RCMI L-Path Teaching
September 19, 2021

TITLE: Lessons From The Deep [Mga Aral Mula Sa Kalaliman]

TEXT: Jonah 1:17-2:10

BI: Even when we hit rock bottom because of our disobedience, God will still pursue you and pull you out of the deep but not without imparting valuable lessons in your life. Kahit na sumadsad ang buhay mo dahil sa pagsuway, hahanapin ka pa rin ng Diyos at tatanggalin ka mula sa ilalim at babahaginan ng mga mahahalagang aralin sa buhay.

INTRO:

- We have a tendency to think that God is distant or removed during times of crisis. But Jonah reminds us that God's presence enables us to endure the trials we face – even the ones we create by our disobedience. Madalas nating isipin na malayo ang Diyos sa atin sa panahon ng krisis. Ngunit pinaa-alala ni Jonas na ang presensya ng Diyos ang nagpapalakas sa atin upang makaya natin ang mga pagsubok - kahit na iyong mga dulot ng ating pagsuway.
- God has a way of releasing you into struggle, sickness, pain, heartache, or financial distress to groom you for His glory; **because God's number one desire is not to make you happy but to make you holy**. Hinahayaan tayo ng Diyos na dumaan sa mga pagsubok, karamadaman, kasakitan, kawalan upang ihayag ang kanyang kaluwalhatian; sapagkat layunin ng Diyos na gawin tayong banal, hindi lamang masaya sa buhay.
- Jonah learned three things during his loneliest and deepest moments and we'll call this enlightenment as **LESSONS FROM THE DEEP**. In his time at rock bottom, Jonah learned the value of the ff: May natutunan si Jonas na 3 bagay sa panahon na pinakamalungkot siya, at tatawagin natin ang mga natutunan nya na MGA ARAL MULA SA KAILALIMAN. Natutunan ni Jonas ang mga sumusunod:

I. The Fervency Of Prayer [Ang Kahalagahan Ng Pagiging Masidhi Sa Panalangin]

- Jonah learned that he won't be getting out of his predicament until he talked to the Lord. [Jonah 2:1-2] Nalaman ni Jonas na hindi sya makakaalis sa kanyang kinalalagyang problema kung hindi nya kakausapin ang Panginoon.
- Based on what we read about Jonah, this is the first time he prayed fervently. When the Lord told him to go to Nineveh, he didn't pray. He just ran away and followed his own direction. Acting on his own volition without prayer landed him in the belly of a fish. Batay sa ating nabasa tungkol kay Jonas, ito ang kaunaunahang pagkakataon na siya ay nanalangin ng taimtim. Nang sinabihan sya ng Diyos na pumunta sa Nineveh, hindi sya man lang nanalangin. At dahil dito, siya ay napunta sa tiyan ng isang malaking isda.
- There is nothing but destruction waiting on you when you make decisions that are not bathed in prayer. Kasiraan lang ng buhay ang idudulot ng kawalan ng panalangin.
- Many of us find ourselves in the same situation as Jonah but there's good news for you: if all you can do is pray then you're in a good place. Karamihan sa atin ay may sitwasyon

na katulad ng kay Jonas, ngunit may magandang balita. Kung ang iyong ginagawa ay ang manalangin ng manalangin, ikaw ay nasa isang magandang kinalalagyan.

