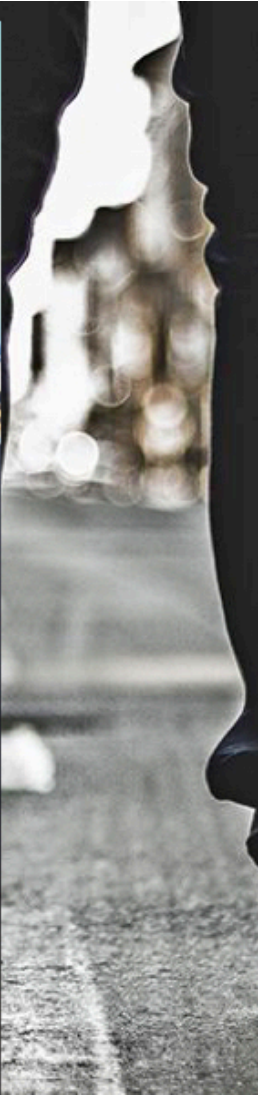





CHOICES

THE MOMENTS THAT CHANGE LIVES



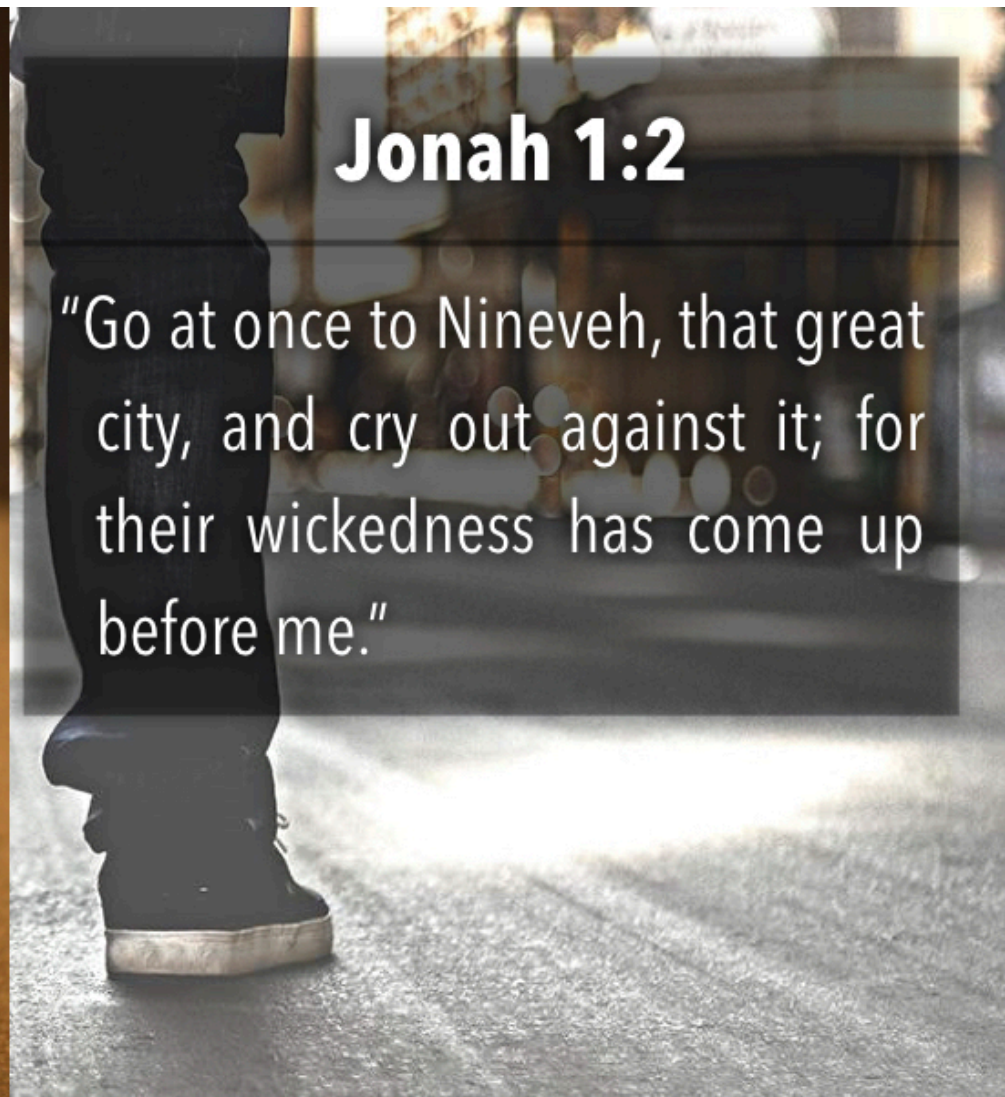


JONAH 1-2
And He Answered Me



Jonah 1:2

"Go at once to Nineveh, that great city, and cry out against it; for their wickedness has come up before me."





Jonah 1:3

But Jonah set out to flee to Tarshish from the presence of the Lord. He went down to Joppa and found a ship going to Tarshish; so he paid his fare and went on board, to go with them to Tarshish, away from the presence of the Lord.



