

RUNNING

THE STORY OF JONAH AND US

#3: RUNNING TO GOD—JONAH 2

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Praise the LORD, my soul, and never forget all the good he has done: He is the one who forgives all your sins, the one who heals all your diseases, the one who rescues your life from the pit, the one who crowns you with mercy and compassion, the one who fills your life with blessings so that you become young again like an eagle.

Psalm 103:2-5 (GWT)

I. AN OVERVIEW OF JONAH

- 1. Jonah runs from God: The Consequences of rebellion (Chapter 1)**
- 2. Jonah runs to God: The rewards of repentance (Chapter 2)**
- 3. Jonan runs with God: The power of obedience (Chapter 3)**
- 4. Jonah runs into God: The problem of pettiness (Chapter 4)**

Jonah was furious. He lost his temper. He yelled at God, “God! I knew it—when I was back home, I knew this was going to happen! That’s why I ran off to Tarshish! I knew you were sheer grace and mercy, not easily angered, rich in love, and ready at the drop of a hat to turn your plans of punishment into a program of forgiveness! “So, God, if you won’t kill them, kill me! I’m better off dead!”

Jonah 4:1-3 (MSG)

II. REWARDS OF RUNNING TO GOD IN REPENTANCE—CHAPTER 2

- 1. No matter how far I run from the Lord – He still hears my cries for help (v.1-2)**

I waited patiently for the LORD to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD.

Psalm 40:1-3 (NLT)

2. No matter what I've done – He still wants me and pursues you (v.3)

The Lord himself will go ahead of you. He will be with you. He will never leave you. He'll never desert you. So don't be afraid. Don't lose hope.

Deuteronomy 31:8 (NIRV)

3. No matter how deep my pit is – God can use it to save me - not punish me (v.3-6)

4. No matter where I am – true repentance results in real deliverance (v.7-10)

- Admit my sin
- Change my direction
- Refocus on my Savior

When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat. Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone. Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment.

Psalms 32:3-6 (NLT)

