

## Stepping Out of the Belly of a Whale “Ready for Action” No longer on the Run

**Jonah = Name in the Hebrew means Dove.**

**Jonah’s assignment = Deliver the word of the Lord to his enemies to bring repentance, revival and restoration.**

### Why am I angry with God?

**Jonah 4:1 -3** - But it displeased Jonah exceedingly, and he was very angry. And he prayed unto the LORD, and said, I pray thee, O LORD, was not this my saying, when I was yet in my country? Therefore I fled before unto Tarshish: for I knew that thou art a gracious God, and merciful, slow to anger, and of great kindness, and repentest thee of the evil. Therefore now, O LORD, take, I beseech thee, my life from me; for it is better for me to die than to live.

▲ Jonah was furious with God for being God. He identified God’s characteristics, yet he could not embrace the fact that God is sovereign. He was so blinded that he wanted to die, to end it all.

▲ When things do not according to our blueprint, moral standards and timetable, anger is the logical response.

**Anger = a strong feeling of annoyance, displeasure, or hostility.**

**Baker’s Evangelical Dictionary of Biblical Theology defines anger as a “strong emotional reaction of displeasure, often leading to plans for revenge or punishment.”**

**▲ Anger affects your thinking, memory, creativity and weakens your concentration. As a result, thoughts become accusatory, exaggerated, and rigid. Assumptions become facts in your mind leading to irrational behavior-teamcorporatetraining.com**

Uncontrolled anger is linked to:

- ◆ Depression
- ◆ Headaches
- ◆ Anxiety
- ◆ High blood pressure
- ◆ heart disease

▲ Anger is a spiritual vice. In professional wrestling the vice grip is a move in which the attacking wrestler squeezes the opponent's head with both hands. Think about your head being squeezed on both sides, you no longer have control but now is under subjection to that which is applying pressure.

**Ephesians 4:31** - Get rid of all bitterness, **rage and anger**, brawling and slander, along with every form of malice.

**Psalms 37:8-9** (NIV) - **Refrain from anger** and turn from wrath; do not fret - it leads only to evil. For those who are evil will be destroyed, but those who hope in the LORD will inherit the land.

**Ephesians 4:26** - **Be angry and sin not**, do not let the sun go down on your wrath.

**Galatian 5:20** - idolatry and witchcraft; hatred, discord, jealousy, **fits of rage**, selfish ambition, dissensions, factions

What fearful event or situation in your life has birthed anger?

Write your answer

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Question - Have you ever prayed to God from a place of anger?

Write your answer.

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◆ When we are hurt it is hard to see the purpose of the pain.

**Jonah 4:4** - Why are you angry?

▲ One of the things that fuels anger is fear. Fear when you cannot control a situation or do not know what the next move it. This is where we must hold on to word of God.

**Proverbs 3:5-6** - **Trust in the Lord with all thine heart;** and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

**Jonah 4:5** - He shifted his location but for the wrong reasons. He wanted to see what would happen. When we shift our position, it should be from a place of rebellion and disobedience to the posture of repentance and worship.

▲ Do not get to the location and be distracted, shift your focus to Jesus.

What distracts you from worshiping God and meditating on his word?

Write your answer.

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**Hebrews 12:2** - Looking unto Jesus the author and finisher of our faith.

What is the location or posture of your heart right now?

Write your answer.

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**Psalms 51:10** - Create in me a clean heart and renew the right spirit within me.

**Jonah 4:6-8**

▲ **God prepared** the gourd, **God prepared** the worm, **God prepared** the hot east wind.

▲ God always prepares us and there may be times when the preparation process is uncomfortable. We know the bitter and sweet olives have to be crushed to get pure oil. We know that the best diamonds are made under

intense pressure, we know that a natural pearl comes from the irritation endured by the oyster. There is a preparation process, and it removes the impurities and yes it will be painful and uncomfortable.

Question How many times have you stepped out of the preparation process? Why?

Write your answer.

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**Psalms 23:5** - He prepares a table before me.

**Ephesians 2:10** - We are his workmanship created in Christ Jesus for good works, which God **prepared** beforehand so that we could WALK in them.

**Romans 8:28 (AMP)**

▲ And we know with great confidence that God who is deeply concerned about us, cause all things to work together as a plan for good for those who love God, those who are called according to him plan and purpose.

**Jonah 4:9**

Why are you angry at God? Is it right for you to be angry? Oh man, Jonah was like YES, I AM, EVEN UNTO DEATH!!

▲ When our comforts are touched, anger takes the lead. Have you noticed the moments in your life where you know you were out of line, yet God was merciful? God will remove anything that stands in the way, every idol will be cast down. He will use even the tiny worm to remove the obstacles of your hindering our path to purpose. Your eyes will see what he sees, your ears will hear what he hears, and you will respond with love and compassion by taking that step without hesitation.

▲ There are thousands of people, thousands of souls waiting for you, and it starts with you allowing the Holy Spirit to search for your heart. What has caused you to look away from those who are not like you? God tells Jonah

in v 11 – should I not spare Nineveh, that great city----- that cannot discern their right hand from their left hand, and also many cattle?

What the first verse of the next chapter of your life would be.

Write your answer

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