



It's about:  
**Being Rescued From Your Pit**  
Jonah 2

**Jonah's Experience in the Pit. (vs. 1-6)**

It was like being buried alive (v. 2)

It provided the discipline of God (vs. 3-6)

It offered mercy from God (vs. 4b, 6b)

**Jonah Reaches for the Heart of God (vs. 7-9)**

He realized he was overwhelmed (v. 7)

He realized his life was wasteful (v. 7)

He realized all other god's are worthless (vs. 8-9)

**The Heart of God Delivers Jonah (v. 10)**

Deliverance always has its ultimate source in God (v. 10)