

# *Mt. Lebanon Church*

Adult Sunday School Lesson

11.3.2024

Please look up and read all verses in their entirety. I have only written partial verses.

Make your own notes, write down other scriptures that you run across while studying, write down questions that you may have or comments as well. Below please find my sharable thoughts, so please allow the Holy Spirit to reveal to you that he would have you to see through the study of God's word to share.

Jonah Repents

## Jonah 2: 1 – 10

The word of God teaches us that because God is a loving God, he disciplines us, and the ultimate goal of his discipline is to bring the believer back into fellowship with him, and it is for this reason that the discipline of God becomes an opportunity for us to learn and grow in our life in Christ. Gods discipline is a sign of his love for those who love him, and we should not lose heart when we are experiencing the chastisement of God. Gods discipline is our training in the righteousness of Christ, for it is by his discipline that we will immediately begin to learn, and to understand the word of God, which helps us to live our lives according to his word. No one can reach their full potential without discipline and training; therefore, the result of Gods discipline brings spiritual growth to our life in Christ, and it brings glory to God the father.

**Proverbs 3: 11 – 12**,....my son, despise not the chastening of the Lord, neither be weary of his correction....for whom the Lord loveth he correcteth....

**Hebrews 12: 5 – 6,....**my son, despise not the chastening of the Lord....for whom the Lord loveth he chasteneth....

Spiritual discipline is not a punishment, it is meant to increase our faith and our trust in God, and it is meant to strengthen our dependence upon him. This means that if we will allow the leadership and guidance of the Holy Spirit to prevail in our lives, then spiritual discipline is a way that God will direct our spiritual growth, so that we might walk in the pathway which he would have us to follow. Now, for the moment, discipline may produce suffering, but the benefit of that suffering far outweighs the hardships that are being inflicted upon us. Suffering produces endurance, endurance develops character, and character strengthens our confidence in the hope of our salvation in Christ.

**Jonah 2: 1 – 3,....**Jonah prayed unto the Lord....and said, I cried by reason of mine affliction unto the Lord, and he heard me....thou hadst cast me into the deep....and the waves passed over me....

When we rebel against God because of our disobedience, it is then that we will experience the consequences of our sinfulness. But, when we humbly cry out to God in prayer, by his grace, he hears our cry for mercy, and no matter what failures we may be going through in our life, if we are willing to come to him for repentance, than he is willing, and able, to deliver us, and his deliverance will always come by way of a valuable lesson in our life

**Psalms 142: 1 – 3,....**I cried unto the Lord....with my voice....I make my supplication....I poured out my complaint before him, I shewed before him my trouble.,....when my spirit was overwhelmed within me, then thou knowest my path....

We soon learn, as believers, that our faith in God must be strong enough for us to stand alone in him when it becomes necessary to do, for there will come times in our life in Christ, when other fellow believers will not be there to stand with us. But one thing that we know for sure is that no matter how alone we may feel, we can still cry out to God in prayer. Now, when crying out to God in prayer we are free to speak our mind unto the Lord, but remember it must always be with a submissive heart, for even if our honesty unto him is legitimate, if it is out of anger, due to discontentment in our life, God will listen and respond, but not without first dealing with our disrespectful spirit, for God never wrongs anyone, and his discipline is always for our good, and to his glory, even when he gives unto us what we deserve.

**Hebrews 12: 10,....**for they verily for a few days chastened us after their own pleasure, but he for our profit, that we might be partakers of his holiness....

So, why should we embrace the times in which we are being disciplined by God. We do so, because we trust that God is working out all things for the sake of our eternal blessing. Spiritual discipline from God is a sign of his love for us, for the discipline that we receive is according to his knowledge and his understanding. Gods discipline we should be willing to obey, for it is his intent to make us more like him, so that through the knowledge of his discipline we will have the ability to understand it and accept it.

**Jonah 2: 4 – 7,....**I said, I am cast out of thy sight, yet I will look again toward the holy temple....the depth closed me round about....I went down to the bottom of the mountains....yet hast thou brought up my life from corruption....when my soul fainted within me I remembered the Lord, and my prayer came in unto thee....

Regaining our spiritual confidence means that we are once again able to put our complete faith and trust in God despite the hopelessness that we still emotionally feel inside. Now, with this confidence we have the ability, to claim the assurance, that God will deliver us out of the place of darkness that we have put ourselves in. No matter how far that we feel that we have drifted form away from God, there will always be a pathway through repentance and prayer that we can return into the security of our relationship with him. For it is only when we recognize that we are being cut off from Gods divine favour, that will lead us once again to seek after Gods mercy and his grace in our life, especially when we feel that we are facing overwhelming circumstances.

So, if we go back to:

**Psalms 142: 3,....**when my spirit was overwhelmed within me, then thou knowest my path....

Instead of becoming overwhelmed by our circumstances, we should end our day prayerfully in the love and compassion of an amazing God, for if God has called unto to do a task for him, he will equip us, and he will be with us every step of the way, because he already knows the path in which we need to take. There is no situation or circumstance that is so distressing to our life that we cannot choose, by faith believing, choose to find comfort in God through prayer. We must not only pray earnestly unto God, but we must apply his understanding spiritually in our life. We are all going to encounter periods of difficulty in our lives and we are all going to find ourselves struggling due to worldly fear, and it is at those times in our life that it will seem like there is an absence of the presence of the lord, but rest assured, that God is still our refuge and our strength, and we can cry out unto him, and it is then that he will allow us to see that he redeems his servants for their faith and their trust in him.

**Jonah 2: 8 – 10,....**I will sacrifice unto thee with the voice of thanksgiving....salvation is of the Lord....and the Lord spake unto the fish, and it vomited Jonah upon the dry land....

Every believer has a unique story to tell of their salvation, and it is not the story of the time or the place, nor of the people or the circumstances involved, but it is the story of the amazing miracle of Gods saving grace that came unto us by our faith in Christ Jesus. Now, once that we are able to see this, it will open us up into a new awareness of God's love in our life, and it will open us up unto a new confidence within, a confidence of what God can do, not just for us, but what he can also do for others.

**Psalm 51: 12 – 13**,....restore unto me the joy of thy salvation, and uphold me with thy free spirit....then will I teach transgressors thy ways, and others will be counted unto thee....

It is far better to obey than to deliberately disobey and then try to ask forgiveness for deliberately disobeying, for deliberate disobedience will drain the joy and happiness that we have in the Lord away from us, and only God can restore the joy and happiness of our salvation, and only God can uphold us with a willing spirit. For this reason, through repentance, we ask God to restore our joy, and return within us a willing spirit, because it is this that will keep us committed unto him and prevent us from continually falling into worldly sinfulness.

**John 15: 10 – 11**,....if you keep my commandments, ye shall abide in my love, even as I have kept my Fathers commandments, and abide in his love....these things have I spoken unto you, that my joy might remain in you, and that your joy might remain full....

Let us Pray.

If anyone has any questions, comments or would just like to discuss any of the scriptures, feel free to call, text or email me. Keep praying for each other and all the God lays upon your heart. Hope to see everyone soon. God Bless.

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