



Loving God
Loving People
Reaching the World

**TIDewater
CENTRAL**

**Are You On
The Run?**



Forrest Gump

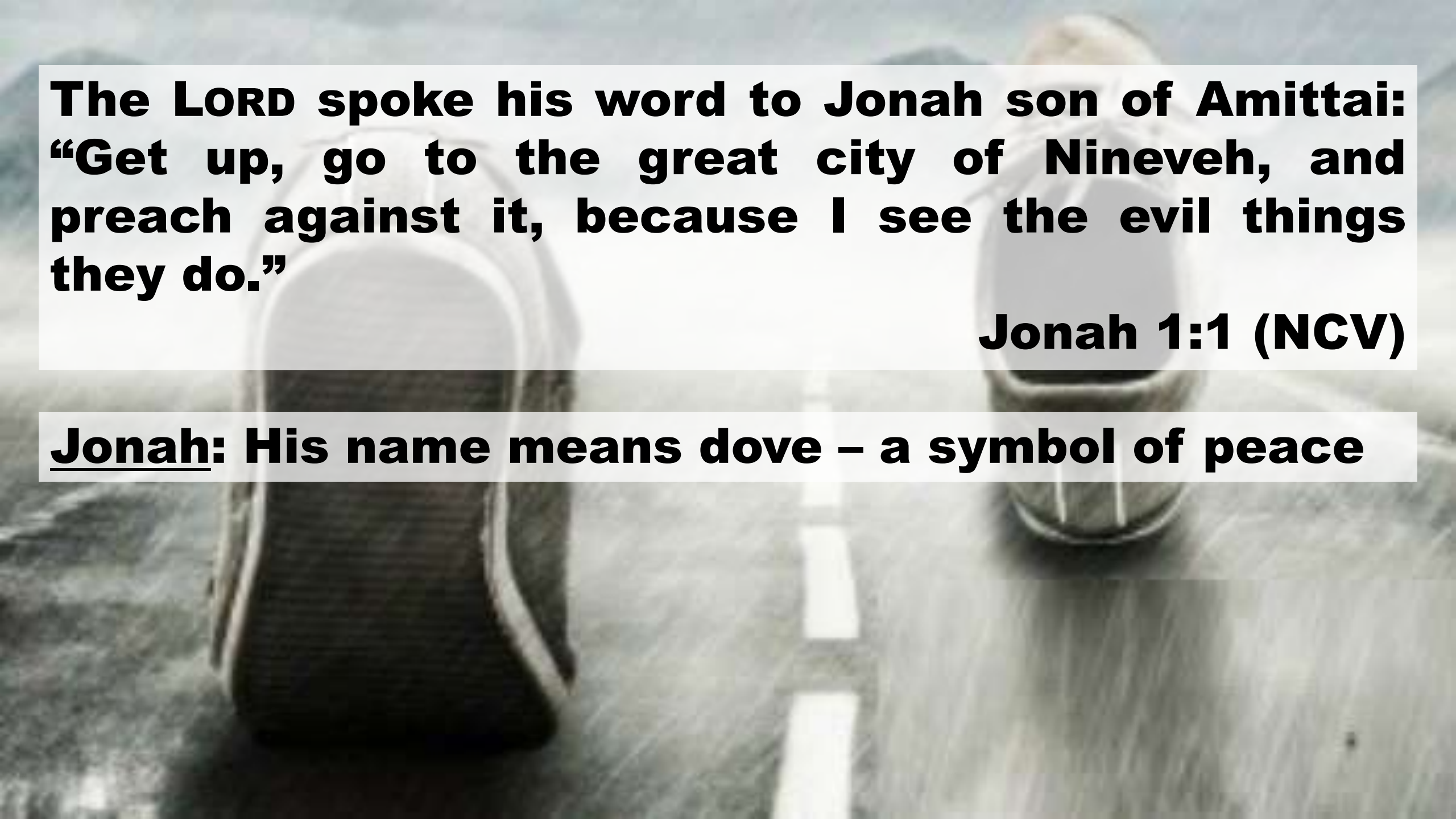




The LORD spoke his word to Jonah son of Amittai: “Get up, go to the great city of Nineveh, and preach against it, because I see the evil things they do.”

But Jonah got up to run away from the LORD by going to Tarshish. He went to the city of Joppa, where he found a ship that was going to the city of Tarshish. Jonah paid for the trip and went aboard, planning to go to Tarshish to run away from the LORD.

