

Jonah was in the belly of the great fish, and he was afraid. What does fear do to us?

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- Fear is an emotion caused by threat.
- Fear robs us of our joy.
- Fear causes us distress.
- Fear is a response to danger.
- Fear makes us protective.
- Fear refuses to let us change.
- Fear does not allow for love.
- Fear comes with recognition of pain.
- Fear may cripple our emotions.
- Fear robs us of joy and freedom.
- Fear prevents us from pursuing our dreams.
- Fear causes us to stay quiet.
- Fear causes us to be broken in spirit.
- Fear may make us hide.
- Fear arises from uncertainty.
- Fear welcomes the negative to take up residency in our heart.

Dr. Derrick and Stacy Mueller, Life Happens

**2 Timothy 1:7 “For God gave us a spirit, NOT of fear, but of power and love and self-control.”**

I. POSTURE OF PRAYER

The Prayer of Cyrus Brown  
By Sam Walter Foss (1858-1911)

“THE PROPER way for a man to pray,”  
Said Deacon Lemuel Keyes,  
“And the only proper attitude,  
Is down upon his knees.”

“No, I should say the way to pray,”  
Said Reverend Doctor Wise,  
“Is standing straight, with outstretched arms,  
And rapt and upturned eyes.”

“Oh no; no, no,” said Elder Slow,  
“Such posture is too proud:  
A man should pray with eyes fast closed  
And head contritely bowed.”

“It seems to me his hands should be  
Austerely clasped in front,  
With both thumbs pointing toward the ground,”  
Said Reverend Doctor Blunt.

“Las’ year I fell in Hodgkin’s well  
Head first,” said Cyrus Brown,  
“With both my heels a-stickin’ up,  
My head a-p’inting down;

“An’ I made a prayer right then an’ there—  
Best prayer I ever said,  
The prayingest prayer I ever prayed,  
A-standing on my head.”

The make it or break it when it comes to prayer revolves around a triangle of 3 things:

- the CONDITION of the heart
- the CONTENT of the prayer
- the CONTRITION (humility) of the person praying

## II. PITIFUL CONDITION OR JONAH

- how honest are we, when we pray?

“Thy will be done on earth”

“Lead us not into temptation”

## III. POWER OF HONESTY

Jonah does not BLAME God for his predicament

v.3 = ACKNOWLEDGEMENT by Jonah that his circumstances were chastening, a judgement from the Lord.

Jonah is very aware of the PRESENCE and POWER of God.

This leads to PRAISE.

#### IV. PROMISES OF GOD

Like Jonah, we are to establish our lives on the promises of God.

**1 Thessalonians 5:24 – “He who calls you is faithful, he will surely do it.”**

**1 Corinthians 1:20 – “For all the promises of God find their YES in Jesus. That is why it is through Him that we utter our AMEN to God for his glory.”**

“Someday soon we are all going to be in eternity and we will be amazed at how life raced by. I don’t want to look back and say, *I could have gone further in my walk with God. What held me back?*

Today is your chance to honor God. This is your opportunity to prove the superiority of the life lived in Jesus Christ. Now is the time not to be held back!

Just like you, I have uncertainties. I have health concerns. I have burdens in my family and in my marriage and in my career. I’m going through the same struggles that the people who don’t know Christ are going through. The difference is, I have the Lord. I have the Spirit of God alive inside me. I have the grace to love when I’m hated. I have the strength to give when I’m taken advantage of. I have a supernatural capacity as one of God’s sons or daughters to live in Christ.

I have the promises of God.

I’m running today with my eyes on that final day. **“Then I saw a great white throne and him who was seated on it. From his presence earth and sky fled away, and no place was found for them”** (Revelation 20:11). Jesus Christ the Lord, who is Himself all the Promises of God, will be forever victorious. The end! I’ve read to the end of the Book, and God wins.

I will not fail: God is always victorious. His purposes are always accomplished.”  
James MacDonald

Jonah goes from being FILLED WITH FEAR to FILLED WITH COURAGE

What does courage, founded on God’s promises do?

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- Courage brings us through the tough times.
  - Courage surprises us.
  - Courage inspires by giving others hope.
  - Courage transforms us.
  - Courage helps us respond to doubt.
  - Courage allows one to take risks.
  - Courage lets us begin again!
  - Courage is strength in the face of pain.
  - Courage helps us to overcome fear.
  - Courage lets us keep perspective.
  - Courage allows us to move forward.
  - Courage teaches us to go that ‘one step further.’

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**1 Corinthians 16:13 “Be on your guard, stand firm in the faith. Be courageous. Be strong.”**