

A photograph of a person standing on a city street, wearing black pants and black shoes. The person's legs are the central focus. The background is a blurred city street with buildings and lights. Overlaid on the image is a white rectangular frame. Inside the frame, the word "CHOICES" is written in large, white, serif capital letters. Below the word, the phrase "THE MOMENTS THAT CHANGE LIVES" is written in smaller, white, sans-serif capital letters.

CHOICES

THE MOMENTS THAT CHANGE LIVES



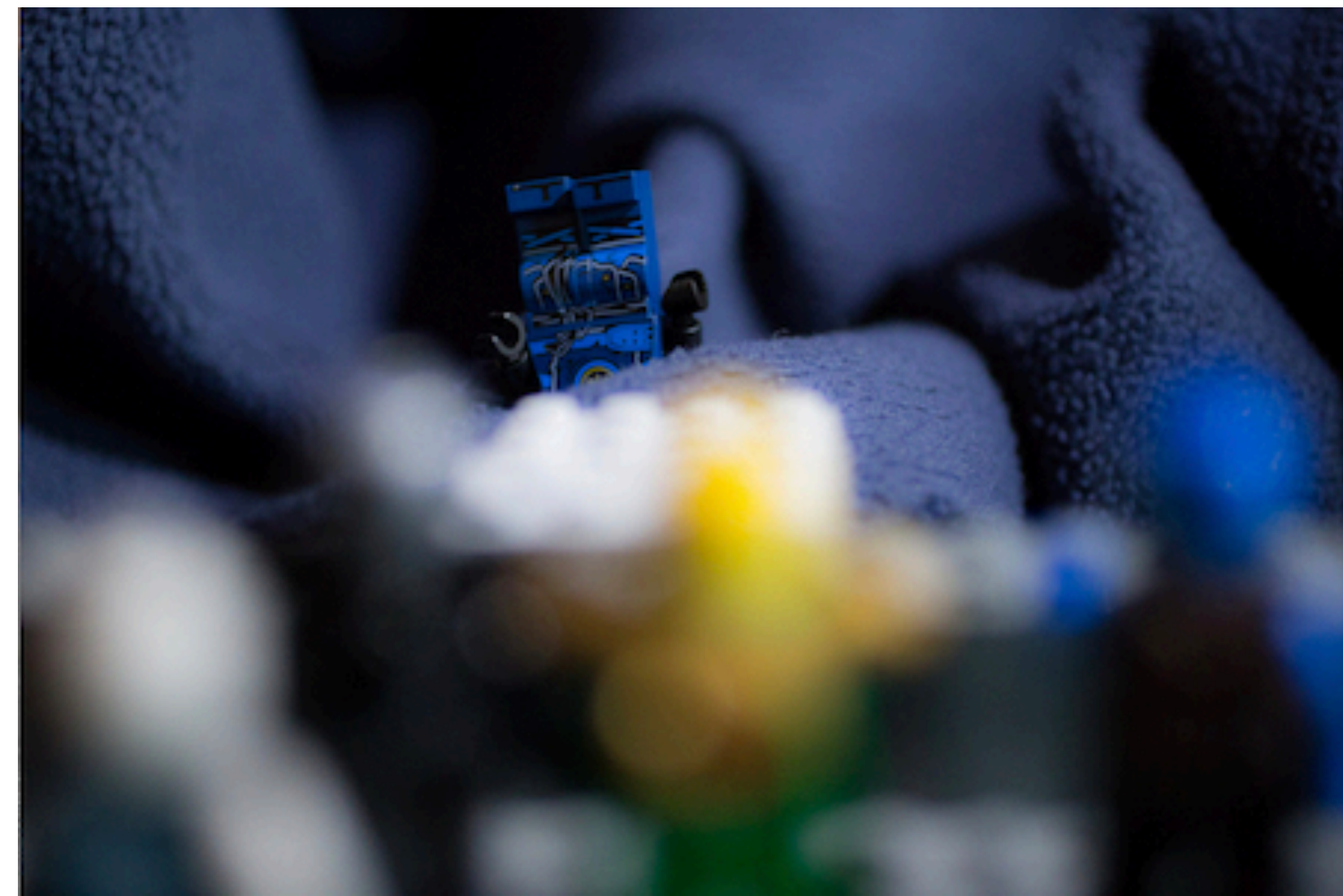
Jonah 1:2

"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.



