

WELCOME TO HARVEST

5.16.21

Tearing Down Strongholds | Despair

Jonah 2

In order to climb out of despair, I must:

1. _____ to God. vv 1 - 2
2. Identify the _____. vv 3 - 6

The Downward Spiral of Despair:

- I'm _____.
- I'm _____.
- I'm _____.
- I'm _____.
- I'm _____.

3. Fix my eyes on the _____. v 7
4. Place my hope in the _____
_____. v 8
5. Express hope _____. v 9

_____ - Worship with _____

_____ - Worship with _____

_____ - Worship with _____