**The God of Second Chances Series**

**“Pressing the Spiritual Reset Button”**

**April 22, 2012**

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### Jonah’s Prayer

### Then Jonah prayed to the Lord his God from inside the fish. 2He 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! 3You 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. 4Then I said, ‘O Lord, you have driven me from your presence. Yet I will look once more toward your holy Temple.’

5“I sank beneath the waves, and the waters closed over me. Seaweed wrapped itself around my head. 6I 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! 7As my life was slipping away, I remembered the Lord. And my earnest prayer went out to you in your holy Temple.

8Those who worship false gods turn their backs on all God’s mercies. 9But 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.” 10Then the Lord ordered the fish to spit Jonah out onto the beach. Jonah 2 (NLT)

The metaphor for this message is the appliance reset button.

The book of Jonah is a story of how Jonah presses the spiritual reset button which qualifies him for a “do over”. How great it is that God offers each one of us as many “do over’s” as we may need. That’s the bottom line of grace.

Spiritual Reset Lessons:

1. A spiritual reset happens through prayer.

V 1 Then Jonah prayed to the Lord his God.

* He prays with sincerity.
* He prays with repentance and submission.
* He prays with faith and expectancy.

1. A spiritual reset is needed often.

1 John 1:9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

* Be ready for major resets.
* Be ready for daily resets.

1. A spiritual reset always brings positive results.

V 10 Then the Lord ordered the fish to spit Jonah out onto the beach.

Action Step: Let’s allow the Holy Spirit to direct us in pressing the spiritual reset button in the areas of life where needed!