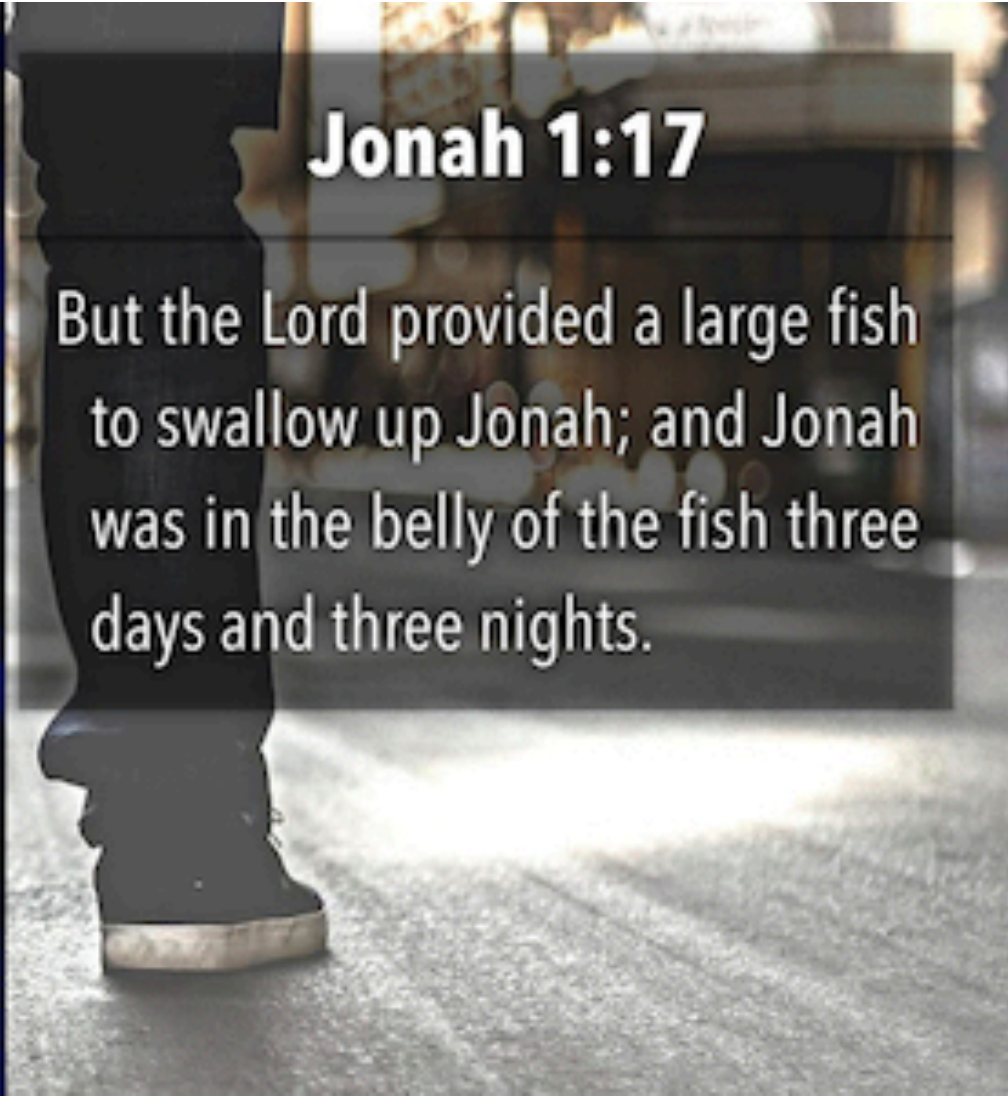
Jonah 1:12

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.