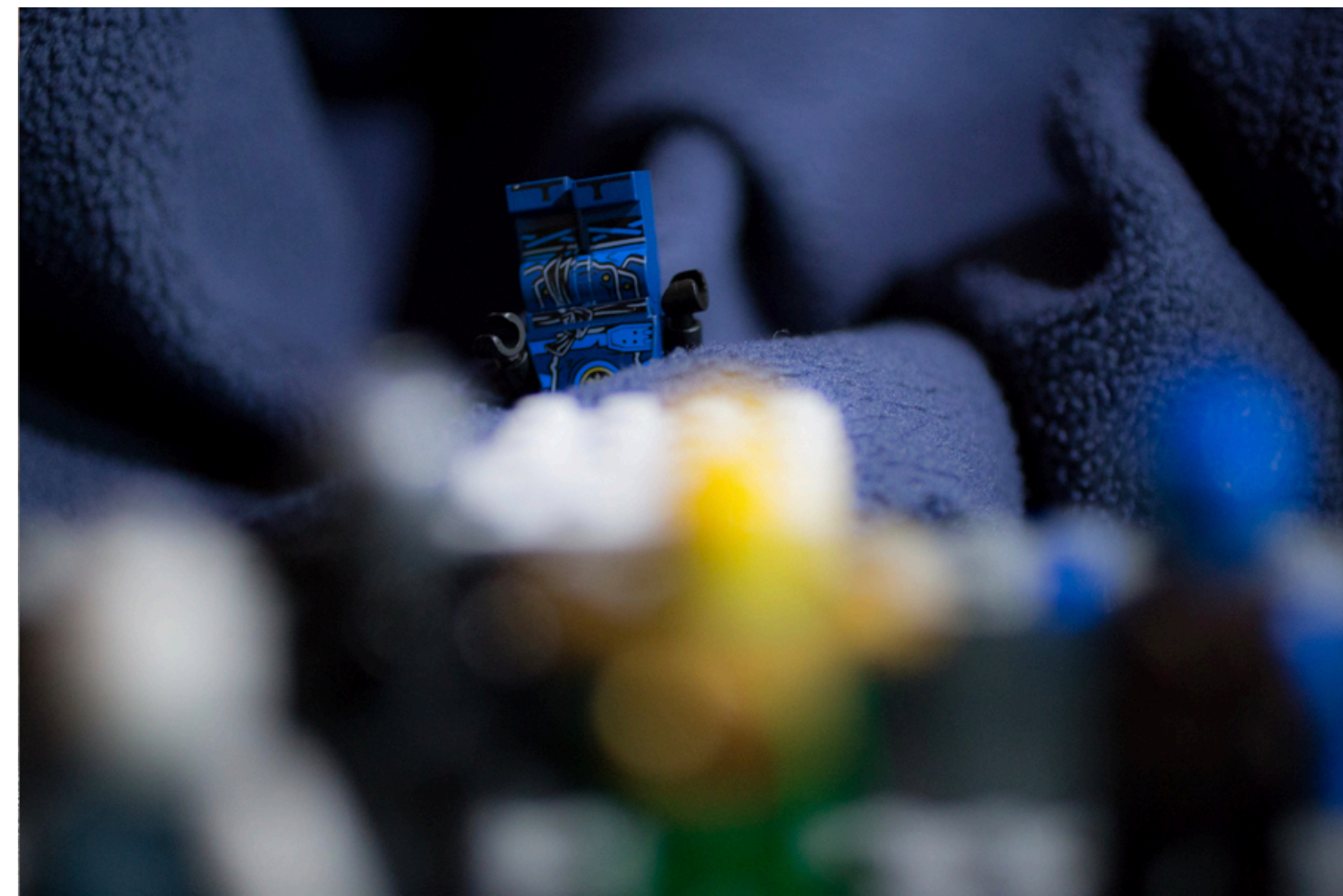
Jonah 1:6

The captain came and said to him, "What are you doing sound asleep? Get up, call on your god! Perhaps the god will spare us a thought so that we do not perish."



