

SERMON NOTES

October 17 & 18, 2026

The Story of Jonah and the Mercy of God: Chapter 1

The downward spiral of feeling entitled to God's love:

1. _____ leads to _____.

Jonah 1:1-3

- Resentment is a _____.

2. _____ leads to _____.

Jonah 1:4-6

- Emotional Novocain _____.

3. _____ leads to _____.

Jonah 1:7-10

- God's mercy reveals _____.

4. _____ leads to _____.

Jonah 1:11-16

- Resentment and entitlement convinces us that _____
than God's plan.

5. _____ leads to _____.

Matthew 12:10

- When I hit rock bottom, _____ for me.

- Numbness is _____.

- The opposite of numbness is _____ in whatever I
am going through.

Life Steps

The Story of Jonah and the Mercy of God: Chapter 1 | October 19-25, 2026

Monday

Jonah 1:1-3

Reflect: Who might be your “Ninevites”, the people you find the hardest to love and forgive? What would it look like for you to sincerely pray for them this week?

Prayer: Name your “Ninevites” and ask God to bless them with the awareness of his presence.

Tuesday

Jonah 1:4-5b

Reflect: Rick said in the message, “Some of us are praying for the storm to stop, when God might be using it to start something in our lives.” Name the storms you have been asking God to stop. What might God be trying to start “in you” through these storms?

Prayer: God, thank you for the storms that wake us up to your grace and the second chances you have for us before we ask.

Wednesday

Jonah 1:5c-6

Reflect: Where are you tempted to “sleep through the storm” in your life, ignoring something God is trying to address? What might it look like for you to wake up spiritually to the storms raging around you? Maybe it’s facing a hard conversation, spending time in prayer, showing compassion to someone you have written off. What is your next step to wake up?

Prayer: God, thank you for the storms that wake us up to your grace and the second chances you have for us before we ask.

Thursday

Jonah 1:7-10

Reflect: Identify a way that you “numb” yourself (busyness, cynicism, distractions) instead of being present with God in the suffering of others.

Prayer: God, help me to stop numbing what you are trying to heal. Give me courage to face what I can’t control. Wake me up to your presence and purpose.

Friday

Jonah 1:11-14

Reflect: The sailors, who didn’t know God, ended up crying for mercy; Jonah stayed silent. How might God be calling you to rediscover awe, empathy, or urgency in your faith?

Prayer: God, heal me and help me so that I might generously give away what you have so generously given to me- your mercy.

Saturday

Jonah 1:15-16

Reflect: Even in Jonah’s rebellion, God uses his story to reach others. How does that remind you of God’s grace and his ability to redeem even your running?

Prayer: God, heal me and help me, restore me and use me, so that I might give to others what you have so generously given to me- your mercy. Pray for God to move in our Saturday Night worship service.

Sunday

Matthew 12:38-42

Reflect: Besides his divine nature, what are the similarities and differences between Jesus and the story of Jonah? What is your primary takeaway lesson from Jonah Chapter 1?

Prayer: Pray for God to use all our Sunday services to connect one more to God’s mercy, grace, and love.