

## Lent 1: "Giving Up Running from God"

*Jonah 1.1-16*

### 3 Ways We Run Away from God

1. In **REBELLION** :

*But Jonah ran away from the Lord and ...went down to Joppa...and sailed for Tarshish to flee from the Lord. v3*

2. By **IGNORING** him :

*But Jonah had gone below deck v5*

3. We run from God and **DON'T KNOW IT** :

*...he lay down and fell into a deep sleep v5*

### This Lenten season, how can we "give up" running from God?

1. First ask the question: Where am I **RUNNING** ?

2. Don't talk **ABOUT GOD**, talk **TO GOD**.

*Pray continually... 1 Thessalonians 5.17*

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

Philippians 4.6

3. Don't just talk about your faith, **PRACTICE IT**.

*Do not merely listen to the word, and so deceive yourselves. Do what it says.* James 1.22

*...let us not love with words or speech but with actions and in truth.* 1 John 3.18

4. Realize that you can't **RUN FROM GOD** .

*Where can I go from your Spirit? Where can I flee from your presence?* Psalm 139.7

Luke 15

### **NEXT WEEK: Giving Up Ingratitude**



What is God saying to me?

What am I going to do about it?