

- What causes us to run away from the Lord ... Surface – disobedience ... Below – fear, pride, stubbornness, guilt / shame, lack of faith, discontentment, anger, hurt / loss ... What's causing Jonah to run from the Lord
- As ch1 unfolds, we see Jonah's defiance become more resolute ... It's apparent Jonah knows what's happening and why ... Yet he continues running from the Lord – physically, mentally, spiritually ... Still, the Lord makes His presence known to Jonah – vs4 storm, vs6 captain's plea, vs7 casting lots, vs10-14 response of sailors
- As a prophet, Jonah knows the Word of the Lord – he knows he'll never outrun the Lord's presence, no matter how hard he tries and wishes for the Lord to go away ... Running from God takes us farther from where we want to be ... Maybe God allows us to run so that eventually we stop running
 - Is it possible to be running from God and not realize it – YES
 - What does God need to do to get you to stop running from Him
- **Ps139:1-12** – God is aware of your constant presence ... And He's a constant presence to be aware of
- **Ps 139:13-16** – You're a product of God's own making and design ... All your days are planned; all your life is precious ... He means to meet you in each moment of each day; He means to experience with you the life He's planned for you
 - What causes you to run away from the Lord ... God wants a real relationship with the real you in the current season you're in ... Who you're running from should be who you're running to
- **Ps51:1-4, 10-12** – stop running, turn around, and go back to the unlimited mercy that awaits you in Jesus
 - Around the communion table were friends of Jesus who were about to run from Him – in fear, in denial, in betrayal ... And yet, He washes their feet, expresses His love, prays for them, and offers them His body and blood – for forgiveness of sins and eternal life ... If Jesus does this for them just before they run away, how much more does He do this for those who stop running and return to Him