### ‘You can run but you can’t hide!’

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Verse 3: ‘Jonah ran away from the Lord and headed for Tarshish… And sailed for Tarshish to flee from the Lord.’

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### ‘When you reach the end of your resources you’re at the beginning of his!’

Verse 6: ‘How can you sleep? Get up and call on your god!’…

Verse 12: ‘Pick me up and throw me in the sea’.

We come to God as one from whom no secrets are hidden,   
to ask for his forgiveness, hope and peace.

**Almighty God, our heavenly Father,   
we have sinned against you, through our own fault,   
in thought, and word, and deed, and in what we have left undone.   
We are heartily sorry, and we particularly repent**

**of not pursuing you with our whole hearts.   
For your Son our Lord Jesus Christ’s sake, forgive us all that is past;   
and grant that we may serve you in newness of life,  
full of hope to the glory of your name.   
Amen.**

Almighty God, who in Jesus Christ has given us   
a kingdom that cannot be destroyed, forgive us our sins,   
open our eyes to God’s truth, strengthen us to purse God’s will   
and give us the hope of his kingdom to come,   
We come to God as one from whom no secrets are hidden,   
to ask for his forgiveness, hope and peace.

**Amen**.

### ‘The way down is the way back up.’

### 

Verse 1: ‘From inside the fish, Jonah prayed to the Lord his God’.

We come to God our Father, as one from whom no secrets are hidden,   
to ask for his forgiveness and peace.

**Almighty God, our heavenly Father,   
we have sinned against you, through our own fault,   
in thought, and word, and deed, and in what we have left undone.   
We are heartily sorry, and we particularly repent of not drawing close to you.   
For your Son our Lord Jesus Christ’s sake, forgive us all that is past;   
and grant that we may serve you in newness of life to the glory of your name.   
Amen.**

Almighty God, who in Jesus Christ has given us   
a kingdom that cannot be destroyed, forgive us our sins,   
open our eyes to God’s truth,  
open our ears to listen to God’s voice,  
open our hearts to follow him  
wherever he may lead, through Jesus Christ our Lord.   
**Amen**.

### ‘He’s the God of the second chance.’

### 

Verse 4: ‘Forty more days and Nineveh will be overturned’…

Verse 10: ‘When God saw what they did and how they turned from their evil ways, he had compassion and did not bring upon them the destruction he had threatened.’

Let us then renounce our willfulness and ask his mercy   
by confessing our sins in penitence and faith.

**Almighty God, our heavenly Father,   
we have sinned against you, through our own fault,   
in thought, and word, and deed, and in what we have left undone.   
We are heartily sorry, and we repent   
of turning our backs on you in disobedience   
and following the desire of our human hearts and going our own way.   
For your Son our Lord Jesus Christ’s sake, forgive us all that is past;   
and grant that we may obediently serve you in newness of life   
to the glory of your name.   
Amen.**

Almighty God, who in Jesus Christ has given us   
a kingdom that cannot be destroyed,   
forgive us our sins,   
open our eyes to God’s truth,  
open our ears to listen to God’s will  
and give us Christ-like obedience  
as we seek his kingdom here on earth,   
through Jesus Christ our Lord.   
**Amen**.

### ‘He’s everything we hoped for, but nothing we expected.’

Verse 9: ‘God said to Jonah, “Do you have a right to be angry about the vine?” “I do”, he said, “I am angry enough to die”.’

So let us confess our sins to God, who forgives us in Christ.

**Almighty God, our heavenly Father,   
we have sinned against you, through our own fault,   
in thought, and word, and deed, and in what we have left undone.   
We are heartily sorry, and we repent of losing our first love for you.   
For your Son our Lord Jesus Christ’s sake, forgive us all that is past;   
and grant that we may serve you in newness of life to the glory of your name.   
Amen.**

May the God of love bring us back to himself,   
forgive us our sins, and assure us of his eternal love   
in Jesus Christ our Lord.   
**Amen**.

### What is our vision of God?

#### Exodus 3:1-12

Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. **2**There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. **3**So Moses thought, ‘I will go over and see this strange sight – why the bush does not burn up.’

**4**When the Lord saw that he had gone over to look, God called to him from within the bush, ‘Moses! Moses!’ And Moses said, ‘Here I am.’ **5**‘Do not come any closer,’ God said. ‘Take off your sandals, for the place where you are standing is holy ground.’ **6**Then he said, ‘I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.’ At this, Moses hid his face, because he was afraid to look at God.

**7**The Lord said, ‘I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. **8**So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey – the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. **9**And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. **10**So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.’

**11**But Moses said to God, ‘Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?’ **12**And God said, ‘I will be with you. And this will be the sign to you that it is I who have sent you: when you have brought the people out of Egypt, youwill worship God on this mountain.’

* Vision of God (3:4-6).

* Vision for God’s people (3:7-9).

Vision for Moses (3:10-12).

Therefore, let us in penitence open our hearts to the Lord,   
who has prepared good things for those who love him.

**Almighty God, our heavenly Father,   
we have sinned against you, through our own fault,   
in thought, and word, and deed, and in what we have left undone.   
We are heartily sorry, and we repent   
of having the wrong or limited vision of you  
and not embracing your vision for our lives.   
For your Son our Lord Jesus Christ’s sake,   
forgive us all that is past;**

**and grant that we may serve you in newness of life   
to the glory of your name.   
Amen.**

May the God of all compassion and mercy,  
who sent his Son to be our Saviour forgive us our sins.  
May God open our eyes that we may have a greater vision of who he is.  
May God open our ears to hear his call,  
and strengthen our hearts to do God’s will.  
Make us holy to serve him in the world,   
through his Son,  
Jesus Christ our Lord.  
**Amen**.