



# DEEP & WIDE

HOW DEEP IS YOUR GRACE; HOW WIDE IS YOUR MISSION

# Jonah 1:

Down to Joppa

Down to Tarshish

Down into the hold

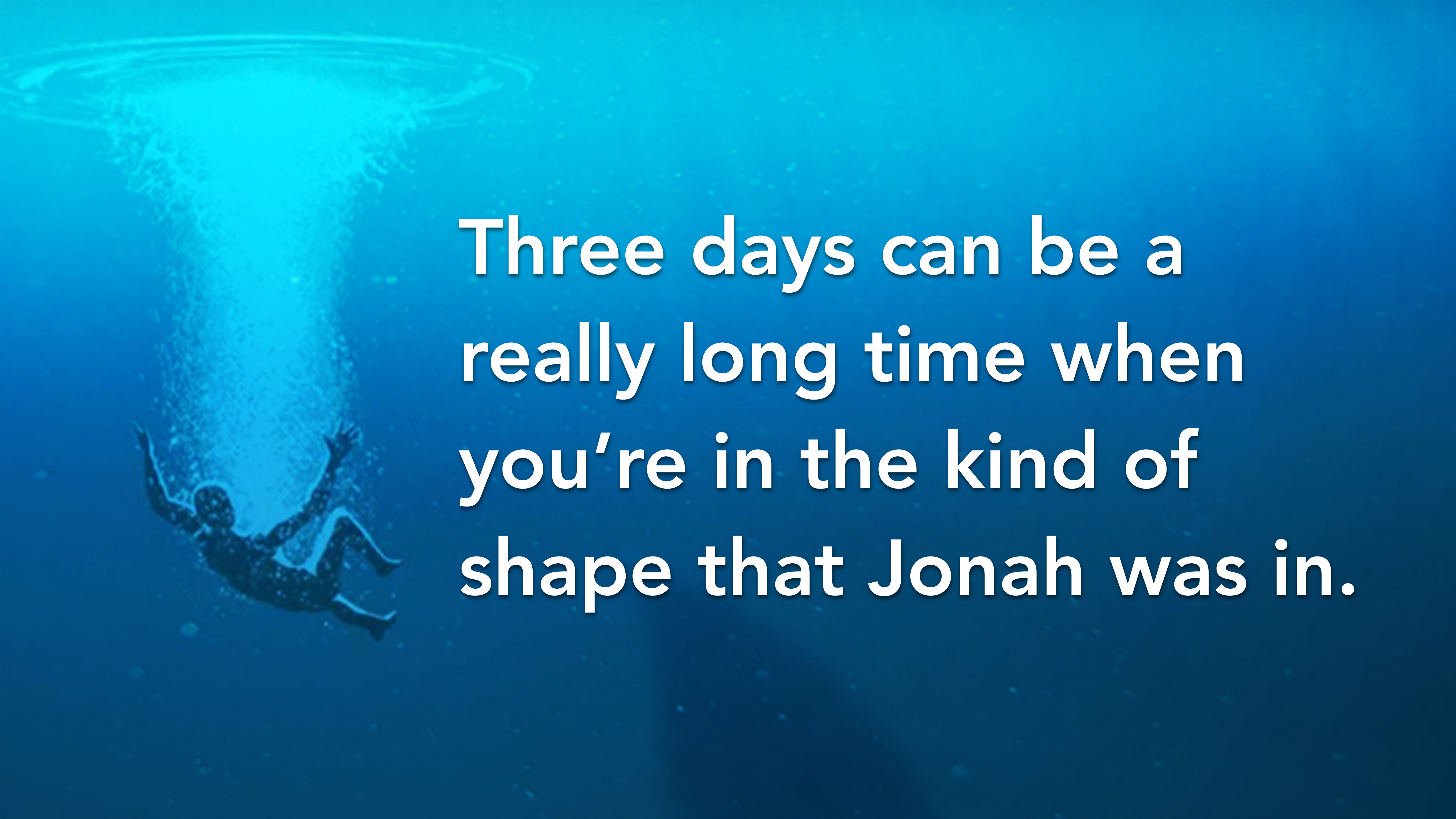
Down into a deep sleep

# Jonah 1:

17

Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.





Three days can be a really long time when you're in the kind of shape that Jonah was in.



Open sea.

Rough waters.

No flotation.

No hope.

A death sentence.