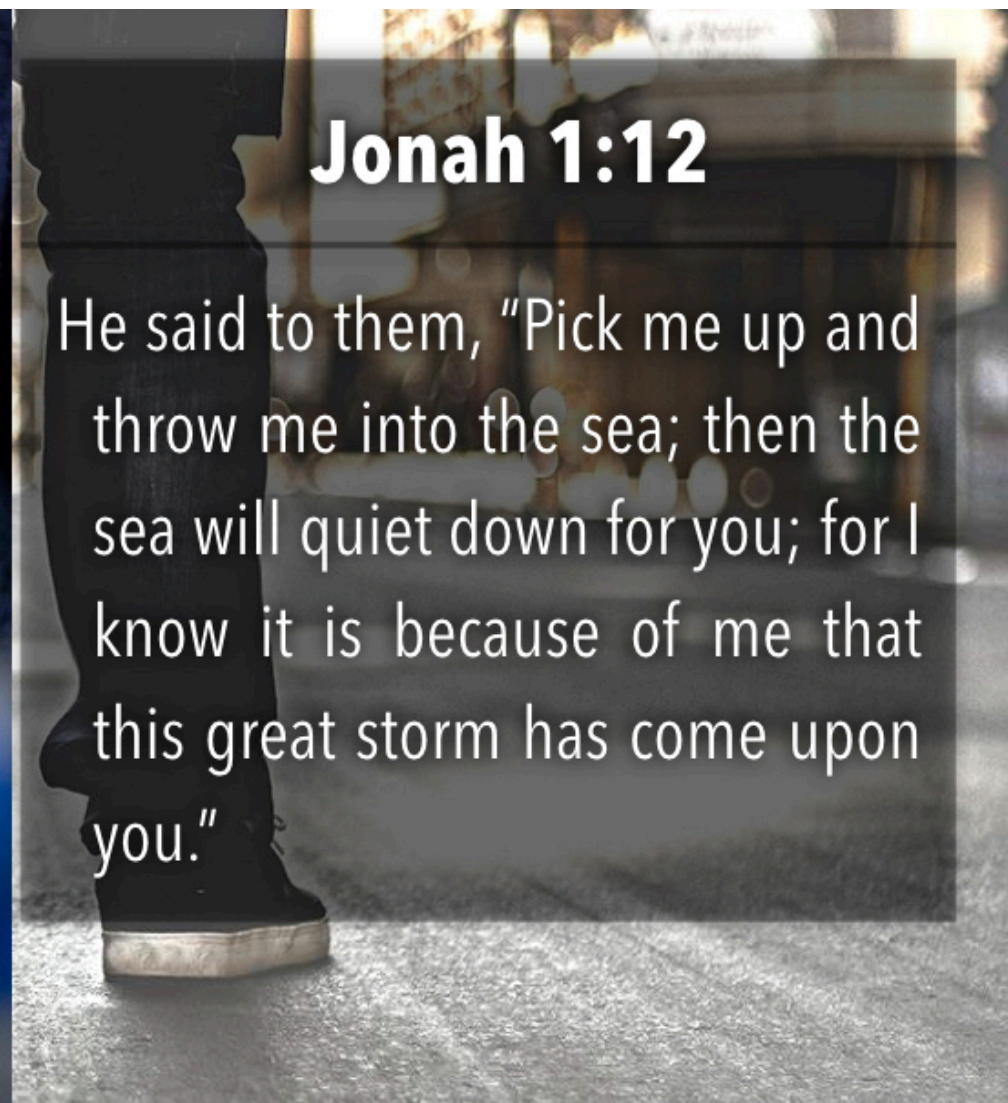
Jonah 1:8

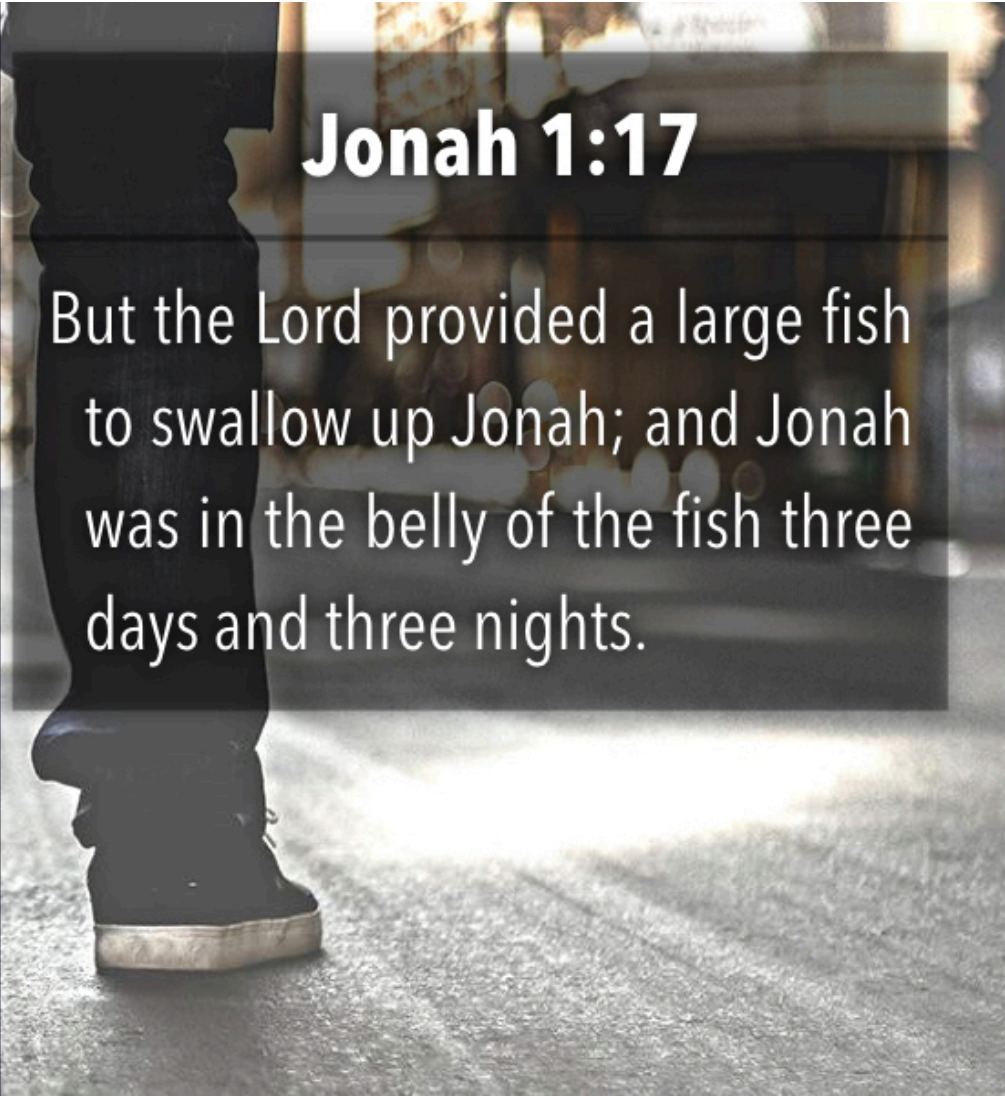
Then they said to him, "Tell us why this calamity has come upon us. What is your occupation? Where do you come from? What is your country? And of what people are you?"