JONAH 3-4
Gracious, Merciful, Slow to Anger,
Abounding in Steadfast Love





Jonah 3:4

Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!"



Jonah 3:5-6


And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes.



Jonah 3:10

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.



Jonah 4:5

Then Jonah went out of the city and sat down east of the city, and made a booth for himself there. He sat under it in the shade, waiting to see what would become of the city.




Jonah 4:6

The Lord God appointed a bush, and made it come up over Jonah, to give shade over his head, to save him from his discomfort; so Jonah was very happy about the bush.




Jonah 4:7-8

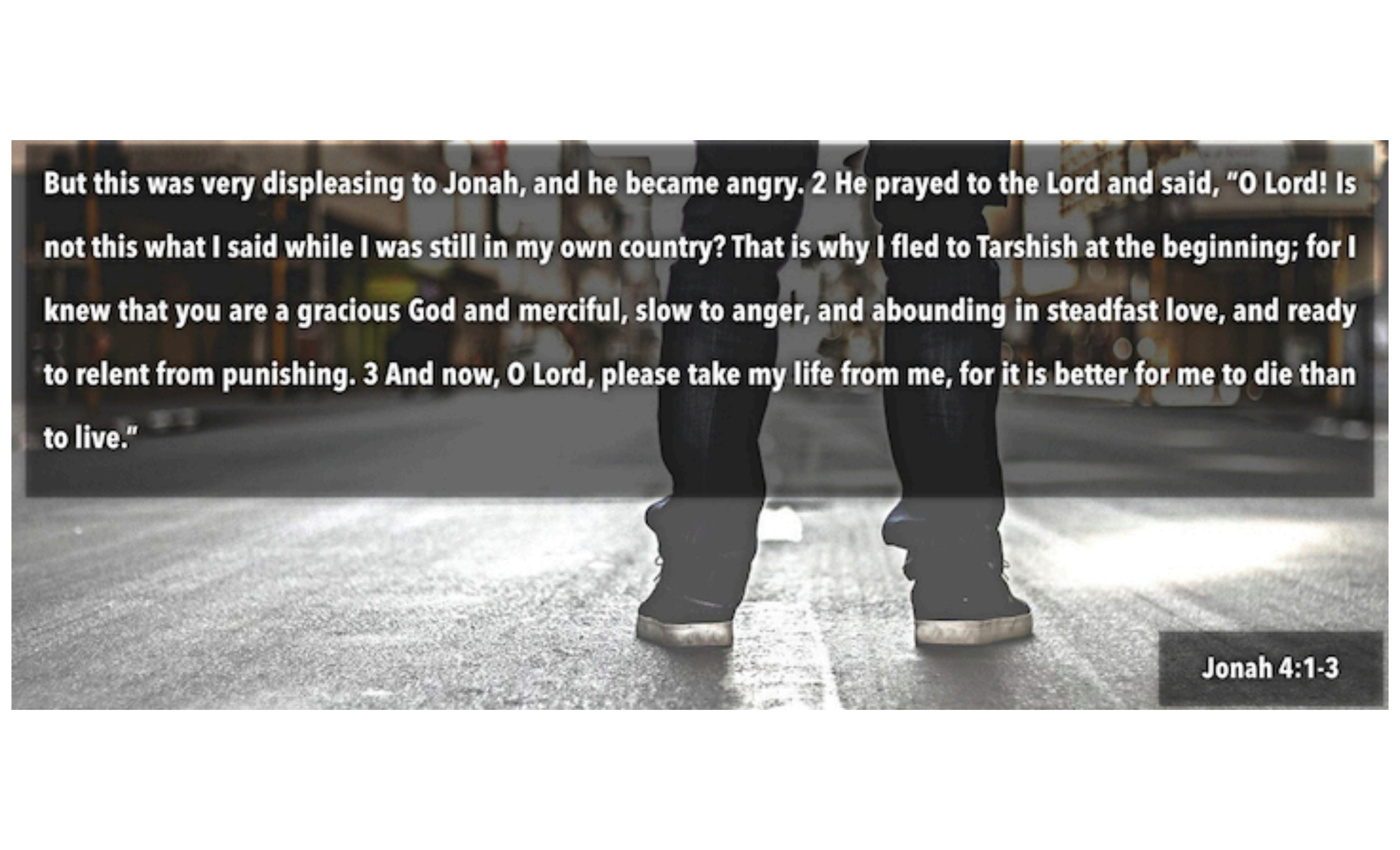
But when dawn came up the next day, God appointed a worm that attacked the bush, so that it withered. 8 When the sun rose, God prepared a sultry east wind, and the sun beat down on the head of Jonah so that he was faint and asked that he might die. He said, "It is better for me to die than to live."

