

**“Hitting Rock Bottom”**  
**Overboard and Upside Down:**  
**A Study in the Life of Jonah**  
Jonah 2  
Pastor Todd Roberts  
March 4, 2012

**Follow Jonah’s three-part response in a time of crisis.**

**1. Remember the Lord. (Jonah 2:1, 7)**

God is accessible even by those who are “on the run” from Him.

It’s never too late to remember God—you are not locked in to who you are today.

**2. Cry out in prayer. (Jonah 2:2)**

It’s natural to cry out to God. Even atheists and agnostics cry out to God in a time of crisis.

It’s never too late to cry out to God.

**3. Repent of your sin. (Jonah 2:4, 9)**

It’s a “turning” from one direction to another with all heart and mind.

It’s an ongoing attitude of the heart. (**Philippians 2:12**)

**“It’s a fearful thing to fall into the hands of the living God. But it is a much more fearful thing to fall out of them.”**

**D. H. Lawrence**