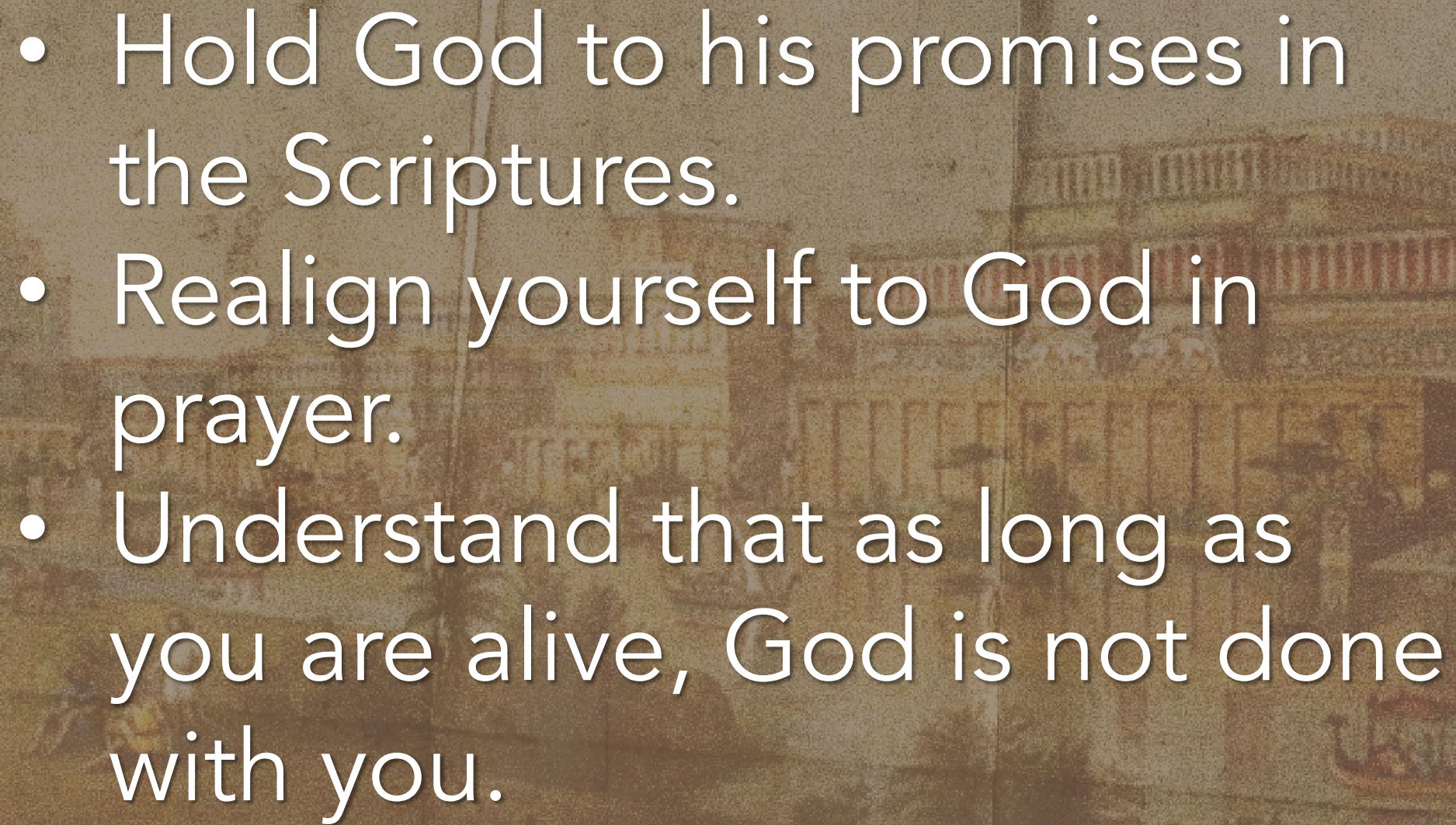
Understand that as
long as you are alive,
God is not done with you.

A sepia-toned illustration of a coastal town. In the foreground, a large, multi-story building with a prominent balcony and a red-tiled roof stands on the right. To the left, a smaller building is visible. In the background, a body of water is shown with a small boat and a few figures on the shore. The overall scene is rendered in a soft, painterly style with a warm, brownish color palette.

Realign yourself to
God in prayer.

A sepia-toned illustration of a coastal town. In the foreground, a large, multi-story building with a balcony is visible. To the right, a small boat is on the water. In the background, a large crowd of people is gathered on a hillside. The scene is set in a coastal town with a large building and a boat.

Hold God to his promises
in the Scriptures.

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- Hold God to his promises in the Scriptures.
 - Realign yourself to God in prayer.
 - Understand that as long as you are alive, God is not done with you.

A sepia-toned photograph of a large, multi-story building with a balcony, possibly a school or government building, with a boat in the foreground. The image is faded and serves as a background for the text.

Know that God is there
at your rock-bottom.