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 lights from buildings and streetlights, creating a bokeh effect. A semi-transparent black horizontal band is overlaid across the middle of the image, containing white text.

**The book of Jonah looks into the heart of God and
finds only love**

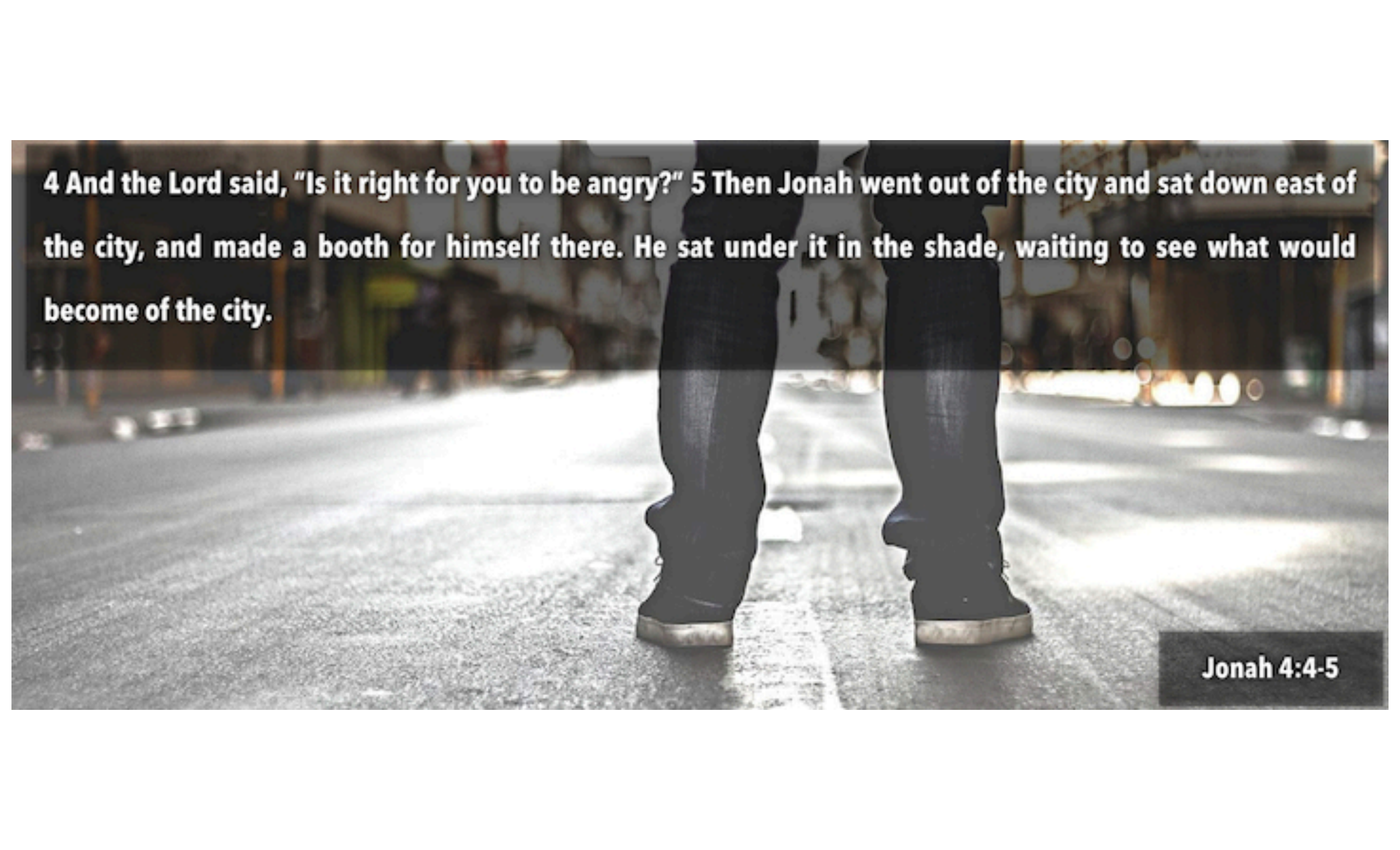
A photograph of a person's legs from the knees down, wearing black pants and black sneakers with white soles. They are standing on a city street at night. The background is blurred, showing streetlights and buildings. A semi-transparent black banner is overlaid across the middle of the image, containing the text "What would a loving God say to me?" in white, bold, sans-serif font.

