

# FILL THE TRUCK

*Food Drive*

## ITEMS NEEDED ARE:

- |                   |                         |                                    |
|-------------------|-------------------------|------------------------------------|
| Canned Vegetables | Soup                    | Crackers                           |
| Tuna              | Dried Beans (1 lb. bag) | Pasta Noodles                      |
| Vienna Sausage    | Rice (1 lb. bag)        | Canned Pasta Sauce (no glass jars) |
| Ramen Noodles     | Peanut Butter           | Cereal                             |
| Mac 'N Cheese     |                         |                                    |

COME HELP US STOCK THE SHELVES OF OUR NEW ROCK CREEK FOOD BANK SUNDAY, JULY 21<sup>ST</sup>!

IF THIS IS YOUR  
**FIRST TIME**  
...THANKS FOR JOINING US!

WE WOULD LOVE TO MEET YOU! STOP AND MEET A PASTOR TO THE RIGHT OF THE STAGE AFTER THE SERVICE.

 **SCAN**  
**THE CODE**  
FOR A LIST OF  
IMPORTANT  
ROCK CREEK LINKS!



# JONAH

sermon by mark evans

## How to Recognize when I am on the Run

JONAH 1:8-17

### 1. WHEN \_\_\_\_\_

#### MORE THAN \_\_\_\_\_ IN MY LIFE

Then they said to him, "Tell us, now! On whose account has this catastrophe struck us? What is your occupation, and where do you come from? What is your country, and from what people are you?"<sup>9</sup> So he said to them, "I am a Hebrew, and I fear the Lord God of heaven who made the sea and the dry land."<sup>10</sup> Then the men became extremely afraid, and they said to him, "How could you do this?" For the men knew that he was fleeing from the presence of the Lord, because he had told them.

Jonah 1:8-10

#### ☀ THE NATURE OF SIN ☀

"But if you do not do so, behold, you have sinned against the Lord, and be sure that your sin will find you out."

Numbers 32:23

"Sin is crouching at the door; and its desire is for you, but you must master it."

Genesis 4:7

"But each one is tempted when he is carried away and enticed by his own lust.

<sup>15</sup>Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death." James 1:14-15

"But if I do what I don't want to do, I am not really the one doing wrong; it is sin living in me that does it." Romans 7:20

### Quick Question: IS SIN WINNING IN MY LIFE MORE

THAN \_\_\_\_\_ ?

### 2. WHEN I AM NOT WILLING TO GIVE UP \_\_\_\_\_

#### IN ORDER TO \_\_\_\_\_ OF THE STORM

So they said to him, "What should we do to you so that the sea will become calm for us?"—for the sea was becoming increasingly stormy.<sup>12</sup> And he said to them, "Pick me up and throw me into the sea. Then the sea will become calm for you, because I know that on account of me this great storm has come upon you."

Jonah 1:11-12

### Quick Question: HAVE I GIVEN UP CONTROL

\_\_\_\_\_ TO GOD?

### 3. WHEN SOMEONE IS MAKING \_\_\_\_\_

\_\_\_\_\_ THAT \_\_\_\_\_

#### TO MAKE FOR MYSELF

However, the men rowed desperately to return to land, but they could not, because the sea was becoming even stormier against them.<sup>14</sup> Then they cried out to the Lord and said, "We earnestly pray, O Lord, do not let us perish on account of this man's life, and do not put innocent blood on us; for You, Lord, have done as You pleased."

So they picked up Jonah and hurled him into the sea, and the sea stopped its raging.

<sup>16</sup>Then the men became extremely afraid of the Lord, and they offered a sacrifice to the Lord and made vows. Jonah 1:13-16

### Quick Question: DO I FEAR \_\_\_\_\_

MORE THAN I FEAR \_\_\_\_\_ ?

And the Lord designated a great fish to swallow Jonah, and Jonah was in the stomach of the fish for three days and three nights.

Jonah 1:17