A person is shown sinking in deep blue water. The person is upside down, with their arms and legs outstretched. The water is dark blue, and there are some bubbles and ripples around the person. The background is a gradient of blue, with a lighter blue area at the top where the water surface is.

At some point,  
Jonah simply gave up  
and started sinking.

Farther down.

Engulfed by weeds  
and death.

...and then.

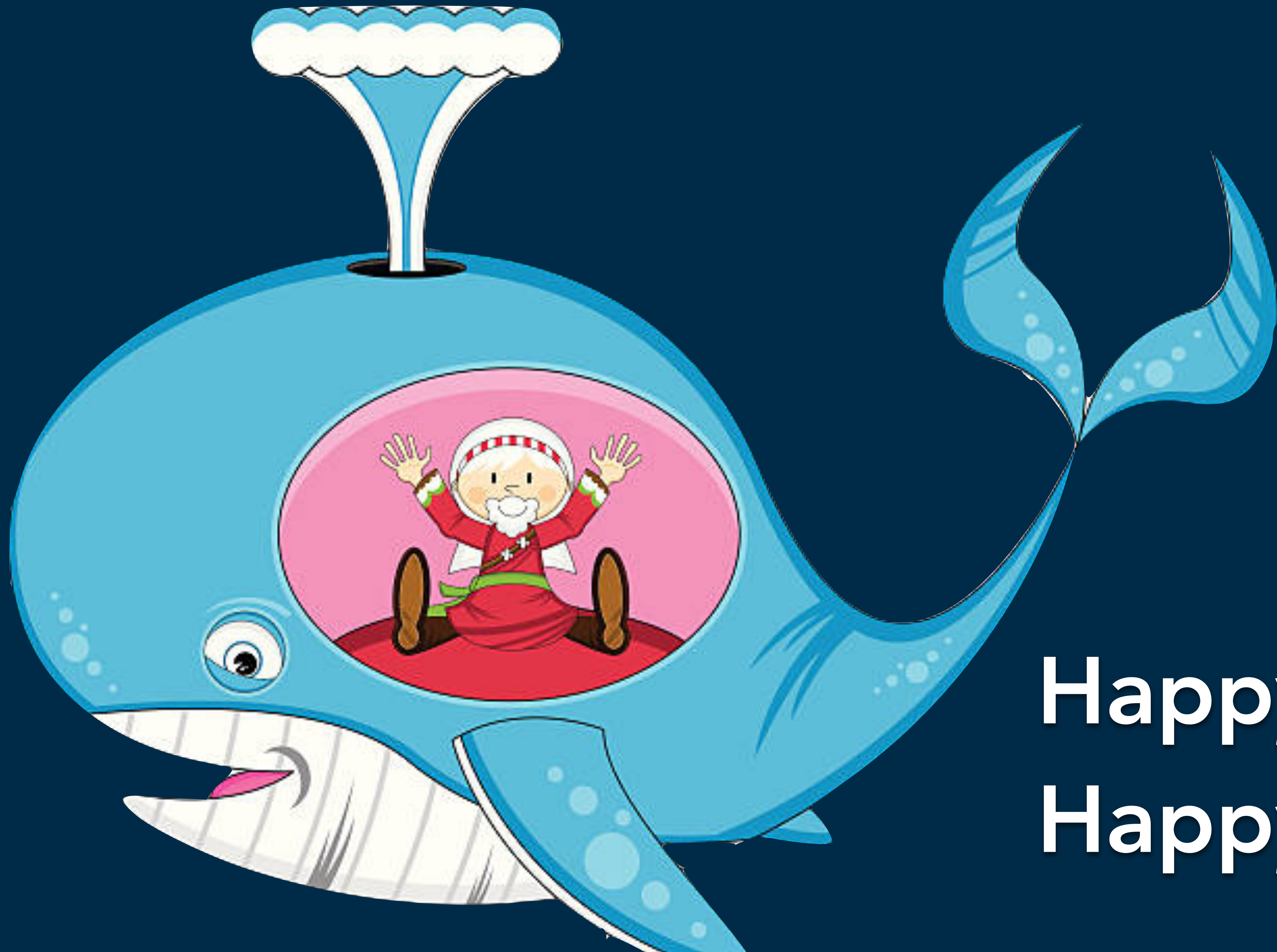
A person in a dark wetsuit is floating in deep blue water, looking up at a bright circular opening in the surface above. The scene is dimly lit, with the light from the opening creating a strong contrast and illuminating the water around the person.

