

# Stop Running & Start Living

*Get up and go to the great city of Nineveh! Announce my judgment against it because I have seen how wicked its people are. But Jonah got up and went in the opposite direction in order to get away from the LORD.* Jonah 1:2-3 (NLT)

## Jonah's problem? Unresolved personal pain

*Then he told them that he was running away from the LORD. The sailors were terrified when they heard this. "Oh, why did you do it?" they groaned.* Jonah 1:10 (NLT)

## To Resolve Personal Pain...

### 1. Stop Running From it

*He went down to the seacoast, to the port of Joppa, where he found a ship leaving for Tarshish. He bought a ticket and went on board, hoping that by going away to the west he could escape from the LORD.* Jonah 1:3 (NLT)

*"Throw me into the sea," Jonah said, "and it will become calm again. For I know that this terrible storm is all my fault."* Jonah 1:12 (NLT)

### 2. Start Releasing it

*Now the LORD had arranged for a great fish to swallow Jonah. And Jonah was inside the fish for three days and three nights.* Jonah 1:17 (NLT)

*When I had lost all hope, I turned my thoughts once more to the LORD. And my earnest prayer went out to you in your holy Temple.* Jonah 2:7 (NLT)

### 3. Stop Rehearsing it

*This change of plans upset Jonah, and he became very angry. So he complained to the LORD about it: "Didn't I say before I*

*left home that you would do this, LORD? That is why I ran away to Tarshish! I knew that you were a gracious and compassionate God, slow to get angry and filled with unfailing love. I knew how easily you could cancel your plans for destroying these people."* Jonah 4:1-2 (NLT)

## Jonah's problem: Unforgiveness

### 4. Start Resolving it

*But Nineveh has more than 120,000 people living in spiritual darkness, not to mention all the animals. Shouldn't I feel sorry for such a great city?* Jonah 4:11 (NLT)

*"...and forgive us our sins, just as we have forgiven those who have sinned against us. And don't let us yield to temptation but deliver us from the evil one." If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins.* Matthew 6:12-15 (NLT)

## Choosing my response:

- Pain = bitterness = anger = depression/aggression = death
- Pain = trust = forgiveness = peace = life

## The message of Jonah: "God Cares!"

*Then I heard the Lord asking, "Whom should I send as a messenger to my people? Who will go for us?" And I said, "Lord, I'll go! Send me."* Isaiah 6:8 (NLT)

*Whoever is a believer in Christ is a new creation. The old way of living has disappeared. A new way of living has come into existence. God has done all this. He has restored our relationship with him through Christ and has given us this ministry of restoring relationships...He didn't hold people's faults against them, and he has given us this message of restored relationships to tell others.* 2 Corinthians 5:17-19 (GWT)