



What To Do When You've Been Swallowed By A Fish

Matthew 12:38-42, Jonah 1

Discover Where You Are

- We think of Jonah being inside the belly of a whale, but technically the Bible just says it was a huge fish.
- It does not matter if it was a whale or a fish, God could have created a special fish just for that occasion.
- Regardless of how Jonah defined his present reality, he knew he was not in a good place.
- When you end up in a bad place, the first thing you need to do is figure out where you are.

Determine How You Got There

- Once you know where you are, you should take the time to figure out how you got there.
- Jonah was the author of his own misfortune.
- Before we can figure out how to move from our present reality to our preferred future, we need to figure out what brought us to that point.
- You need to understand that you are where you are in life because of the choices you made.
- Accepting responsibility for your choices is not accepting blame.

Devise a Method to Get Out

- Once you determine how you got where you are, you need to devise a method to get out.
- God is not threatened by our questions.
- True repentance includes changing our behavior.
- Some believe that Jonah was not in the belly of a fish for three days, but he died and literally cried out to God from the place of the dead.
- We cry to God in our storms, but do we follow through with our promises and commitments when the storm passes?

Conclusion

- Sometimes we know what the right thing to do is, but we really do not want to do it.
- Jesus did not say, if it makes you feel good, obey my commandments; He said, *“If you love me, obey my commandments.”*
- God was not concerned whether Jonah agreed with either the process or the outcome; He was only concerned with Jonah’s obedience.
- Sometimes we end up in a tough spot and figure that we are there because God is punishing us, but that is not always the case.