- Prayer changes everything. When the Lord threw Jonah into the fish's belly, Jonah cried out to God and his prayer changed his situation. Binabago ng panalangin ang lahat. Nang itinapon ng Diyos si Jonas sa tiyan ng malaking isda, tumawag si Jonas sa Panginoon, at dahil dito, nabago ang kanyang sitwasyon.
- In order for you to better understand this truth, I have to show you something in Hebrew that don't normally appear in the English language. In Hebrew, nouns have gender, some nouns are masculine, and some nouns are feminine. When Jonah was swallowed by the fish (Ch. 1:17), the book referred to the fish as '*dag'* meaning male fish. When Jonah cried out from the belly of the fish in Ch. 2:2, it changes the gender to *dagah*, meaning female fish. Para maintindihan ang katotohanang ito, nais kong ipakita sa inyo ang isang salita sa Hebreo na wala sa Ingles. Sa Hebreo, ang pangngalan ay pwedeng pambabae o panlalaki sa kasarian. Ang isda na kumain kay Jonas ay lalaki ang kasarian. Ngunit nang nanalangin si Jonas sa tiyan ng isda, ito ay nagbago ng kasarian at naging babae na.
- The peculiarity of this change of gender led rabbis to reason that this means Jonah was comfortable in the roomy male fish so he did not pray, but God then transferred him to a smaller, female fish in which the prophet was uncomfortable, so he was forced to pray. But I don't think it's an issue of comfortability because you can never be comfortable inside a fish belly (regardless of gender). Ang pagpapalit ng kasariang ito ay maaring nangangahulugan na komportable si Jonas sa malaking tiyan ng isang lalaking isda kaya hindi sya nanalangin. Ngunit nang nalipat siya sa tiyan ng mas maliit na babaing isda, napilitan na siyang manalangin dahil hindi na siya komportable dito.
- There is an insight here we can use to study the value of prayer. The term "belly" for masculine '*dag'* means stomach, but "belly" for feminine '*dagah'* means womb. Meron tayong matututunan dito patungkol sa kahalagahan ng panalangin. Ang salitang 'tiyan' para sa isang lalaking isda (dag) ay nangangahulugang 'tiyan', at nangangahulugang 'sinapupunan' sa babaing isda (dagah).
- When Jonah was swallowed, he was put in a place that's supposed to destroy him but the context of the place switches when he starts praying. **He's no longer in the place that destroys, rather he's now in a place that develops.** Nang si Jonas ay nilulon ng isda, dapat sana ay namatay na siya ngunit nagbago ang kanyang kalagayan ng siya ay nagsimulang manalangin.
- If you pray fervently, the context of what you're going through changes: it will develop you, not destroy you. Kapag ikaw ay nanalangin ng taimtim, magbabago ang iyong kinalalagyan, lalago ka at hindi ka mapapahamak.
- Jonah learned the power of persistent and fervent prayer that's from the heart, not just from the head. Prayer will take a damnable situation and work it out for your good. [James 5:16] Natutunan ni Jonas ang kapangyarihan ng paulit ulit at taimtim na panalangin na galing sa puso at hindi sa isipan lamang. Babaguhin ng panalangin ang isang pangit na sitwasyon at gagawing kapaki-pakinabang para sa iyo.

II. The Focus On Purpose [Jonah2:6-8] [Ang Kahalagahan Ng Pagtuon Sa Layunin]

- Jonah realized that the reason for his predicament was his stubbornness and rebellion. Napagtanto ni Jonas na ang dahilan ng kanyang suliranin ay ang katigasan ng ulo at ang hindi pagsunod.
- The reason for your struggle is because you're still fighting the will of God. You still want what you want and have not surrendered to what God wills. You've got to learn to say yes to God's will. There is no alternative, it's either God's will or the fish. Ang dahilan ng mga paghihirap natin ay ang paglaban sa kalooban ng Diyos. Nais nating sundin ang gusto natin at ayaw pa rin nating sumuko sa kalooban ng Diyos. Kailangan nating matutunan na sumang ayon sa kalooban ng Diyos.
- [Romans 12: 1-2] God loves you so much and He knows that life outside His will is not in your best interest. Mahal tayo ng Diyos at alam niya na ang buhay sa labas ng kanyang kalooban ay hindi kapaki pakinabang sa atin.
- So, God will do whatever He has to do to get a yes out of you. He'll try to get a yes by blessing you. If that doesn't work, He will resort to blocking. God will push you over the edge of a disaster but hold you back just so you don't lose everything. This way, you can look at what should have happened and declare that if God hadn't put His hand on me, you would've been dead by now. Gagawin ng Diyos ang lahat para mapasunod niya tayo. Kung minsan, papasunurin niya tayo sa pamamagitan ng pagkakaloob ng pagpapala. O di kaya ay sa pamamagitan ng pagharang nito. Itutulak tayo ng Panginoon hanggang sa dulo kung saan ay malapit na tayong mahulog, ngunit hindi nya tayo ihuhulog upang magpasalamat tayo sa Kanya.
- Still some won't surrender even after the blessings and blocking, so God resorts to the breaking. God will break you and allow you to sink into the depths in order for you to realize that God is the rock at your bottom; finally saying yes to His will because there's nothing else we can do. Marami ang ayaw isuko ang sarili sa Diyos sa gitna ng pagpapala at kakulangan. Kaya naman hahayaan ng Diyos na tayo ay mabasag at dumaan sa kadiliman nang sa gayon ay makita natin na ang Diyos ang bato na ating tuntungan at para tayo ay umayon na rin sa kanyang kalooban.
- When God released Jonah from the belly of the fish, Jonah took off running to Nineveh. The Bible says that God spoke to Jonah and told him to do what He instructed in the first place. The assignment hadn't changed, he's just got another chance to do it. I'm glad He is the God of another chance! Nang makaalis na si Jonas sa tiyan ng malaking isda, siya ay nagtatakbo patungo sa Nineveh. Nangusap and Diyos at ipinaalala kay Jonas ang nais ng Diyos na ipagawa sa kanya noon pa man. Hindi pa rin nagbabago ang assignment ni Jonas. Binigyan ng Diyos ng pangalawang pagkakataon si Jonas.
- God let Jonah out because he was able to refocus on his purpose and was determined to do what God called you to do. Pinalaya ng Diyos si Jonas mula sa tiyan ng isda dahil naituon na ni Jonas ang kanyang paningin sa layunin ng Diyos para sa kanya.

