

**Run From Your Anger!
Run With Purpose, Pt. 6**

Jonah 4:1-4
May 5, 2024

Jonah 1:1, The word of the LORD came to Jonah son of Amittai: **2** “Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.” **3** 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 3:1, Then the word of the LORD came to Jonah a second time: **2** “Go to the great city of Nineveh and proclaim to it the message I give you.”

Jonah 3:5, The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

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.

John 3:16, For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. **17** For God did not send his Son into the world to condemn the world, but to save the world through him.

Jonah 4:1, But to Jonah this seemed very wrong, and he became angry. **2** 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. **3** Now, LORD, take away my life, for it is better for

me to die than to live.” **4** But the LORD replied, “Is it right for you to be angry?”

How to Run From Your Anger:

1) Don’t Try to Play GOD

Jonah 4:1, But to Jonah this seemed very wrong, and he became angry.

Isaiah 55:8, “For my thoughts are not your thoughts, neither are your ways my ways,” declares the LORD. **9** “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

2) Don’t Underestimate God’s GOODNESS

Jonah 4:2, 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.

Exodus 34:6, And he passed in front of Moses, proclaiming, “The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, **7** maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished..

Don’t Ever Forget:

- **God Is Gracious and COMPASSIONATE**

Psalm 103:8, The LORD is compassionate and gracious, slow to anger, abounding in love. **9**

He will not always accuse, nor will he harbor his anger forever; 10 he does not treat us as our sins deserve or repay us according to our iniquities. 11 For as high as the heavens are above the earth, so great is his love for those who fear him; 12 as far as the east is from the west, so far has he removed our transgressions from us.

- **God Is Patient With SINNERS**

Isaiah 43:25, “I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more.

2 Peter 3:9, The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

- **God Is Absolutely JUST**

Romans 3:20, Therefore no one will be declared righteous in God's sight by the works of the law...

Romans 3:23, for all have sinned and fall short of the glory of God,

Romans 6:23, For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

3) **Don't Let Your Darkest Thoughts CONTROL YOU**

Jonah 4:3, Now, LORD, take away my life, for it is better for me to die than to live.”

Proverbs 19:3, A person's own folly leads to their ruin, yet their heart rages against the LORD.

2 Corinthians 10:5, We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

4) **Don't Let Your Emotions RUIN YOU**

Jonah 4:4, But the LORD replied, “Is it right for you to be angry?”

1 Corinthians 13:1, If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. 2 If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. 3 If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.