What would a loving God say to me?

A low-angle photograph of a person's legs and feet. The person is wearing black pants and black shoes with light-colored soles. They are standing on a grey sidewalk. The background is a blurred street scene with buildings and trees. A semi-transparent dark grey box with white text is overlaid on the upper half of the image.

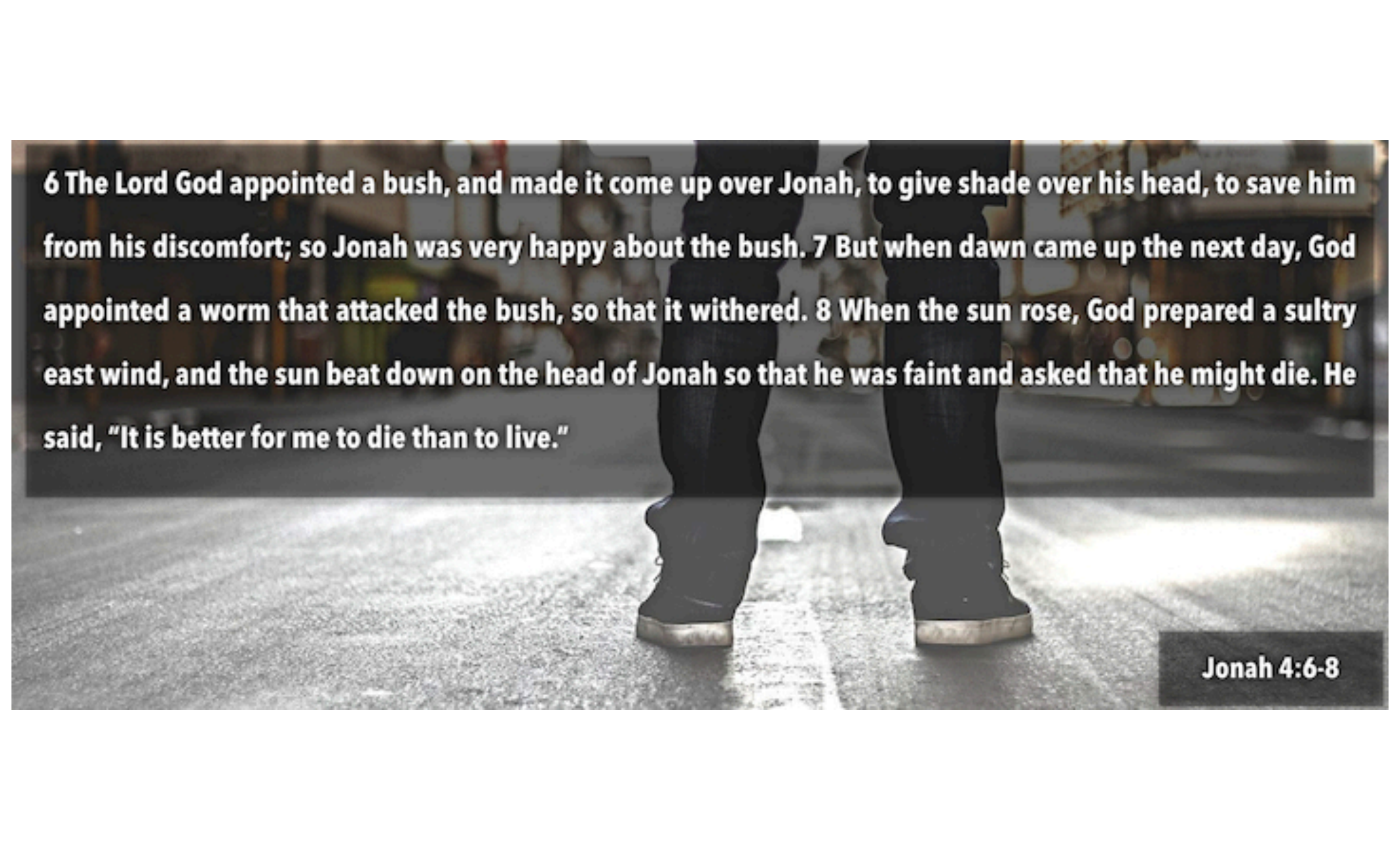
But this was very displeasing to Jonah, and he became angry. 2 He prayed to the Lord and said, "O Lord! Is not this what I said while I was still in my own country? That is why I fled to Tarshish at the beginning; for I knew that you are a gracious God and merciful, slow to anger, and abounding in steadfast love, and ready to relent from punishing. 3 And now, O Lord, please take my life from me, for it is better for me to die than to live."

