

January 11, 2026

AUTHENTIC PRAYER

Pastor: [Jesse Bradley](#) Series: [The Calling](#) Scripture: [Jonah 2:1-10](#)

WEEK 2:

Read: Jonah Chapter 2

Deep burdens lead to deep prayers. We often grow the most in our faith when we are in the most difficult situations.

God is gracious and provides for us even in the midst of our rebellion.

We need to come to our senses and return to Him. Repentance is a change of heart and mind. It is like a U turn, a 180-degree change of direction. We turn from sin to our Savior.

Life becomes simplified for Jonah inside of the fish. There are less distractions and options. Sometimes we need to slow down and give God our attention.

Repentance includes our affection and devotion.

Be grateful for God, His mercy, and His kindness. Our failure does not define us, and it's not the end of the story. God will never reject you when you are contrite. The Father comes running when the prodigals return.

Ask God to search your heart and lead you in His way today.

Align with Scripture and recommit to finishing the work God has given you. When you abide with Jesus, you will bear much fruit. God goes ahead of you with new victories.

Hope Point: Repentance is how to return to God, and it leads to restoration.

Reflection Questions:

- 1) When have you desperately cried out to God in prayer? ([Jonah 2:1-2](#))
- 2) How has God rescued you from the deep trouble? ([Jonah 2:3-6](#))
- 3) How can you remember and seek God more during the day? ([Jonah 2:7](#))
- 4) How do worthless idols block blessings? ([Jonah 2:8](#))
- 5) What is your testimony and why do you thank God? ([Jonah 2:9-10](#))
- 6) Who can you share this Scripture with during the upcoming week?

Prayer:

Holy God, You are righteous in all of Your ways. We are guilty of rebellion that is both intentional and unintentional. We easily drift from Your calling. We have broken Your law and standards. Have mercy on us today. Your kindness leads us to repentance. We repent from excuses and idols in our hearts and minds. Thank You that You do not reject us as we turn to You with contrition. Forgive our iniquities we ask and heal our land for Your glory. We lift up these requests sincerely in Jesus' name, amen.

Sermon Notes:

Deep distress leads to deep prayers.

Honesty and humility bear fruit.

Learn how to receive the grace of God.