

Jonah 3:1-4:4

Outline for Congregation

What do you do? Repent

What do you do when you don't understand your circumstances, are afraid, confused, helpless or overwhelmed? Repent.

What is repentance? 3 marks in Ninevah

1. they humbled themselves (v5-7)
2. they turned to God (v8)
3. they changed their behavior (v8-10)
 - If we are not doing all three, we fall into low self-esteem, superficial emotionalism, moralism, etc.

How do you repent?

- The fear of God teaches us we must repent – the love of God enables us to
- Who will suffer for your sins?

Questions for reflection:

1. What occasions in life overwhelm you (make you feel helpless, afraid, confused)? Did the recent earthquake/hurricane make you fearful? How did you react to the events of 9/11 ten years ago?
2. Make a list of the kinds of things people can repent of when facing big, scary situations. What are things they might realize they think, do and say that need correction?
3. Three marks of repentance are: a) humbling yourself b) turning to God c) changing your behavior. Which of these is easiest for you? Most difficult?
4. How can you help others grow and change?
5. Is it easier for you to understand God's power and justice, or his compassion and love? How should Jesus' suffering and death, and his resurrection and sending the Spirit bring real change in your life?