

<sup>1</sup>The word of the Lord came to Jonah son of Amittai:  
<sup>2</sup>“Go to the great city of Nineveh and preach  
against it, because its wickedness has come up  
before me.” <sup>3</sup>But Jonah ran away from the Lord and  
headed for Tarshish. He went down to Joppa,  
where he found a ship bound for that port. After  
paying the fare, he went aboard and sailed for  
Tarshish to flee from the Lord.

Jonah 1:1-17 (NIV)



<sup>4</sup>Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. <sup>5</sup>All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship. But Jonah had gone below deck, where he lay down and fell into a deep sleep. <sup>6</sup>The captain went to him and said, “How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish.”

Jonah 1:1-17 (NIV)

<sup>7</sup>Then the sailors said to each other, “Come, let us cast lots to find out who is responsible for this calamity.” They cast lots and the lot fell on Jonah.<sup>8</sup>So they asked him, “Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?” <sup>9</sup>He answered, “I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the dry land.”

Jonah 1:1-17 (NIV)



<sup>10</sup>This terrified them and they asked, “What have you done?” (They knew he was running away from the Lord, because he had already told them so.)  
<sup>11</sup>The sea was getting rougher and rougher. So they asked him, “What should we do to you to make the sea calm down for us?” <sup>12</sup>“Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.”

Jonah 1:1-17 (NIV)



<sup>13</sup>Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. <sup>14</sup>Then they cried out to the Lord, “Please, Lord, do not let us die for taking this man’s life. Do not hold us accountable for killing an innocent man, for you, Lord, have done as you pleased.” <sup>15</sup>Then they took Jonah and threw him overboard, and the raging sea grew calm.

Jonah 1:1-17 (NIV)

<sup>16</sup>At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him. <sup>17</sup>Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

Jonah 1:1-17 (NIV)

EMBRACING NINEVEH

# You Can Run, but You Can't Hide

**But Jonah ran away from the Lord and headed for Tarshish.** He went down to Joppa, where he found a ship bound for that port. **After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.**

Jonah 1:3 (NIV 84)



# **You Can Run, but You Can't Hide**

But Jonah had gone below deck, where he lay down and fell into a deep sleep.

Jonah 1:5 (NIV 84)



**Tarshish**



Spain

France

Italy

**Nineveh**



Mediterranean Sea

**Joppa**





# Go Deep and Search Your Heart

**<sup>2</sup>From the depths of the grave I called for help, and you listened to my cry.** <sup>3</sup>You hurled me into the deep, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me. <sup>4</sup>I said, 'I have been banished from your sight; yet I will look again toward your holy temple.

Jonah 2:2-4 (NIV 84)

# Go Deep and Search Your Heart

“Emotionally healthy spirituality requires you to go through the pain of the Wall –or, as the ancients called it, “the dark night of the soul. For many going back in order to go forward thrusts us up against the Wall. Others are brought to it by circumstances and crises beyond our control. Regardless of how we get there, every follower of Jesus at some point will confront the Wall. Failure to understand its nature results in great long-term pain and confusion.”

—Peter Scazzero, *Emotionally Healthy Spirituality*



## Take Steps of Obedience

<sup>1</sup>Then the word of the Lord came to Jonah a second time: <sup>2</sup>“Go to the great city of Nineveh and proclaim to it the message I give you.” <sup>3</sup>Jonah obeyed the word of the Lord and went to Nineveh.  
Jonah 3:1-3 (NIV 84)