Jonah 1:1-3 (NCV)



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Jonah 1:1 (NCV)

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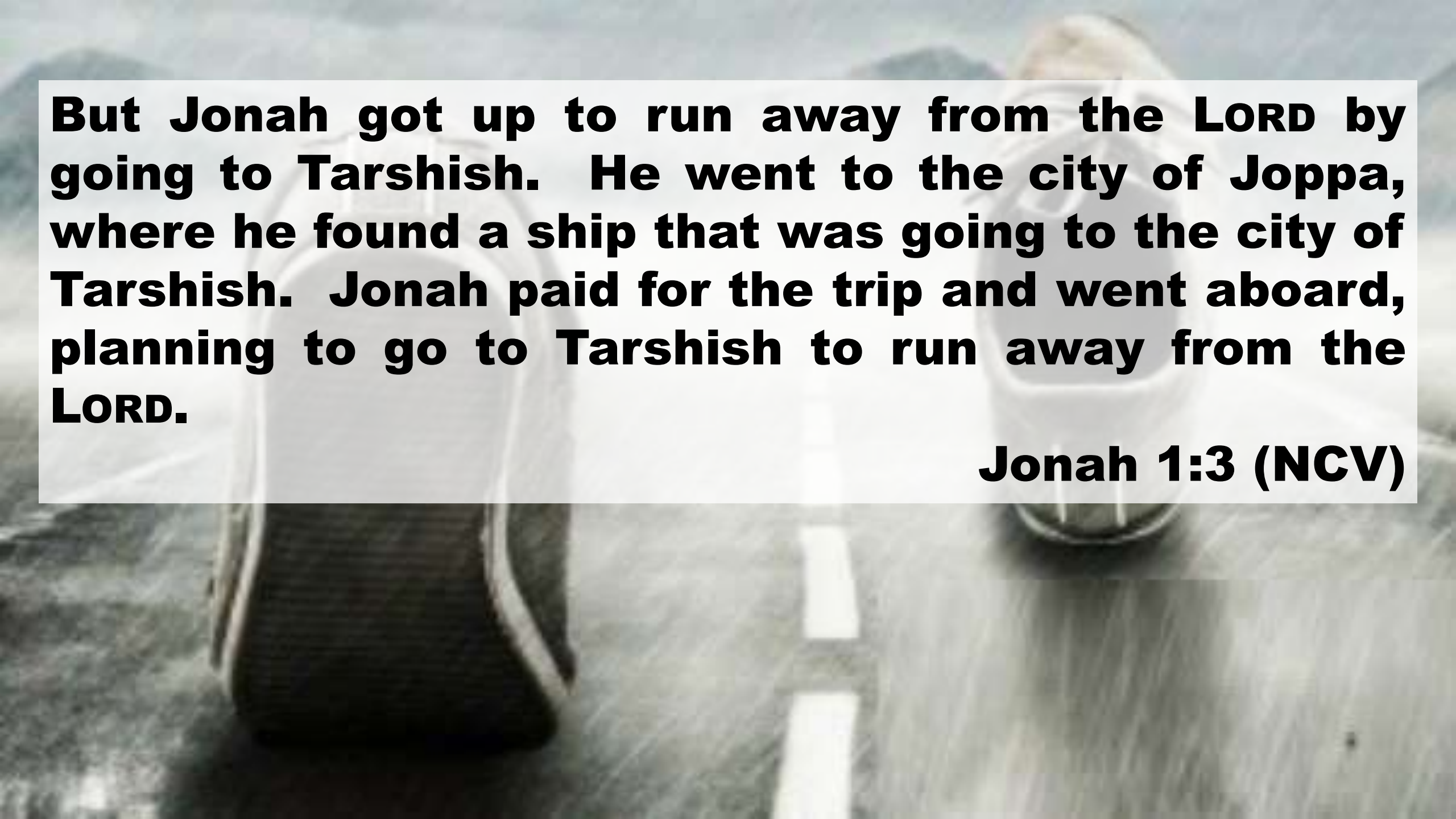
Jonah: His name means dove – a symbol of peace.

Amittai: His name means truth.

Ninevah: Capital of Assyria – Israel’s worst enemy.

A person is walking away from the camera on a paved path. The person is wearing a white hoodie and white sneakers. The background shows a hazy, mountainous landscape. The text is overlaid on a semi-transparent white box in the center of the image.

**Sometimes
we want
to say “NO”.**



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Jonah 1:3 (NCV)



