

Sunday 10th January
Salvation belongs to our God
Jonah 2

When life closes in on you...

1) The human experiences of distress

- Disorientation in the world (v3)
- Disconnection from life and God (v4-6)

2) The appropriate response to distress

- Turning to God for help (v2, 7)
- Turning away from worthless idols (v8)
- Worshipping the Lord in word and deed (v9)

3) Some reflections from the passage:

- The many facets of the Lord's salvation
- The message of the Lord's salvation is for God's messenger too