

- **Ch4** opens to Jonah furious with Nineveh for repenting and furious with God for granting repentance to Nineveh ... And we discover this has been his fear along ... Jonah doesn't want Nineveh spared; he wants them destroyed ... Play on words in **3:10** and **4:1** – *evil, disaster, displeased* (same Hebrew word) – **Bad behavior should lead to a bad end, and Jonah takes it very badly that it does not** ... Jonah is angry with God for being God
- How do we react to God's mercy – **1)** we're slow in receiving it, **2)** we cheapen it, **3)** we're selective in giving it ...
- 1) None of us deserve God's mercy ... Separated from God because of sin, every person deserves full punishment for sin ... Instead of this, God sends Jesus, who takes upon Himself your sin and dies in your place, so that through Him you can receive forgiveness and reconciliation with God ... **Mercy** – not getting what you deserve
 - *I can't forgive myself* = I can't release myself from shame and guilt; I can't change what I did ... In a way, you're trying to control the situation in an unhealthy way ... You're setting yourself up as judge – a judge greater than God, because you're seeking a forgiveness greater than what He gives you ... Biblically you can't forgive yourself ... Less about forgiving yourself, more about receiving the forgiveness that's given
 - **Psychotherapist:** **I believe that self-forgiveness is the most powerful step you can take to rid yourself of debilitating shame – WRONG** ... Receiving God's merciful forgiveness, **fully as He gives it**, rids you of debilitating shame and guilt (no limits or conditions, don't make it into what it's not; accept it even if you can't comprehend it)
 - Sobering truth: **God loves you as much in your sin as He does in your obedience** ... Not a license to sin ... Motivation and empowerment to step out of self-condemnation ... God doesn't love you in degrees ... God loves you fully and perfectly, because He has chosen to set His love on you ... God demonstrates His love for you this way: while you were trapped in sin Christ died for you ... His love for you continues unchanged as you struggle with temptation, as you fall into sin, as your walk in victory ... **1Jo1:9, 2:1, 3:1**
- 2) We need to avoid taking sin lightly, and taking God's mercy and grace cheaply ... Being a Christian involves your life being changed into the image of Christ ... It's a process from the inside out ... It's visible fruit of your salvation ... It's a natural byproduct of being joined to Christ and the Spirit living inside you ... If change isn't occurring that's an indication that somethings wrong – a dashboard light the Spirit illuminates: *"Hey, take notice of this!"*
 - God doesn't have to forgive you ... He doesn't have to show you mercy or grace ... He freely chooses this ... When sin occurs, you're called to acknowledge it, own it, and turn from it ... In turning from sin, you turn to God ... In turning to God, you agree with Him about your sin and about your life ... You then receive His forgiveness and mercy **fully as He gives it** ... And you move on **with Him** ... **Repeat** as often as needed
- 3) We extend mercy to others, because we're recipients of God's mercy ... Doing so reveals we belong to Him ... Notice who's concerned about people perishing – captain, sailors, king ... The one who should be concerned about people perishing is the one advocating for their destruction ... It's not easy to receive mercy, nor to extend mercy ... **Tripp: The things that happen to me will influence my responses but never determine them ... my responses flow out of the thoughts and motives of my heart.** ... The mercy we extend is the same mercy we've received ... It's the overflow of the gospel at work inside of you ... **1Pe3:8-9, Ep4:31-5:2**