

If part of your worship this morning is supporting Elevation financially, you can scan this QR code...



 LiftNotes

Knowing God through the Old Testament: Jonah

May 17th, 2026 by Kasey Crawford

Today's Passages: Jonah,

God calls Jonah to share a message with the people of Nineveh. But Jonah doesn't want this assignment. So he tries to run from the assignment and run from the Lord. (Jonah 1:1-3) Why?

He _____ the people that God is sending him to. The Ninevites are a depraved and debaucherous people - bloodthirsty, deceptive, sexually perverse, practicing witchcraft - all so they could expand their empire and offer heaps of corpses to their goddess.

After a divinely ordained 3-day time out in to think about the direction of his life (in the belly of a great fish), he gets vomited on shore and with a second chance to obey God. (Jonah 3:1-3)

Jonah delivers the message to Nineveh: a message of warning, forthcoming judgment and a call to repentance from evil. Quite shockingly they repent! Even, The King of Nineveh himself repents and calls upon his people to do the same... **"And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them. Jonah 3:5 (see Jonah 3:5-9)**

We could rightly call this a city-wide revival! They _____ God and repented from _____. **"But it displeased Jonah exceedingly, and he was angry." Jonah 4:1**

The message of the book of Jonah is not only a peak into God's radical love for his enemies, God has a message for Jonah the messenger. God wants to do deep work in the _____ of Jonah.

And the LORD said, "Do you do well to be angry?" Jonah 4:4

That is a profound question...

In God's grace, mercy and steadfast love for Jonah, God exposes a spiritual toxin in Jonah's heart: a _____ of anger.

God wants Jonah well! The word "well" *yaw-tab* is a broad term that summarizes your overall well-being, happiness and success.

God wants to see Jonah thriving and therefore he exposes something that is making him sick.

Jonah laments twice that he would rather die than see his enemies shown mercy. We might see this as melodramatic, but there is a very serious lesson to be learned that God is exposing in the life of Jonah: unresolved anger and bitterness is a spiritual toxin that breeds death.

Remember God's invitation to covenant relationship with him is summarized in **Deuteronomy 30:19: "I have set before you life and death, blessing and curse. Therefore choose life, that you and your offspring may live."** There are only two paths of life: the path of life with God and the path of death when you run away from God, like Jonah did. Jonah had allowed anger, hate and bitterness to fester so long, it had bred death.

The New Testament also emphatically warns of the danger of unresolved anger... **"Do not let the sun go down while you are still angry, and do not give the devil a foothold..." Eph 4:26-27**
If you do not deal with anger, bitterness, and unforgiveness, you are _____ to give the devil territory in your heart and power in your life.

How does God attempt to heal Jonah's anger? _____
"You pity the plant...And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left...Jonah 4:10-11
Chus - "look upon with compassion", to feel to the sufferings of others.

The abrupt ending is intended to deliver the poignant question to the reader: *"How are YOU going to finish the story?"*

How about...**Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31-32**

Answers: hates, believed, evil, heart, stronghold, choosing, compassion