



"The Race You Can't Win"  
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CHRISTCHURCHVA.ORG/SERMONS

### Q: When have you run from God?

Review: Jonah Ch. 1

*The word of the LORD came to Jonah the son of Amittai saying, "Arise, go to Nineveh the great city and cry against it, for their wickedness has come up before Me."*

Jonah 1:1-2 (NASB)

*But Jonah rose up to flee to Tarshish from the presence of the LORD. So he went down to Joppa, found a ship which was going to Tarshish, paid the fare and went down into it to go with them to Tarshish from the presence of the LORD.*

Jonah 1:3 (NASB)

*Then the sailors became afraid and every man cried to his god, and they threw the cargo which was in the ship into the sea to lighten it for them. But Jonah had gone below into the hold of the ship, lain down and fallen sound asleep.*

Jonah 1:5 (NASB)

*So they picked up Jonah, threw him (down) into the sea, and the sea stopped its raging.*

Jonah 1:15 (NASB)

### Lessons From the Runners:

I. When You Run From God, \_\_\_\_\_ . (Ch. 1)

II. How to Respond When Our Lives Hit Bottom. (Ch. 2)

*Then Jonah prayed to the LORD his God from the stomach of the fish, and he said, "I called out of my distress to the LORD, And He answered me. I cried for help from the depth of Sheol; You heard my voice. For You had cast me into the deep, Into the heart of the seas, And the current engulfed me. All Your breakers and billows passed over me. So I said, 'I have been expelled from Your sight. Nevertheless I will look again toward Your holy temple.' Water encompassed me to the point of death. The great deep engulfed me, Weeds were wrapped around my head. I descended to the roots of the mountains. The earth with its bars was around me forever, But You have brought up my life from the pit, O LORD my God. While I was fainting away, I remembered the LORD, And my prayer came to You, Into Your holy temple. Those who regard vain idols Forsake their faithfulness, But I will sacrifice to You With the voice of thanksgiving. That which I have vowed I will pay. Salvation is from the LORD." Then the LORD commanded the fish, and it vomited Jonah up onto the dry land.*

Jonah 2:1-10 (NASB)

A. \_\_\_\_\_ . (Vs 1, Vs. 7)

B. Realize that you need \_\_\_\_\_ . (Vs. 5-8)

C. \_\_\_\_\_ . (Vs. 9-10)

Point:

**Doggy Bag: Something to take home and chew on!**

1. When have you run from God? When have you run from God's call on your life? When have you run from God's will for your life?
2. Have you ever felt like you were going down and you weren't going to get back up? How did you respond? When you hit bottom, where did you turn?
3. Do you know what it is like to come to the end of yourself and say, I need help? I need Jesus? I need grace? What was it like to receive grace?



**ANSWER KEY:**

I. When You Run From God, **YOUR LIFE IS IN DESCENT.**

A. **ASK FOR HELP. CRY OUT TO GOD.** (Vs 1, Vs. 7)

B. Realize that you need **GRACE.** (Vs. 5-8)

C. **RECEIVE GRACE.** (Vs. 9-10)