**Swallowed.**

**How would Jonah  
even begin to make  
sense of what was  
happening to him?**

6' Feet





Happy fish.  
Happy Jonah.

**Nope.**

**Total darkness. Acid. Stench.**

**Three days.**

Search for: [Is it possible to breathe in a whale?](#)

Is there oxygen in a whale? 

Can a human survive inside a whale? 

As you have probably gathered by now, even though it is technically possible to survive being swallowed by a whale, **it's extremely unlikely.**



thehealthyjournal.com

<https://www.thehealthyjournal.com> > [faq](#) > [can-a-human-...](#)

A person is shown underwater, illuminated by a large, bright blue light beam that originates from above the water surface. The light beam creates a shimmering effect and casts a long shadow of the person onto the water below. The background is a deep blue, suggesting an underwater environment.

Is it technically possible to feed 5,000 people  
with five loaves of bread and two fish?

Is it technically possible to walk on water?

Is it technically possible to come back to life  
after being dead for three days?

A person is shown falling into water, creating a large splash. The water is a vibrant blue, and the person's arms and legs are visible as they descend. The background is a dark blue gradient.

Jonah was in the belly of a  
great fish for three days.

And it is from the belly of the  
fish that he sang a song  
(Psalm) of thanksgiving.



At the beginning of the song,  
God is a "he".

But it doesn't take long  
before God becomes "you".



Jonah wasn't even  
on dry land yet.

He's in utter darkness  
and maximum grossness.

And he's singing a  
song of thanks.



# DEEP & WIDE

JONAH 2:  
NOWHERE TO GO BUT UP

## Jonah 2

<sup>1</sup> From inside the fish Jonah prayed to the Lord his God. He said: "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. You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me.

## Jonah 2

<sup>4</sup> I said, 'I have been banished from your sight; yet I will look again toward your holy temple.' 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.

## Jonah 2

<sup>7</sup>“When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. Those who cling to worthless idols turn away from God’s love for them. 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.’”

And the Lord commanded the fish, and it vomited Jonah onto dry land.

**“Readers of narratives are sometimes tempted to move too quickly through poetry.**

**This song, however, is critical to the interpretation of the book and may be the theologically richest part. It’s content helps us to understand Jonah’s point of view, as he speaks in the first person. The poem also offers a window into the nature and circumstances of true gratitude.”**

**James Bruckner**

**“This chapter is Jonah at his very best, giving thanks for deliverance BEFORE HE IS ON DRY LAND. Surprisingly, he does not mention the small problem of his residency in the fish. He demonstrates his comprehension of the miracle of deliverance and his full dependence on the mercy and compassion of Yahweh. He is GRATEFUL to be in Yahweh’s keeping, even as he remains in the fish’s belly.”**

**James Bruckner**

Jonah understood that the  
storm and the fish were a  
great mercy...  
even before he was delivered.

# The Theme of Down Down Down Continues in Chapter 2



v. 2 From deep in the realm of the dead I called for help...

v. 3 You hurled me into the depths, into the very heart of the seas,  
and the currents swirled about me; all your waves and breakers  
swept over me.

v. 5 The engulfing waters threatened me, the deep surrounded me;  
seaweed was wrapped around my head.

