

Saying Yes to God

~Things That Hold us Back~

1. Anger and Bitterness

Jonah 1:1-3

The word of the Lord came to Jonah son of Amittai: “Go to the great city of Nineveh and preach against it, because it’s wickedness has come up before me.”

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.

Nahum 3:1

Woe to the city of blood,
full of lies, full of plunder,
never without victims!!

Nahum 3:19

Who has not felt your
endless cruelty?

More...

Map

Satellite

Earth

Nineveh ☆

"That great city" (1:2), namely the capital of Assyria and home to 120,000 of Israel's enemies (as well as many cattle). Also, the mission destination of Jonah.

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TURKEY

ASSYRIA

Nineveh

THE MISSION

THE FLIGHT

ISRAEL

BABYLONIA

Gath-hepher

Jerusalem

JUDAH

Joppa

EGYPT



Joppa ☆

A port city in Judah (1:3), where Jonah disobediently boarded a ship for Tarshish.

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Tarshish ☆

An unknown port city in the Western region of the Mediterranean (1:3), i.e. in the opposite direction to Ninevah.

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Jonah 2:1

“In my distress I called to the Lord
and he answered me. From deep in
the realm of the dead I called for help,
and you listened to my cry.”

Jonah 2:7

“When my life was ebbing away, I
remembered you, Lord, and my prayer
rose to you, to your holy temple.”

Matthew 12:40

“For just as Jonah was
three days and three
nights in the belly of the
great fish, so will the Son
of Man be three days
and three nights in the
heart of the earth.”

Jonah 3:5

The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sack cloth.

Jonah 3:10

When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

He gave them mercy.

Jonah 4:1-4

But to Jonah this seemed very wrong, and he became angry. He prayed to the Lord, “Isn’t this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. Now, Lord, take away my life, for it is better for me to die than to live.

But the Lord replied, “Is it right for you to be angry?”

Ephesians 4:32

Be kind and
compassionate to one
another, forgiving each
other, just as Christ
forgave you.

C.S. Lewis

“In our own case we
accept excuses too
easily; in other people’s,
we do not accept them
easily enough.”

Ephesians 4:26

In your anger, do not
sin. Do not let the sun
go down on your
anger.

Colossians 3:8

But now you must also
rid yourselves of all
such things as these:
anger, rage, malice,
slander, and filthy
language from your lips.

1. Cultivate Thankfulness

Philippians 4:8

Finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy think about such things.

2. Take Every Thought Captive

Stop the cycle in its
tracks.

Job 5:2

To worry yourself to
death with
resentment would be
a foolish, senseless
thing to do.

3. Bring it to God

A. Confess

1 John 1:9

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

3. Bring it to God

B. Pray for those who hurt
you.

Matthew 5:44

But I tell you, love your
enemies and pray for those
who persecute you.

3. Bring it to God

C. Pray over your circumstances
and lay them at His feet.

Proverbs 3:5-6

Trust in the Lord with all your heart
and lean not on your own
understanding; in all your ways
submit to Him and He will make
your paths straight.

