

## RELENTLESS LOVE: Finding our Faith Anchor

Scripture used: [Jonah 1:12 \(NIV\)](#)

### OVERVIEW

Pastor Hurmon continued the series “Relentless Love,” based on the Book of Jonah. The Scripture calls for an appropriate examination of our lives when we are *in the storm*. Some storms are caused by the broken circumstances of life, but some are caused by the people around us or by the choices we make, sometimes again and again. Wisdom in the midst of the storm is to examine our history: the patterns that may keep landing us in tough places. We should look at family ties: the interactions with our families, patterns of pain, enabling behavior, etc. We should also examine our own choices, and the habits that may lead to either greater health or greater future pain.

Pastor Hurmon challenged us to go find three people who know us very well, and ask the question: “What is the one thing that will help me become a better version of myself?” Some folks admitted having negative reactions to the radically candid feedback, or of resisting the assignment for self-examination and growth. Some already knew the answers, or preferred to live in an artificial bubble. Denial is avoiding the truth, perhaps out of a fear of future failure. But even though we will face times in our lives when we fall short, we should look at every “failure” as an opportunity to grow with God and to become better.

### KEY POINTS

1. When in the storm, we need a serious **attitude adjustment**. Jonah said to the sailors: “Pick me up, throw me into the sea. I know it is my fault.” ([Jonah 1:12](#)) We must acknowledge that our actions affect others, and that individual decisions have a collective impact. This has been particularly true during the COVID pandemic! We must assume responsibility for our decisions, and acknowledge and work through the consequences. The “God process” feels like an ending of life, but is in fact a beginning. As we work through the consequences, we must adjust our expectations, as things will often get tougher before they get better, but there is a “better” if we don’t simply give up!
2. When we hit rock bottom, what will save us is **visualizing a faith-anchor**. [Jonah 2](#) gives a picture of Jonah’s sinking in the ocean, and it provides imagery for us as well for what our lives can feel like when we are struggling and feeling overwhelmed. In [Jonah 2:4](#) and [2:7](#), the faith-anchor for Jonah is the image of the Holy Temple. The Temple allows Jonah to anchor his faith in God in the midst of feeling overwhelmed. Similarly, for us, a faith-anchor can help us escape misery and entrapment; it is a metaphor of resilient faith and hope.
3. We can bank on **God’s relentless love**. See [Jonah 2:8-9](#). God’s love, and His faithfulness to pursue us with an offer of love and salvation, is the ultimate anchor for our faith and source of hope.

### DISCUSSION

- 1) **HEAR** - Have you ever felt like the description of Jonah sinking to the bottom of the ocean in [Jonah 2](#)? Is that how you might be feeling right now? Give space in your life group to make sure everyone has a chance to share how we are currently crying out to God.
- 2) **UNDERSTAND** - Consider [Jonah 2](#). How does Jonah’s faith and prayer coexist alongside his sinking? What lessons does Jonah offer for us to cry out to God in the midst of feeling overwhelmed by pain, struggle, or grief? Pastor Hurmon points out that the Temple becomes Jonah’s faith-anchor in this prayer. Do you have a faith-anchor?
- 3) **DO** - Find time to pray this week, and lean into your faith-anchor during your prayers, as Jonah did. Take up the challenge to ask one, two, or three people in your life if there’s something you need to know about yourself in order to grow and become better! See you next Sunday!