

**The One Thing
Everyone Needs**

“The heart is deceitful above all things and beyond cure. Who can understand it?”

— **Jeremiah 17:9**

“to whom much is given,
much will be required”

— **Luke 12:48**

This is what the Lord Almighty says: “In a little while I will once more shake the heavens and the earth, the sea and the dry land.”

— **Haggai 2:6**

The words “once more” indicate the removing of what can be shaken—that is, created things—so that what cannot be shaken may remain.

— **Hebrews 12:27**

“Then the men feared the Lord exceedingly, and they offered a sacrifice to the Lord and made vows...”

— **Jonah 1:16**

“God demonstrates His love for us in that while we were yet sinners, Christ died for us. Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him!”

— **Romans 5:8-9**

The word of the Lord came to Jonah son of Amittai: “Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.” But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.

— **Jonah 1:1-3**

“He did that which was evil (RAH) in the sight of the Lord: he departed not from the sins of Jeroboam the son of Nebat ...”

— **2 Kings 14:24**

“He was the one who restored the boundaries of Israel from Lebo Hamath to the Dead Sea, in accordance with the word of the Lord, the God of Israel, spoken through his servant Jonah son of Amittai, the prophet from Gath Hopher.”

— **2 Kings 14:25**

“Isn’t this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity.

— **Jonah 4:2**



“Wounds from a friend can be trusted,
but an enemy multiplies kisses.”

— **Proverbs 27:6**



“Do not rebuke mockers or they will hate you; rebuke the wise and they will love you.”

— **Proverbs 9:8**

Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship.

— **Jonah 1:4-5a**

But Jonah had gone below deck, where he lay down and fell into a deep sleep. The captain went to him and said, “How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish.”

— **Jonah 1:5b-6**

Then the sailors said to each other, “Come, let us cast lots to find out who is responsible for this calamity.” They cast lots and the lot fell on Jonah. So they asked him, “Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?”

— **Jonah 1:7-8**

He answered, “I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the dry land.” This terrified them and they asked, “What have you done?” (They knew he was running away from the Lord, because he had already told them so.)

— **Jonah 1:9-10**



“I AM WHO I AM BY THE GRACE OF GOD”

— **1 Corinthians 15:10**

The sea was getting rougher and rougher. So they asked him, “What should we do to you to make the sea calm down for us?” “Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.”

— **Jonah 1:11-12**

Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. Then they cried out to the Lord, “Please, Lord, do not let us die for taking this man’s life. Do not hold us accountable for killing an innocent man, for you, Lord, have done as you pleased.”

— **Jonah 1:13-14**

Then they took Jonah and threw him overboard, and the raging sea grew calm. At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him. Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

— **Jonah 1:15-17**

“If you, O Lord, should mark iniquities, Lord,
who could stand? But there is forgiveness
with you, so that you may be revered.”

— **Psalm 130:3-4**

“for all have sinned and fallen
short of the glory of God”

— **Romans 3:23**

