

Answer Key:

What to do when you are at the Bottom!

- look up
- passionately
- identify

Triggers of Hopelessness

- head
- bottom
- control
- overwhelmed
- lonely
- regret
- fear
- trapped

- help
- goodness
- grace
- gratitude

HOW?

- singing
- giving
- recommitting

God, this mess is on Me!

Part 2

“I Can't Fix This”

Psalms 55:1-3 NLT

"Listen to my prayer, O God. Do not ignore my cry for help! Please listen and answer me, for I am overwhelmed by my troubles."

Introduction Statement

The story of Jonah teaches how to know our lifework and to understand that it is never too late to start on our mission. Have you ever felt surrounded by a hopeless situation? We are all going to have moments that make us feel hopeless in this life.

When we hit bottom, we need to look up to God, pray passionately, identify the cause of our hopelessness, ask God for specific help, get our focus off of our problems and onto God's goodness, accept His grace and thank Him in advance with gratitude.

God has a lifework for your life. This is the most important thing in your life, to know your life mission!

What to do when you are at the Bottom!

- When you hit bottom, _____ to God.

Jonah 2:1 NLT

"Then Jonah prayed to the LORD his God from inside the fish."

God says if you don't care about praying about it more than one time, you really don't care about it.

- Pray _____!

Jonah 2:2 NLT

"He said, "I cried out to the LORD in my great trouble, and he answered me. I called to you from the land of the dead, and LORD, you heard me!"

What to do when you are at the Bottom!

- _____ the cause of your hopelessness!

Jonah 2:3-6 NLT

"You threw me into the ocean depths, and I sank down to the heart of the sea. The mighty waters engulfed me; I was buried beneath your wild and stormy waves. Then I said, 'O LORD, you have driven me from your presence. Yet I will look once more toward your holy Temple. I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head. I sank down to the very roots of the mountains. I was imprisoned in the earth, whose gates lock shut forever. But you, O LORD my God, snatched me from the jaws of death!"

Triggers of Hopelessness

- Feeling like I am over my _____.

"You cast me into the deep water"

- Feeling like I have hit _____.

"I sank to the bottom of the sea."

- Feeling out of _____ and powerless.

"Everything was churning around me"

- Feeling _____.

"I was engulfed, by powerful waves that overwhelmed me."

- Feeling rejected or _____.

"Then I thought I've been banished from God's presence."

- Feeling remorse and _____.

"I'll never get to see your holy temple again."

- Feeling crushing _____.

"I was scared to death. I was afraid. I was afraid I was drowning with water choking me and seaweed wrapped all around my head."

- Feeling _____.

"I felt locked in a prison forever."

What to do when you are at the Bottom!

- Ask God for specific _____!

Jonah 2:2 Living Bible

"In my great trouble I cried to the Lord and he answered me; from the depths of death I called, and Lord, you heard me!"

Psalm 50:15 NCV

"Call to me in your times of trouble. I will save you, and you will honor me."

- Focus on the _____ of God to me.

Jonah 2:7 NLT

"As my life was slipping away, I remembered the LORD. And my earnest prayer went out to you in your holy Temple."

What to do when you are at the Bottom!

- Reject false fixes and accept God's _____.

Jonah 2:8 NLT

"Those who worship false gods turn their backs on all God's mercies."

- Express _____ to God in advance.

Jonah 2:9 NLT

"But I will offer sacrifices to you with songs of praise, and I will fulfill all my vows. For my salvation comes from the LORD alone."

HOW?

- Through _____.

Acts 16:25 NLT

"Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening."

- Through _____ back to God.

Colossians 3:17 NLT

"And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father."

- Through _____ to your lifework.

Nahum 1:15 Message

"Worship and recommit to God!"