- Joppa (Yafo)
- Nineveh, Iraq
- Tarsish

search for an address or place

Jonah's Choice

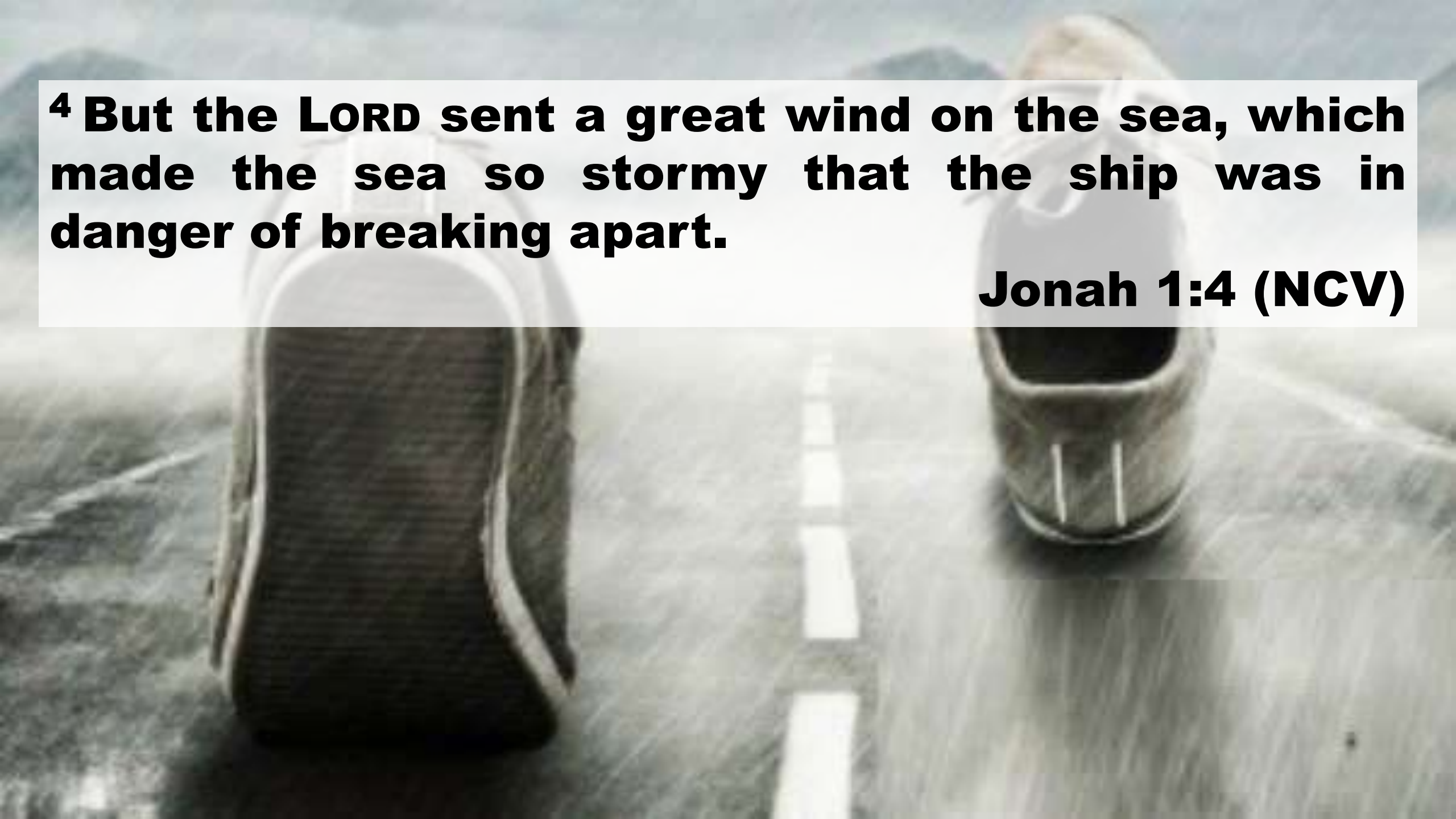
Jonah's Calling

+ Add a point
Save changes

A person wearing a white hoodie and dark pants is walking away from the camera on a paved path. A dog on a leash is in the foreground, slightly out of focus. The background shows a hazy, mountainous landscape under a bright sky.

**It always seems
easier to go in
the wrong
direction.**



A low-angle, first-person perspective shot of a person's feet walking on a paved road. The person is wearing light-colored sneakers with white laces. The road has a white dashed line in the center, and the background is slightly blurred, showing a hazy landscape. The text is overlaid on a semi-transparent white box in the upper half of the image.

⁴ But the LORD sent a great wind on the sea, which made the sea so stormy that the ship was in danger of breaking apart.

Jonah 1:4 (NCV)

8 Then they said to him, “Tell us, who caused our trouble? What is your job? Where do you come from? What is your country? Who are your people?”

9 Then Jonah said to them, “I am a Hebrew. I fear the LORD, the God of heaven, who made the sea and the land.”

10 The men were very afraid, and they asked Jonah, “What terrible thing did you do?” (They knew he was running away from the LORD because he had told them.)

Jonah 1:8-10 (NCV)

A blurred background image of a person riding a bicycle on a road. The person is wearing a light-colored shirt and dark pants. The road has a white dashed line down the center. The background shows a hazy, mountainous landscape under a bright sky.


**God may find a
way to get your
attention.**

12 Jonah said to them, “Pick me up, and throw me into the sea, and then it will calm down. I know it is my fault that this great storm has come on you.”

15 So they picked up Jonah and threw him into the sea, and the sea became calm. **16** Then they began to fear the LORD very much; they offered a sacrifice to the LORD and made promises to him.

17 The LORD caused a big fish to swallow Jonah, and Jonah was inside the fish three days and three nights.

Jonah 1:12,15-17 (NCV)



**Sometimes we
need a reality
check.**



Are You On The Run?



**"Lord, I run
to You..."**

Psalm 143:9

**Rescue me from my
enemies, LORD;
I run to you to hide me.**

Psalm 143:9 (NLT)

