

FOUR: Has God's Grace Changed You?

The second chapter of Jonah allows us to overhear an intensely intimate prayer. God gives us a window into the belly of a fish swimming deep in the sea so that we can see how grace changes a person's heart. This change, or repentance, happens in three major moves:

- 1) Remembrance
- 2) Confession
- 3) Commitment

Read: Jonah 2

1) We often pray in abstract terms in order to avoid responsibility for our actions. Euphemistic prayer creates spiritual paralysis, because we excuse ourselves from confessing our sin. Is there distress in your life that you need to be honest about? If so, what is it?

"Jonah didn't need more moral muscle or knowledge of the law. He needed grace because only grace can change the heart."

2) The first move of God's grace is **remembrance**. God caused Jonah to remember him by means of the grace of trouble. In what ways are you actively running from and trying to forget God? How's He causing you to remember Him?

"Confession and repentance aren't an event; they're a process."

3) The second move of God's grace is **confession**. When we forget God, we quickly put ourselves on His throne and worship our own wants, feelings, and desires. How have you turned from God? Be specific.

4) The third move of God's grace is **commitment**. Grace changes us from runners to worshippers. Look at the ways you have run from God listed in questions 2 and 3. How is God changing those running habits into holy worship?

"Your hope is never what's inside of your heart. Your hope is what's in God's heart."

STREET LEVEL TRUTH: If your commitment to personal reformation could rescue you, we would have no need for Christ. In fact, he would never have come to us. But he has come, He has come because we need Him. Because of Christ, we can receive the amazing grace of God which forgives our sinfulness and changes our hearts.

PRAYER: Lord, help me to abandon my euphemistic way of talking about my trouble. Cause me to remember you. Cause me to begin to confess, commit, and repent to you. I pray that you would change my heart like you changed the heart of Jonah. How sweet is your grace! Thank you for your grace. I confess it is my single hope in Jesus' name, amen.

MEMORY VERSE: Psalm 42:5 (ESV)

Why are you cast down, O my soul, and why are you in turmoil within in me? Hope in God, for I shall again praise him, my salvation and my God.

