

**Title : The condition of our hearts**

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**Proverbs 4:23 (NIV)** <sup>23</sup> Above all else, guard your heart, for everything you do flows from it.

**2 Kings 14:25** <sup>25</sup> He (the king of Judah) restored the border of Israel from Lebo-hamath as far as the Sea of the Arabah, according to the word of the LORD, the God of Israel, which he spoke by his servant Jonah the son of Amittai, the prophet..."

**Jonah 1:1 - 6** <sup>6</sup> Now the word of the LORD came to Jonah the son of Amittai, saying, "Arise, go to Nineveh, that great city, and call out against it, for their evil has come up before me." **But Jonah rose to flee to Tarshish** from the **presence of the LORD**. He went down to Joppa and found a ship going to Tarshish. So he paid the fare and went down into it, to go with them to Tarshish, away from the presence of the LORD.



But the LORD hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up.

Then the mariners were afraid, and each cried out to his god. And they hurled the cargo that was in the ship into the sea to lighten it for them. But Jonah had gone down into the inner part of the ship and had lain down and was fast asleep.

So the captain came and said to him, "What do you mean, you sleeper? Arise, call out to your god! Perhaps the god will give a thought to us, that we may not perish."

**Jonah 1:9 - 10** <sup>10</sup> And he said to them, "I am a Hebrew, and I fear the LORD, the God of heaven, who made the sea and the dry land." Then the men were exceedingly afraid and said to him, "What is this that you have done!" For the men knew that he was fleeing from the presence of the LORD, because he had told them.

**Jonah 1:14-16** <sup>14</sup> Therefore they called out to the LORD, "O LORD, let us not perish for this man's life, and lay not on us innocent blood, for you, O LORD, have done as it pleased you."

So they picked up Jonah and hurled him into the sea, and the sea ceased from its raging. Then the men feared the LORD exceedingly, and they offered a sacrifice to the LORD and made vows.

**Jonah 2:1-2** Then Jonah prayed to the LORD his God from the belly of the fish, saying, "I called out to the LORD, out of my distress, and he answered me;

**Jonah 2:9 - 10** But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Salvation belongs to the LORD!" And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.

**Jonah 3: 1-3** Then the word of the LORD came to Jonah the second time, saying,  
"Arise, go to Nineveh, that great city, and call out against it the message that I tell you."

So Jonah arose and went to Nineveh, according to the word of the LORD. Jonah began to go into the city, going a day's journey. And he called out, "Yet forty days, and Nineveh shall be overthrown!" And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them.

The word reached the king of Nineveh, and he arose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes.

**Jonah 3:10** When God saw what they did, how they turned from their evil way, God relented of the disaster that he had said he would do to them, and he did not do it.

**Jonah 4:1 - 3** But it displeased Jonah exceedingly, and he was angry. And he prayed to the LORD and said, "O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster.

Therefore now, O LORD, please take my life from me, for it is better for me to die than to live."

**Jonah 4: 9 – 11** But God said to Jonah, "Do you do well to be angry for the plant?" And he said, "Yes, I do well to be angry, angry enough to die." <sup>10</sup> And the Lord said, "You pity the plant, for which you did not labour, nor did you make it grow, which came into being in a night and perished in a night.

<sup>11</sup> And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?"

### **What Jonah said about God...**

" for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster."

### **What is the condition of your heart?**

**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.

The men of Nineveh will rise up at the judgment with this generation and condemn it, for they repented at the preaching of Jonah, and behold, something greater than Jonah is here.

## **Communion**

### **1 Cor 11:23-26**

For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me." In the same way also he took the cup, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.