**Pause**

Pause Pray Persevere

**Jonah 1:1–3 (NLT)**

1. **Pause and stop running.**

* You can’t run from God.
* ‭‭Psalms‬ ‭139:7‬ ‭NLT‬ “I can never escape from your Spirit! I can never get away from your presence!”
* The hand of God will pursue you.
* Run to, not from Jesus.
* Disobedience always leads downward.

1. **Pause and stop resisting.**

* Bitterness will harden your heart.
* Love your enemies and pray for them.
* ‭‭Matthew‬ ‭5:44‬ ‭NLT‬ “But I say, love your enemies! Pray for those who persecute you!”
* Repentance is not just seeking forgiveness, it is seeking to be changed.

1. **Pause and deal with sin.**

* Anger breeds hatred.
* Hurt people want to see people hurt.
* Bitterness is bondage.
* Let God set you free from your anger, bitterness and hate, don’t die in that state.