



Triumphal
Christian Fellowship

Life

INTERRUPTED



Life INTERRUPTED



Coming Back... From a Setback

Grow
Up

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Jonah 2:1-10 (NASB)

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Jonah 2:1-10 (NASB)

¹ Then Jonah prayed to the Lord his God from the stomach of the fish, ² and he said, "I called out of my distress to the Lord, And He answered me. I called for help from the depth of Sheol; You heard my voice. ³ For You threw me into the deep, Into the heart of the seas, And the current flowed around me. All Your breakers and waves passed over me.

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Jonah 2:1-10 (NASB)

⁴ So I said, 'I have been cast out of Your sight. Nevertheless I will look again toward Your holy temple.'

⁵ Water encompassed me to the point of death. The deep flowed around me, Seaweed was wrapped around my head. ⁶ I descended to the base of the mountains. The earth with its bars was around me forever, But You have brought up my life from the pit, Lord my God.

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Jonah 2:1-10 (NASB)

⁷ While I was fainting away, I remembered the Lord,
And my prayer came to You, Into Your holy temple.

⁸ Those who are followers of worthless idols Abandon
their faithfulness, ⁹ But I will sacrifice to You With a voice
of thanksgiving. That which I have vowed I will pay.

Salvation is from the Lord.”

¹⁰ Then the Lord commanded the fish, and it vomited
Jonah up onto the dry land.

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1. It starts with sincere prayer to the Lord

Grow
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2. Turn your attention to the Lord

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3. Trust the Lord to bring you back

Grow
Up