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**Running to God When You Want to Run Away**

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**JONAH 1:17-2:10, CSB 17**“The Lord appointed a great fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. **2** Jonah prayed to the Lord his God from the belly of the fish:**2**I called to the Lord in my distress, and he answered me. I cried out for help from deep inside Sheol; you heard my voice. **3**You threw me into the depths, into the heart of the seas, and the current overcame me. All your breakers and your billows swept over me. **4**But I said, “I have been banished from your sight, yet I will look once more toward your holy temple. **5**The water engulfed me up to the neck; the watery depths overcame me; seaweed was wrapped around my head. **6**I sank to the foundations of the mountains, the earth’s gates shut behind me forever! Then you raised my life from the Pit, Lord my God! **7**As my life was fading away, I remembered the Lord, and my prayer came to you, to your holy temple. **8**Those who cherish worthless idols abandon their faithful love, **9**but as for me, I will sacrifice to you with a voice of thanksgiving. I will fulfill what I have vowed. Salvation belongs to the Lord.” **10**Then the Lord commanded the fish, and it vomited Jonah onto dry land.”

**NOTES:**

1. Repentance starts from a place of despair.

**NOTES:**

1. Repentance hinges on a point of decision.
2. Repentance ends in a place of deliverance.