

Jonah: 1 of 6
“Jonah: The God of Second Chances”
Cornerstone Church of Poway
Pastor Rich Sherwood
February 22, 2026

Sermon Notes

Series Big Idea: If we have received the mercy of God, we are called to reflect it — by sharing His message of hope and forgiveness with others.

The LORD gave this message to Jonah son of Amittai: ² “Get up and go to the great city of Nineveh. ² “Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.”³ But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.

Jonah 1:1-3

¹² “Pick me up and throw me into the sea,” he replied, “and it will become calm. I know that it is my fault that this great storm has come upon you.” ¹³ Instead, the men did their best to row back to land. But they could not, for the sea grew even wilder than before. ¹⁴ Then they cried out to the Lord, “Please, Lord, do not let us die for taking this man’s life. Do not hold us accountable for killing an innocent man, for you, Lord, have done as you pleased.” ¹⁵ Then they took Jonah and threw him overboard, and the raging sea grew calm. ¹⁶ At this the men greatly feared the Lord, and they offered a sacrifice to the Lord and made vows to him. **Jonah 1:12-16**

¹ From inside the fish Jonah prayed to the Lord his God. ² He said: “In my distress I called to the Lord, and he answered me. From deep in the realm of the dead I called for help, and you listened to my cry. ³ You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; **Jonah 2:1-3**

⁹ But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, ‘Salvation comes from the Lord.’” ¹⁰ And the Lord commanded the fish, and it vomited Jonah onto dry land. **Jonah 2:9-10**

¹ Then the word of the Lord came to Jonah a second time: ² “Go to the great city of Nineveh and proclaim to it the message I give you.” ³ Jonah obeyed the word of the Lord and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it. ⁴ Jonah began by going a day’s journey into the city, proclaiming, “Forty more days and Nineveh will be overthrown.” **Jonah 3:1-4**

6 When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. 7 This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. 8 But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. 9 Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish." 10 When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

Jonah 3:6-10

1 But to Jonah this seemed very wrong, and he became angry. 2 He prayed to the Lord, "Isn't this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. 3 Now, Lord, take away my life, for it is better for me to die than to live." 4 But the Lord replied, "Is it right for you to be angry?" **Jonah 4:1-4**

Notes:

Next Right Steps:

- ☐ Read Jonah this week
- ☐ Recognize "them" who are loved by God
- ☐ Identify Jonah in your life



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Talk It Over

Leader Focus:

- ✓ Review questions beforehand so you are prepared
- ✓ Honor your time commitment as a group.
- ✓ Keep discussion relational, not reactive
- ✓ Reinforce grace, humility, and unity

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Welcome & Opening Prayer (2–3 minutes)

Ask someone to open in prayer, inviting God to speak through His Word and shape our hearts for people who don't yet know Him.

Icebreaker – “Wrong Direction” (5 minutes)

Share about a time you knew the right thing to do but went a different direction anyway.

What influenced that decision?

What were the consequences (big or small)?

(Keep this light—no pressure to overshare.)

Read the Scripture (Jonah 1:1–3)

Have someone read the passage out loud.

What stands out to you about Jonah's response to God's command?

Jonah didn't refuse to get up—he just went the opposite direction.

Why do you think it's often easier to run from God than to openly rebel?

Jonah struggled to care about Nineveh.

Why do you think God's heart for lost people is sometimes hard for us to share?

Share how God is real in your life.

Share a time when you were running from God and how God got your attention.

What have you learned, or are currently learning, about God?

Pray together for God to give you a heart for people who don't know Him. Share if God has placed a name on your heart.

Praying daily: "Lord, give me a heart for people who don't know You"

Closing Prayer

Pray together using this simple prayer (or your own words):

"Lord, thank You for Your grace in our lives. Forgive us when we run instead of obey. Give us Your heart for people who don't know You, and courage to walk in responsibility, not entitlement. Amen."