

JOIN US SUNDAYS 8:30 AM EASTERN

FROM ONE PIT

to Another
(Study on the Book of Jonah)

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The SHEnergized SisStarhood Bible Class Series

FACILITATED BY
Dr. Dorthy Dye



Dr. Dye Lesson Recap Jonah Chapter 2-part 3| 01/29/2023| “No way of Escape”
“It’s the first Sunday of the year may you celebrate the Lord and all his greatness”

(The first pit)

The following recap is the final part of Jonah chap2 = 1-29-23 lesson.

Celebrate this day and every day that the Lord makes! God’s grace is sufficient so go ahead and offer up praise! Stay on your threshing floor of separation and revelation!

IV. Freed by Vomiting

- ❖ Threshing floor = (Place of preparation and revelation)
- ❖ The word vomited= (Gods’ way of allowing you to get rid of those evil things in your stomach)

God is amazing in the way he allows your body to produce saliva; which then protects your teeth and tongue from the acid- God gives protection for your tongue and mouth

- ❖ Jonah had to be admitted to the fishes’ stomach for 3days the same happened with our savior Jesus.
- ❖ Jesus had to be spewed out of hell because his power made it sick.
- ❖ The great fish couldn’t hold Jonah once God told it to spew out Jonah.
- ❖ Jesus had to be spewed out when he was raised on the 3rd day because the Holy Spirit power over took hell and the grave.
- ❖ Whatever is trying to swallow you up has to release it’s hold on you once you send Judah first!
- ❖ God’s purpose will always be fulfilled when you act and move according to his will.
- ❖ You may be a small part of God’s plan, but he can use your small part to create a big change.
- ❖ God only requires your obedience!
- ❖ You have been created to carry out God’s great work by extending up your offer of praise and adoration.



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- ❖ It’s because of the Lord’s mercy that we are made new each and every day.
- ❖ How many times does God give and give but you refuse to offer up praise to him because of who he is
- ❖ The key of Jonah’s deliverance was his praise; the key to your deliverance is in your hands and mouth ; your praise!
- ❖ You can be sure that everything in life is going to pass but God’s word will forever stand.
- ❖ Just as Christ arose from the pit of hell you too can arise from the pit... you too can arise because of the love God has for you!
- ❖ Arise from the pit of
 - Depression
 - Sickness
 - Worry
 - Fear
 - Aggravation
 - Anxiety
 - Grief
 - Feeling not good enough
- ❖ Once you arise from your pits; you can rise up! Those pits no longer have a hold on you! When you send Judah first you begin to unleash the holds that tried to keep you down

Sistar Send Judah first and offer up a praise from the pit of your despair!

MAKE A *Joyful* NOISE