III. The Faithfulness To Praise [Jonah 2:9] [Ang Kahalagahan Ng Katapatan Sa Pagpupuri]

- Jonah learned the proper place to praise the Lord . In the belly of the fish, Jonah cried out shouts of praise. Jonah made a decision that right where he is, is a perfect place to praise the Lord. Natutunan ni Jonas ang tamang lugar kung saan niya papupurihan ang Diyos - sa tiyan ng isda. Dito sumigaw si Jonas ng mga papuri sa Diyos.

- How can you praise God with seemingly nothing to be grateful for? How can you praise God in the belly? Jonah says the reason he could praise God in these conditions is because he learned to change his perspective of the fish. Paano ma pupurihin ang Diyos kung sa tingin mo ay walang dahilan para gawin ito? Paano ka magpupuri sa tiyan ng isda? Kaya nagawa na magpuri ni Jonas sa tiyan ng isda ay dahil nagbago ang pananaw o pagtingin nya sa isda.
- If you see the fish as punishment, Jonah sees the fish as protection. Listen to his prayer! He said they threw him over the ship and was drowning; weeds were pulling him down and making the entire situation a struggle, but the Lord sent the fish to save his life, not punish him. Kung sa tingin mo ay parusa kay Jonas ang isda, ang tingin naman nya ay proteksyon ito. Pakinggan ang kanyang panalangin! Aniya, itinapon daw siya mula sa barko at muntik nang malunod, sya ay papalubog na ngunit nagpadala ang Diyos ng isda para iligtas sya, hindi upang parusahan sya.
- The reason why some folks don't know when to praise God is that they still see the fish as punishment. You need to look back at the situation and see how the Lord used that thing to keep you from death and destruction. Kaya hindi alam ng iba kung kailan dapat magpuri sa Diyos ay sa dahilan na tinitingnan nila ang isda bilang isang parusa. Kailangang tingnan ang sitwasyon at makita kung paano ginamit ng Diyos ito upang magligtas.
- He got you laid off so you wouldn't spend your life on a job that didn't pay you what you deserve. He allowed your heart to get broken so you woul don't have to settle before you meet Mr./Ms. Right. Is there anybody here that knows your struggle is a blessing in disguise? Hinayaan ng Diyos na matanggal ka sa trabaho mo dahil may inilaan pa syang mas maganda na trabaho para sa iyo. Hinayaan Nya na masaktan ang puso mo nang sa gayon ay makahanap ka ng taong tama para sa iyo. Maaari na ang problema mo ay 'blessing in disguise'.
- Anybody can praise God when they're outside the belly but I'm looking for some church people right now who, in the midst of your struggle, can stand firmly grounded and lift their hands to say that they will bless the Lord wherever they are. [Philippians 4:6-7] Ang sino man ay kayang magpuri sa Diyos kapag nasa labas ng tiyan ng isda ngunit ang Diyos ay naghahanap ng mga tao na kayang tumayo at itaas ang kamay sa Diyos at magpuri sa Kanya sa gitna ng kanilang mga problema.

CHALLENGE: Even when we hit rock bottom because of our disobedience, God will still pursue you and pull you out of the deep. But not without learning valuable lessons such as fervently praying, focusing on doing God's purpose, and faithfully praising God in whatever situation you're in.
HAMON: Kahit na sumadsad pa ang buhay natin dahil sa hindi pagsunod, pupuntahan pa rin tayo ng Diyos at ililigtas mula sa kailaliman. Ngunit hahayaan din Niya tayo na matuto ng mga mahalagang aralin sa pamamagitan ng pananalangin natin nang mataimtim, pagtingin sa Kanyang layunin, at matapat na pagsamba sa Kanya anu man ang kalagayan natin.

DISCUSSION: PAG-USAPAN

- Do you believe that fervent prayer can change the context of your situation? That instead of destroying you, it will develop you? Share how prayer helped you when you're at the most depressing moment of your life. Naniniwala ka ba na ang taimtim na panalangin ay

kayang magpabago ng iyong sitwasyon? Na sa halip na patayin tayo, tayo ay lalago sa pamamagitan nito? Ibahagi kung paano ka natulungan ng pananalangin habang ikaw ay nasa pinakamababang yugto ng buhay mo.

- As a Christian, what is God's will in your life? Are you focusing and moving toward your purpose or have you been drifting away from it? Bilang isang Kristyano, ano ang layunin ng Diyos sa iyo? Nakatuon ka ba sa layyunin ng Diyos o papalayo ka dito?
- Resolve to remain faithful to praise God whatever situation you are in. Share. Mag desisyon na magiging tapat sa pagsamba sa Diyos, ano man ang iyong sitwasyon. Ibahagi.