

Underwater Prayers

Jonah 2:1-9

1. Jonah's _____ and _____.
Jonah 2:3-7

2. Jonah's _____ prayer.
Jonah 2:2, 7

3. Jonah's _____ gratitude.
Jonah 2:9

Lessons:

1. Recognize _____ in our distress.

2. Call out to God _____ you are.

3. _____ Him for deliverance.