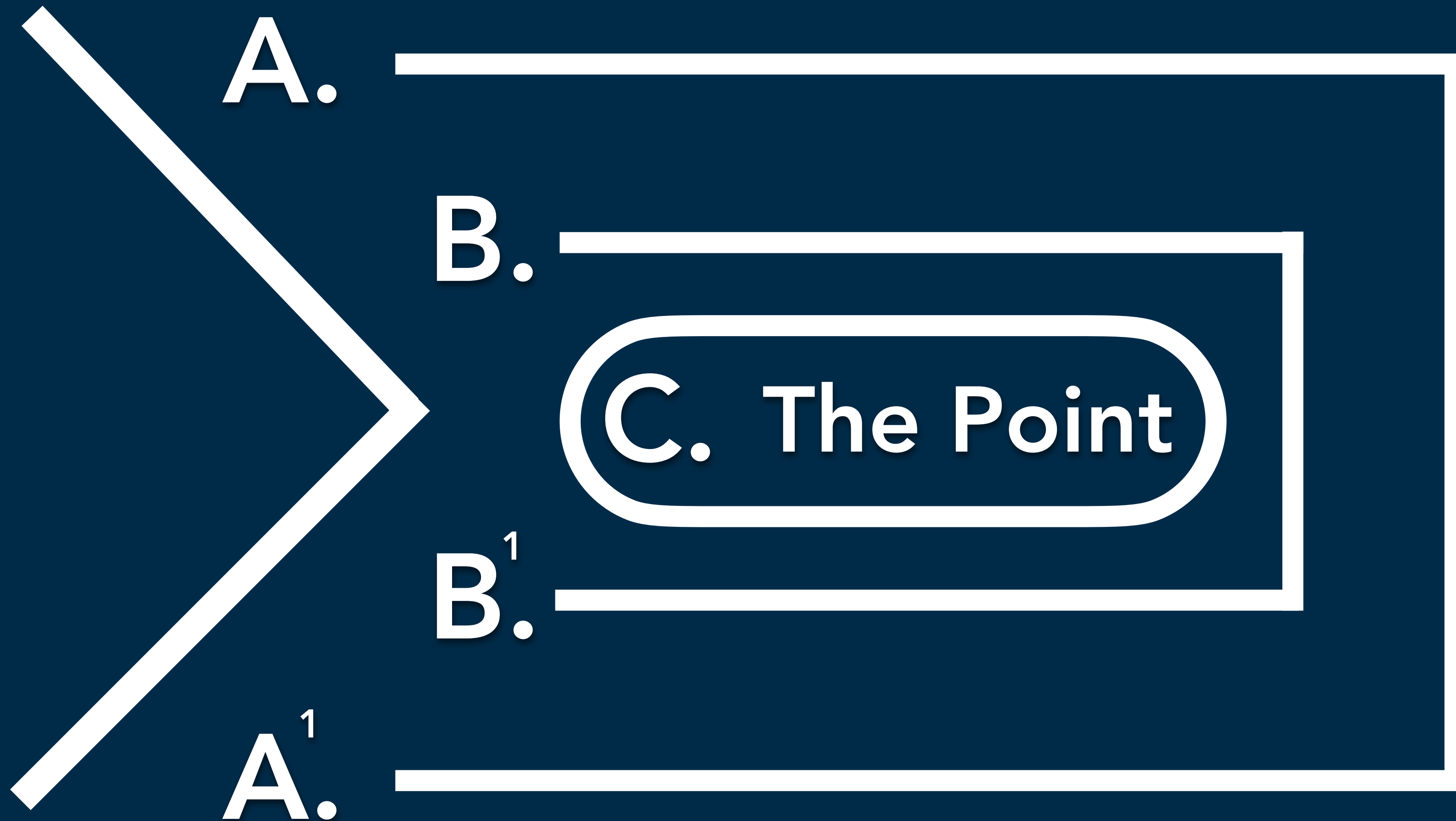
v. 6 To the roots of the mountains I sank down; the earth beneath  
barred me in forever.

But it's not all darkness  
and despair.

Something is hinted at in v. 2...  
and actually happens in v. 4...  
that changes everything.

And we see it most clearly in the  
structure of the Psalm.

# Chiasm



v. 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.

You hurled me into the depths, into the very heart of the seas,  
v. 3 and the currents swirled about me; all your waves and breakers  
swept over me.

v. 4 I said, 'I have been banished from your sight;  
yet I will look again toward your holy temple.'

v. 5 The engulfing waters threatened me, the deep surrounded me;  
seaweed was wrapped around my head.

v. 6 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.

v. 4 I said, 'I have been banished from your sight;  
yet I will look again toward your holy temple.'

## The Turning Point in Jonah

- "I said"
- "I have been banished"
- "I will look again"

**Turning and looking to  
Jesus is our only hope.**

## The Refrain

<sup>7</sup> "When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple. Those who cling to worthless idols turn away from God's love for them. 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.'"

And the Lord commanded the fish, and it vomited Jonah onto dry land.

Salvation comes from the Lord

Salvation doesn't come when we  
get out of whatever trouble  
we're in. Salvation comes when we  
run out of all other options,  
and look to Jesus as our only hope.

This song of thanksgiving shows us  
the power of praise and gratitude  
in any and every circumstance  
...when we look Jesus.

*(We'll get to the vomit next Sunday)*

Jonah 2:2

“From deep in my place of  
great need and desperate  
circumstances I called for help—  
and you listened to my cry.”

## 2 Chronicles 20:12

**“God, I don’t know what to do,  
but my eyes are on you.”**

