

## Jonah 1:4-6

<sup>4</sup>Then the LORD hurled a great wind upon the sea, and such a violent storm arose that the ship was in danger of breaking apart. <sup>5</sup>The sailors were afraid, and each cried out to his own god. And they threw the ship's cargo into the sea to lighten the load. But Jonah had gone down to the lowest part of the vessel, where he lay down and fell into a deep sleep. <sup>6</sup>The captain approached him and said, "How can you sleep? Get up and call upon your God. Perhaps this God will consider us, so that we may not perish."

Berean Study Bible, UK

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1

### **Lessons learned in the storms of life. Jonah 1:4-6**

When I learn from creation, the lesson is God's glory. 4a  
When I learn from disasters, the lesson is human sin. 4b  
When I learn from religion, the lesson is God's sovereignty. 5a  
When I learn from possessions, the lesson is stewardship. 5b  
When I learn from conscience, the lesson is rebellion. 5c  
When I learn from people, the lesson is responsibility. 6a  
When I learn from prayer, the lesson is hope. 6b

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2

### **What tough love looks like. Jonah 1:4-6**

Tough love creates hard times. 4 "the LORD hurled a great wind"  
Tough love creates hard emotions. 5a "were afraid, and each cried out"  
Tough love accepts loss of peripherals. 5b "threw the ship's cargo into the sea"  
Tough love rejects complacency. 5c-6a "How can you sleep? Get up"  
Tough love calls on God. 6b "Get up and call upon your God"  
Tough love looks long term. 6c "so that we may not perish"

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3

### **Anger and apathy. Jonah 1:4-6**

When God expresses anger. 1:4-5a

God's anger is seen in His creation. 4a "a great wind upon the sea"  
God's anger is seen as our consequences. 3b "away from the presence of the LORD"  
God's anger is seen in our losses. 4b, 5a "breaking apart... thew overboard"  
God's anger is seen in our turmoil. 5a "were afraid, and each cried out"

When we express apathy. 1:5b-6

Apathy is a downward path. 5b "gone down to the lowest part"  
Apathy is debilitating. 5b "lay down and fell into a deep sleep"  
Apathy is inappropriate. 6a "How can you sleep?"  
Apathy cannot help anyone. 6b "Get up and call upon your God"

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4

### **How to go back to a better place. Jonah 1:4-6**

I don't like the journey I'm on. 1:4-5

This journey is bad for me, and for others. 4 "a violent storm arose"  
This journey is causing nothing but grief. 5a "were afraid, and each cried out"  
This journey is causing losses for all of us. 5a "breaking apart... thew overboard"  
This journey is not my problem! 5b "down... down... fell into a deep sleep"

Finding the journey I want. 1:6

This journey is with smarter people. 6a "The captain approached and said"  
This journey has challenging questions. 6a "How can you sleep?"  
This journey has the standard answer. 6a "Get up and call upon your God"  
This journey can benefit all of us. 6b "consider us, so that we"

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### **Other possible titles**

What happens when you drift away from God.  
There is no smooth sailing.

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### **Music and songs**

Songs about storms

Master the tempest is raging... Peace, be still, H 722  
My lighthouse  
Will your anchor hold in the storms of life, H 714

Songs about waking up

Rise up, you people of power

Songs about God as Creator / Lord of creation

Across the lands... every star and every planet, Ot 29

Creation sings the Father's song (Getty)

Everything that has breath, Ot 49

God of wonders, Ot 7

Heaven's shall declare, 537

Sing unto the Lord a New Song (Psalm 96), Ot 37

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### **Thought starters for personal reflection or group discussion**

1. Why do people remember lessons learned through hard times, more than lessons learned the easy way?
  2. Read Psalm 19:1-4. The heavens cannot speak, yet they declare the glory of God. What specifically are they saying about God?
  3. Since God loves everyone, why doesn't everyone get it easy? Since God loves everyone, why would He cause a violent storm, v4?
  4. The sailors each called on their own god, v5a. What are today's common gods, and how do people call on them?
  5. Look at the end of v5. List reasons why some people can be relaxed while people around them are in panic mode.
  6. "When in a fix..." Read Philippians 4:4-9. What precedes freedom from anxiety, v4-5? How do we live free from anxiety, v8-9?
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