

Spewing out Failure & Shame

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Jonah 2:1-3:2

What do we do when we fail?

1. Acknowledge the value of pain experienced from failure.

Jonah 2:1-2

"From inside the fish Jonah prayed to the LORD his God. He said: "In my distress I called to the LORD."

2. Spread out our pain before God.

Jonah 2:2

"In my distress I called to the LORD, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry."

James 5:13

"Is anyone among you in trouble? Let them pray."

3. Affirm God's kind intervention.

Jonah 2:3

"You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me."

John 16:13

"But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come."

Walking out recovery

1. Admit we are powerless.

Jonah 2:5-6

"The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. To the roots of the mountains I sank down; the earth beneath barred me in forever. But you, LORD my God, brought my life up from the pit."

2. Address the roots of our failure.

Jonah 2:7

"When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple."

3. Consider what we are missing in God.

Jonah 2:8

"Those who cling to worthless idols forfeit God's love for them."

Romans 8:5-6

"Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind of sinful man is death, but the mind controlled by the Spirit is life and peace."

4. Walk in God's unending forgiveness.

Jonah 2:4

"I said, 'I have been banished from your sight; yet I will look again toward your holy temple.'"

Psalms 130:3-4

“If you, GOD, kept records on wrongdoings, who would stand a chance? As it turns out, forgiveness is your habit, and that's why you're worshiped.”

Jonah 2:9

“But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, 'Salvation comes from the LORD.’”

5. Accept God's restoration for kingdom work.

Jonah 3:1-2

“Then the word of the LORD came to Jonah a second time: "Go to the great city of Nineveh and proclaim to it the message I give you.”

John 21:17

“...Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep.”