Jonah 1:12

He said to them, "Pick me up and throw me into the sea; then the sea will quiet down for you; for I know it is because of me that this great storm has come upon you."





Jonah 1:17

But the Lord provided a large fish to swallow up Jonah; and Jonah was in the belly of the fish three days and three nights.

A low-angle, close-up photograph of a person's legs from the knees down, standing on a city street at night. The person is wearing dark blue denim jeans and black sneakers with white soles. The background is a blurred city street with warm, golden light from streetlights and buildings, creating a bokeh effect. A semi-transparent dark grey horizontal bar is overlaid across the middle of the image, containing the text "Why did Jonah run away?" in a bold, white, sans-serif font.

Why did Jonah run away?

A low-angle, close-up shot of a person's legs from the knees down, standing on a city street at night. The person is wearing dark blue denim jeans and black sneakers with white soles. The background is a blurred city street with streetlights and buildings, creating a bokeh effect. A semi-transparent black horizontal bar is overlaid across the middle of the image, containing the text "Am I running away from the will of God?" in white, bold, sans-serif font.

Am I running away from the will of God?



A low-angle, close-up shot of a person's legs from the knees down, standing on a city street at night. The person is wearing dark blue denim jeans and black sneakers with white soles. The background is a blurred city street with warm, golden light from streetlights and buildings, creating a bokeh effect. A semi-transparent black rectangular box is overlaid on the center of the image, containing white text.

**What if I've made mistakes and am far
away from God now?**

A photograph of a person's legs from the knees down, wearing black pants and black sneakers with white soles. They are standing on a paved city street. The background is a blurred city street scene with buildings and other people.

Then Jonah prayed to the Lord his God from the belly of the fish, saying,

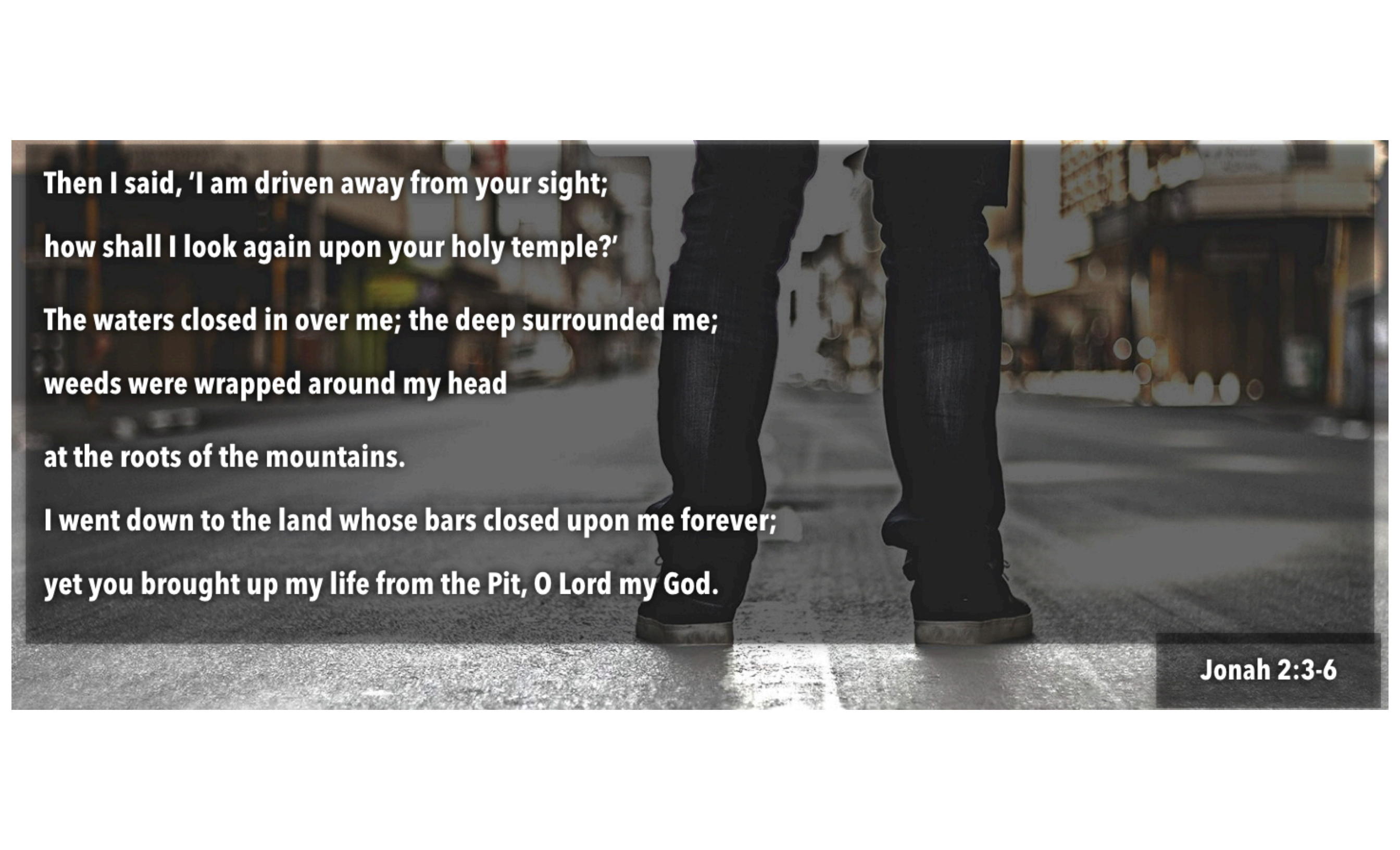
**“I called to the Lord out of my distress, and he answered me;
out of the belly of Sheol I cried, and you heard my voice.**