Jonah 4:1-3

A low-angle, close-up shot of a person's legs from the knees down, standing on a city sidewalk. The person is wearing black pants and black sneakers with white soles. The background is a blurred city street with buildings and trees, suggesting an urban environment. The lighting is bright, likely from the sun, creating shadows on the pavement.

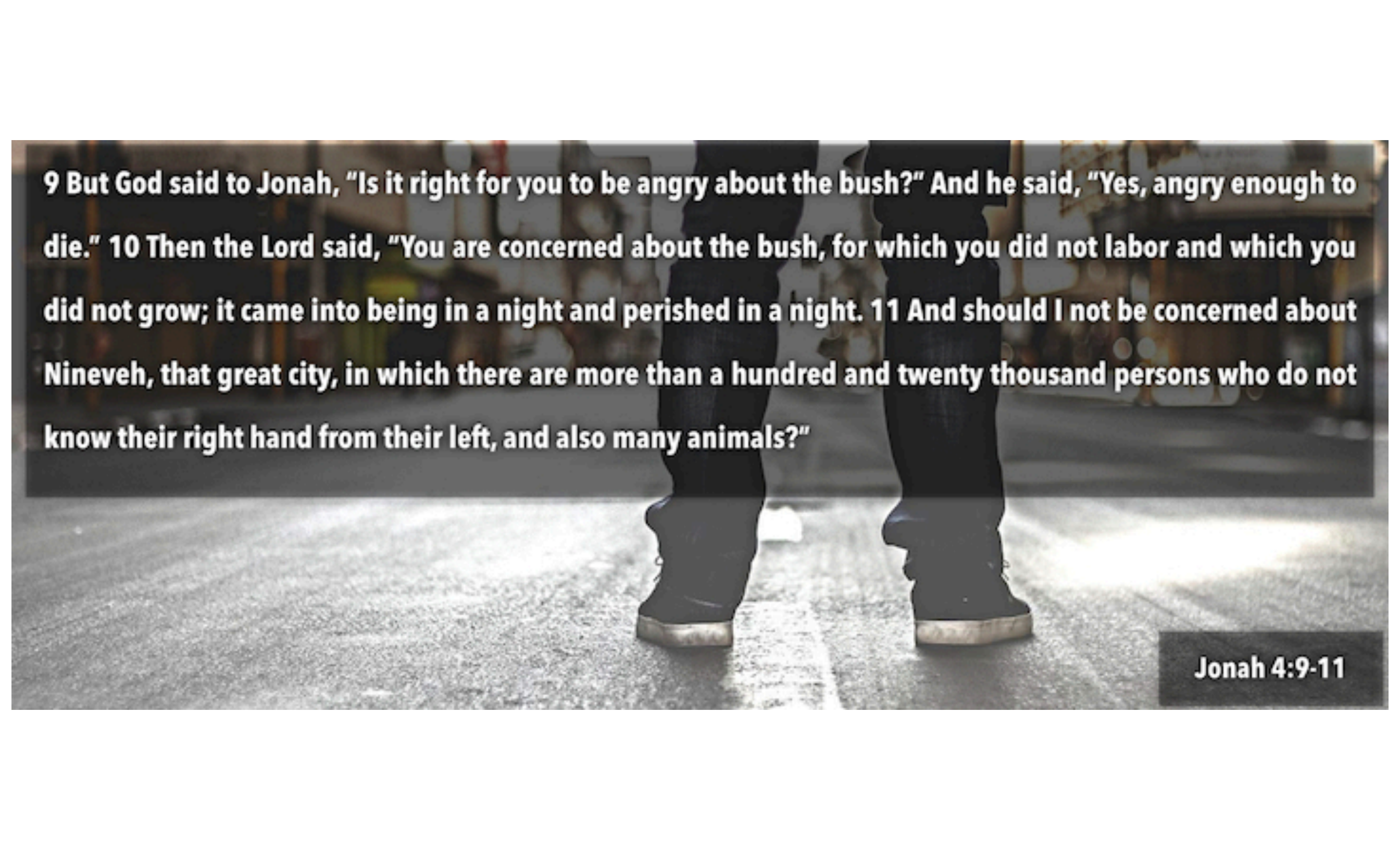
4 And the Lord said, "Is it right for you to be angry?" 5 Then Jonah went out of the city and sat down east of the city, and made a booth for himself there. He sat under it in the shade, waiting to see what would become of the city.

