

## Jonah Pt. 1 “Running from God” | Life Notes

**Jonah 1:1-3** “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.”

### Why We Run from God:

√ **We don't like what God wants us to do.**

**Psalm 81:11-12** “But my people would not listen to me; Israel would not obey me. <sup>12</sup>So I let them go their stubborn ways and do whatever they wanted.”

**Luke 6:46** “So why do you keep calling me ‘Lord, Lord!’ when you don’t do what I say?”

**Hebrews 3:15** “Remember what it says: “Today when you hear his voice, don’t harden your hearts as Israel did when they rebelled.”

√ **We have a hidden rift with God.**

**Proverbs 19:3** “A person's folly subverts his way, and his heart rages against the LORD.”

### Consequences of Running from God

#### 1. It causes trouble for other people.

**Jonah 1:4-5a** “Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. <sup>5</sup>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 1:10-12** “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.) <sup>11</sup>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?” <sup>12</sup>“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.”

**Hebrews 12:15** “See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many.”

#### 2. It causes us trouble.

**Jonah 1:15-17a** “Then they took Jonah and threw him overboard, and the raging sea grew calm. <sup>16</sup>At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him. <sup>17</sup>Now the Lord provided a huge fish to swallow Jonah . . .”

**Psalm 38:4-5** “My guilt overwhelms me— it is a burden too heavy to bear. <sup>5</sup>My wounds fester and stink because of my foolish sins.”

**James 1:14-15** But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.”

**3. It delays our purpose.**

**Jonah 1:17b** “And Jonah was in the belly of the fish three days and three nights.”

**Hebrews 3:15** “Today, if you hear his voice, do not harden your hearts as you did in the rebellion.”

**Preparing for Your Purpose**

⇒ **Get to know God’s heart.**

**1 John 3:1a** “See how very much our Father loves us, for he calls us his children, and that is what we are!”

**1 John 4:9 NIV** “This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.”

⇒ **Get to know your design.**

**Ephesians 2:10** “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

**1 Peter 4:10** “God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another.”