You cast me into the deep, into the heart of the seas,

and the flood surrounded me;

all your waves and your billows passed over me.

Jonah 2:1-3

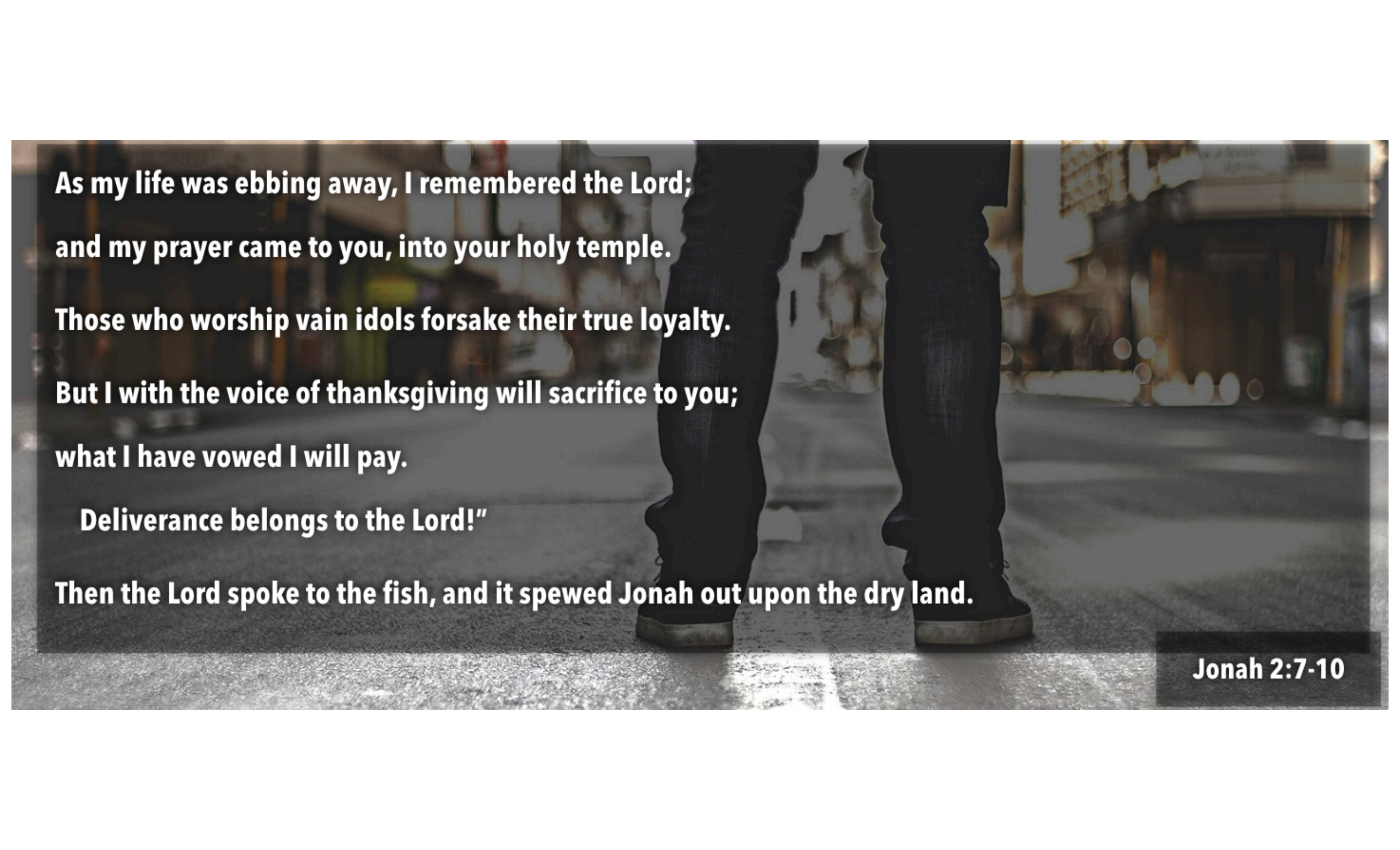


**Then I said, 'I am driven away from your sight;
how shall I look again upon your holy temple?'**

**The waters closed in over me; the deep surrounded me;
weeds were wrapped around my head
at the roots of the mountains.**

**I went down to the land whose bars closed upon me forever;
yet you brought up my life from the Pit, O Lord my God.**

Jonah 2:3-6



**As my life was ebbing away, I remembered the Lord;
and my prayer came to you, into your holy temple.
Those who worship vain idols forsake their true loyalty.
But I with the voice of thanksgiving will sacrifice to you;
what I have vowed I will pay.**

