

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)

II. BENEFITS OF RUNNING WITH GOD—CHAPTER 3

1. God is with you even when I don't feel Him

When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up the flames will not consume you. For I am the LORD, your God, the Holy One of Israel, your Savior.

Isaiah 43:2-3 (NLT)

2. God gives you a second chance even when I don't deserve it

The LORD is compassionate and merciful, slow to get angry and filled with unfailing love. He will not constantly accuse us, nor remain angry forever. He does not punish us for all our sins; he does not deal harshly with us, as we deserve. For his unfailing love toward those who fear him is as great as the height of the heavens above the earth. He has removed our sins as far from us as the east is from the west. The LORD is like a father to his children, tender and compassionate to those who fear him.

Psalm 103:8-12 (NLT)

3. God is working even when I don't see Him

For the word of God is living and active. Sharper than any double–edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Hebrews 4:12 (NIV)

He sent out his word and healed them, and delivered them from their destruction.

Psalm 107:20 (ESV)

4. God has a plan even when I don't understand it

And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Romans 8:28 (NLT)