Jonah 4:4-5

A low-angle photograph of a person's legs from the knees down, wearing black pants and black shoes with tan soles. The person is standing on a grey concrete sidewalk. The background is a blurred street scene with buildings and trees. A semi-transparent dark grey box with white text is overlaid on the upper half of the image.


6 The Lord God appointed a bush, and made it come up over Jonah, to give shade over his head, to save him from his discomfort; so Jonah was very happy about the bush. 7 But when dawn came up the next day, God appointed a worm that attacked the bush, so that it withered. 8 When the sun rose, God prepared a sultry east wind, and the sun beat down on the head of Jonah so that he was faint and asked that he might die. He said, "It is better for me to die than to live."

Jonah 4:6-8

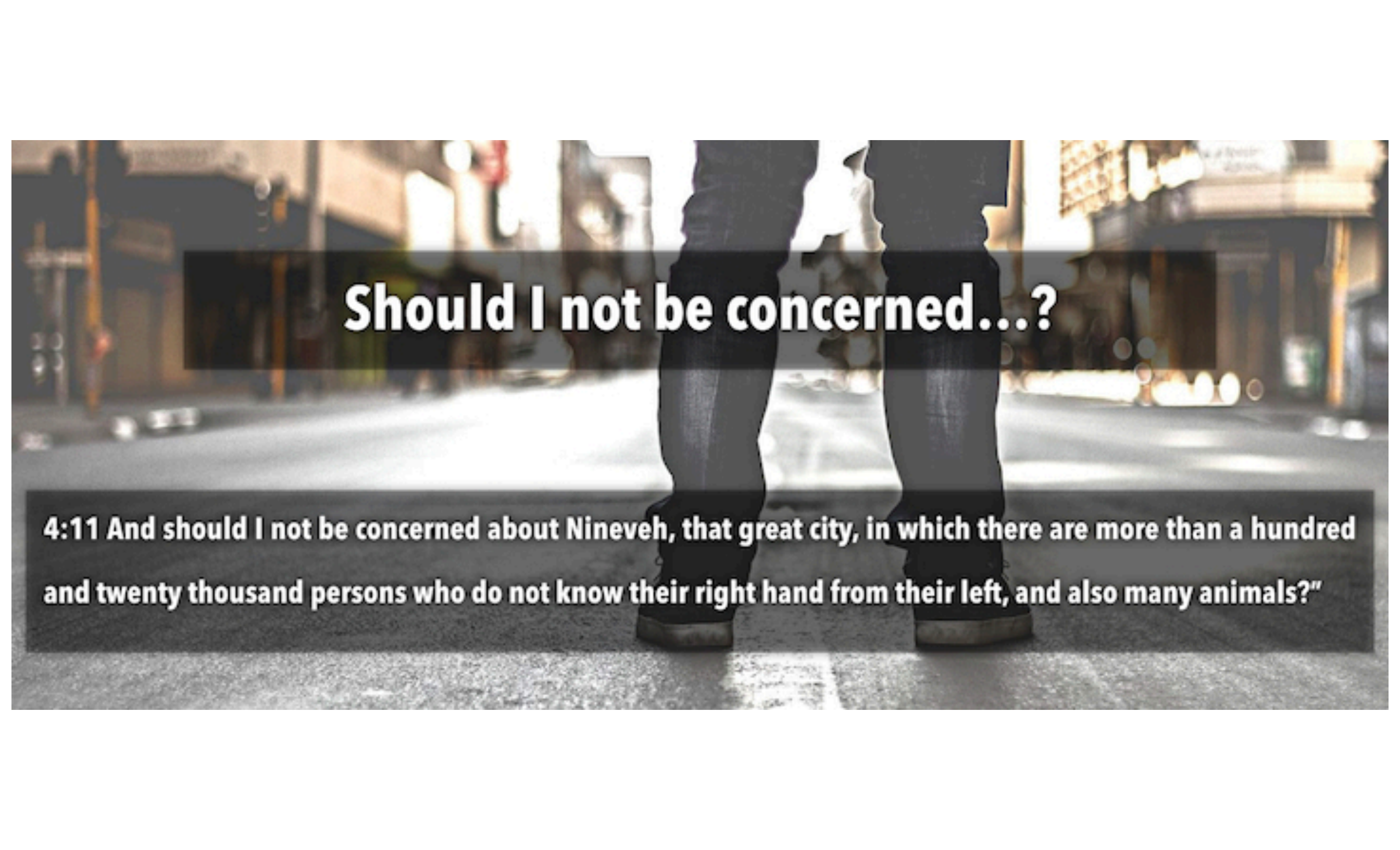
A low-angle photograph of a person's legs from the knees down, wearing black pants and black shoes with light-colored soles. The person is standing on a grey concrete sidewalk. The background is a blurred street scene with buildings and trees. A semi-transparent dark grey box with white text is overlaid on the upper half of the image.

9 But God said to Jonah, "Is it right for you to be angry about the bush?" And he said, "Yes, angry enough to die." 10 Then the Lord said, "You are concerned about the bush, for which you did not labor and which you did not grow; it came into being in a night and perished in a night. 11 And should I not be concerned about Nineveh, that great city, in which there are more than a hundred and twenty thousand persons who do not know their right hand from their left, and also many animals?"

Jonah 4:9-11


A low-angle photograph of a person's legs from the knees down, standing on a city street. The person is wearing black pants and black sneakers with white soles. The background is a blurred city street with buildings and streetlights. A semi-transparent black horizontal bar is overlaid across the middle of the image, containing the text "Why is Jonah so angry at God?" in white, bold, sans-serif font.

Why is Jonah so angry at God?



Should I not be concerned...?

4:11 And should I not be concerned about Nineveh, that great city, in which there are more than a hundred and twenty thousand persons who do not know their right hand from their left, and also many animals?"



RESPONSE

1. I choose to accept God's love and kindness towards me. Help me believe it.
2. I choose to not to be judgmental towards others. Help me to understand God's grace.
3. I choose to live out the value that God loves all people. Help me to reach out.
4. I want to start a relationship with God.