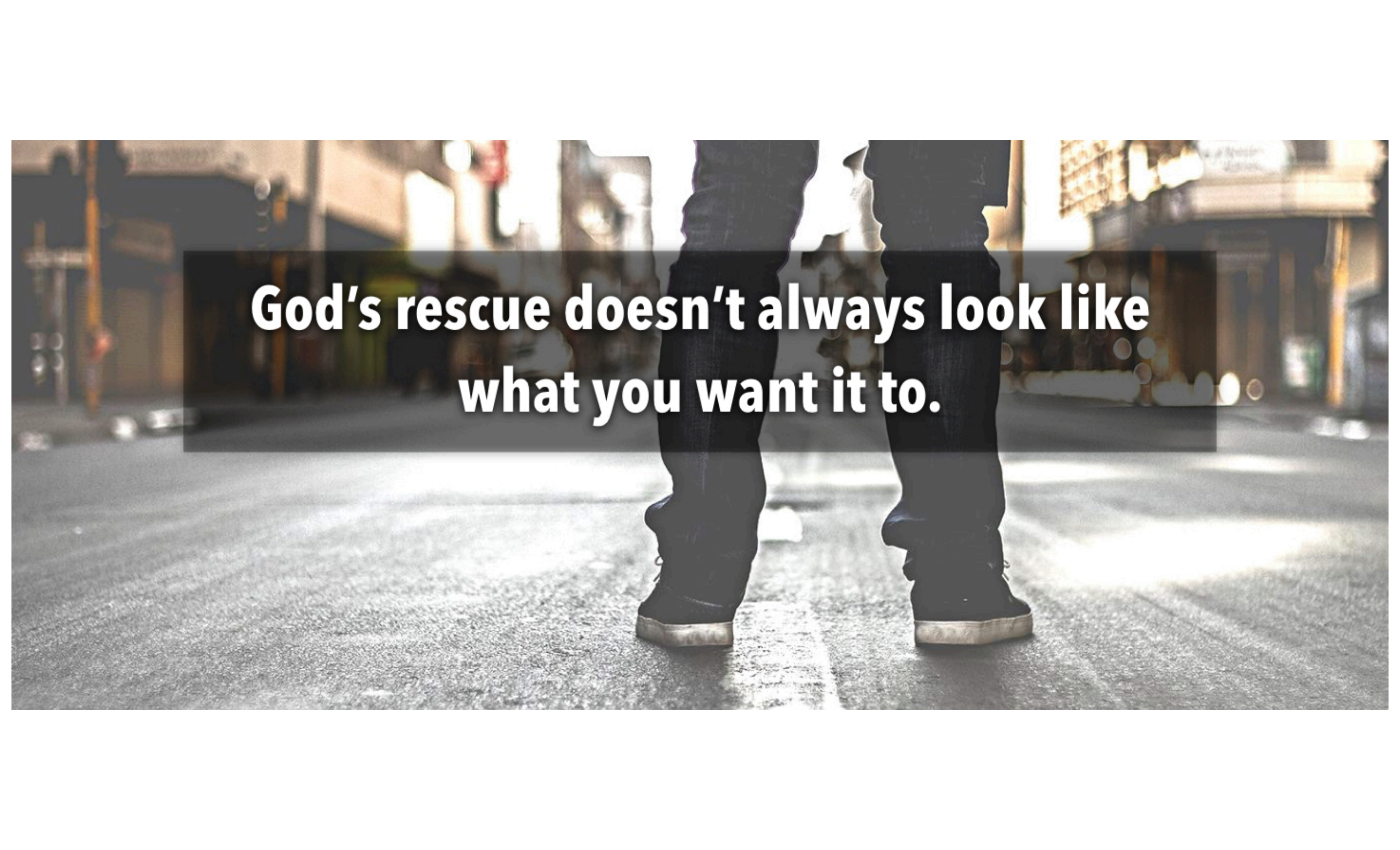
Deliverance belongs to the Lord!"

Then the Lord spoke to the fish, and it spewed Jonah out upon the dry land.

Jonah 2:7-10

A low-angle, close-up shot of a person's legs from the knees down, standing on a city street at night. The person is wearing black pants and black sneakers with white soles. The background is a blurred city street with warm, golden light from streetlights and buildings, creating a bokeh effect. A semi-transparent black rectangular box is overlaid in the center of the image, containing white text.


**God rescues those who call upon Him in
times of trouble.**

A low-angle, close-up shot of a person's legs from the knees down, standing on a city street at night. The person is wearing dark, possibly black, jeans and black sneakers with white soles. The background is a blurred city street with warm, golden light from streetlights and buildings, creating a bokeh effect. A semi-transparent black rectangular box is overlaid across the middle of the image, containing white text.

**God's rescue doesn't always look like
what you want it to.**





A photograph of a person's legs from the knees down, wearing dark blue jeans and black sneakers with white soles. The person is standing on a paved city street at night. The background is blurred, showing city lights and buildings. A semi-transparent dark grey rectangular box is overlaid on the center of the image, containing white text.

**Is there something I'm supposed to
learn about God in the tough seasons of
life?**

A photograph of a person's legs from the knees down, wearing dark blue jeans and black sneakers with white soles. The person is standing on a paved city street at night. The background is blurred, showing city lights and buildings. A semi-transparent dark grey box is overlaid on the image, containing text.

RESPONSE

1. God is calling me into something greater. I need to choose to obey.
2. I'm experiencing times of trouble. I need to choose to cry out to God for help.
3. I need to choose to believe that God loves me. I need to trust in His goodness.