

Jonah 3 “Arise and Turn”

Jonah 3:1-10

July 19, 2026

Jonah 3:1-10

The word of the Lord came to Jonah a second time: 2 “Get up! Go to the great city of Nineveh and preach the message that I tell you.” 3 Jonah got up and went to Nineveh according to the Lord’s command.

Now Nineveh was an extremely great city, a three-day walk. 4 Jonah set out on the first day of his walk in the city and proclaimed, “In forty days Nineveh will be demolished!”

5 Then the people of Nineveh believed God. They proclaimed a fast and dressed in sackcloth—from the greatest of them to the least.

6 When word reached the king of Nineveh, he got up from his throne, took off his royal robe, covered himself with sackcloth, and sat in ashes. 7 Then he issued a decree in Nineveh:

By order of the king and his nobles: No person or animal, herd or flock, is to taste anything at all. They must not eat or drink water. 8 Furthermore, both people and animals must be covered with sackcloth, and everyone must call out earnestly to God. Each must turn from his evil ways and from his wrongdoing. 9 Who knows? God may turn and relent; he may turn from his burning anger so that we will not perish.

10 God saw their actions—that they had turned from their evil ways—so God relented from the disaster he had threatened them with. And he did not do it.

Jonah’s second chance.

God does not give up on his designs for our life as quickly as we do.

God’s discipline of Jonah did not change God.

Jonah 3:2

2 “Get up! Go to the great city of Nineveh and preach the message that I tell you.”

Before Jonah had the content of the message, God sent him in the context of the people.

Jonah 3:3-5

3 Jonah got up and went to Nineveh according to the Lord’s command.

Now Nineveh was an extremely great city, a three-day walk. 4 Jonah set out on the first day of his walk in the city and proclaimed, “In forty days Nineveh will be demolished!”

5 Then the people of Nineveh believed God. They proclaimed a fast and dressed in sackcloth—from the greatest of them to the least.

The response.

- Appointed conditions.
- Violent culture.

- Dagon.

Jonah 3:9

9 Who knows? God may turn and relent; he may turn from his burning anger so that we will not perish.

Jonah 3:10

10 God saw their actions—that they had turned from their evil ways—so God relented from the disaster he had threatened them with. And he did not do it.

God turns.

Joel 2:13

13 Tear your hearts,
not just your clothes,
and return to the Lord your God.
For he is gracious and compassionate,
slow to anger, abounding in faithful love,
and he relents from sending disaster.
14 Who knows? He may turn and relent
and leave a blessing behind him,

Life Group Discussion Questions

- 1.) What did God say to you through His Scripture during our Sunday gathering?
- 2.) Discuss the Jonah 3:1 and how God's word came to Jonah a second time. Why do you think this detail is included and important? What does this say about us? What does it say about God?
- 3.) Jonah head straight away to Nineveh after surviving the fish. What kind of physical or emotional condition do you think he is in? When is the right time to obey God and what are reasons for our delay?
- 4.) Jonah's message is simple. In what ways do we make obedience and sharing our faith complicated?
- 5.) Has there been a moment when God laid a particular thought or word on your heart to share with someone? What was that experience like?
- 6.) How do you think Jonah's own sense of God's mercy helped him speak in Nineveh? What helps or hinders your ability to talk about God to others?
- 7.) Consider the idea that your salvation is purposed for others. How does this encourage you to be ready and bold?
- 8.) A reluctant prophet sent to a wicked enemy with a brief message turns into a citywide revival. What encouragement are you deriving from Jonah's story so far?
- 9.) Spend a few moments with your Life Group praying for our city and who God may be leading you to share His word with.