I. No matter what situation we find ourselves in, we have the opportunity to pray.

God’s availability to us knows no bounds or limits. There is no place you can run to where He is unable to hear you or help you. Whatever context, situation, or trials you face, whether it is by the sinful choices of another (as with the sailors) or your own sinful choices...you have the opportunity to cry out to Him.

God’s character is what gives us confidence to cry out to Him.

Jonah 2:3a "You cast me into the deep."

Jonah knew God’s sovereign will and the means He has to carry it out.

Jonah 2:3b "all your waves"...."your billows"

Jonah knew that God owns and controls all things, including the storm, wind & waves.

Jonah 2:6 "yet you brought up my life from the pit"

Jonah knew that salvation was from the Lord alone.

II. There is only one real God. All others are worthless.

We have the opportunity to pray at any time and can cry out to God no matter our circumstances or lot in life because He is God! He hears, listens, and has the power and plan to help. Idols do not.

Jeremiah 2:4-13

Jeremiah 10:1-16

"Let us beware lest we in our pride accept the erroneous notion that idolatry consists only in kneeling before visible objects of adoration, and that civilized peoples are therefore free from it. The essence of idolatry is the entertainment of thoughts about God that are unworthy of Him." —A.W. Tozer

Jeremiah 2:4-5 "Hear the word of the Lord, O house of Jacob, and all the clans of the house of Israel. 5 Thus says the Lord: 'What wrong did your fathers find in me that they went far from me, and went after worthlessness, and became worthless?"
Remind yourself of past faithfulness of God. Think about all God has done in your life in the midst of blessing and trials. We must practice thinking rightly about God. If you’re not in a trial, don’t wait for one to have to think rightly about Him.

"Most of the Grand truths of God have to be learned by trouble. They must be burned into us with the hot iron of affliction; otherwise we will not truly receive them." -Charles Spurgeon

What we need in the midst of trouble is God to reveal himself to us. We need our thoughts about Him to expand, and to be accurate about who He is and what He’s promised.

III. When we choose to turn to things other than God, we sacrifice the sweetness & satisfaction that only He can provide.

Nobody is satisfied until your deepest hunger has been satisfied in Christ.

John 6:25 "When they found him on the other side of the sea, they said to him, 'Rabbi, when did you come here?'

To what or whom do you look when your soul is parched?

God’s mercy and salvation is offered through revelation of Himself.

You have but to look to Christ and be saved.

Jonah 2:8 "Those who pay regard to vain idols forsake their hope of steadfast love."

Isaiah 55:1-7  “Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. 2 Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food. 3 Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David. 4 Behold, I made him a witness to the peoples, a leader and commander for the peoples. 5 Behold, you shall call a nation that you do not know, and a nation that did not know you shall run to you, because of the Lord your God, and of the Holy One of Israel, or he has glorified you. 6 “Seek the Lord while he may be found; call upon him while he is near; 7 let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, that he may have compassion on him, and to our God, for he will abundantly pardon."