

**WHAT DOES TRUE REPENTANCE LOOK LIKE?**  
**LESSONS FROM THE LIFE OF JONAH**  
**JONAH 3:1-10**

- I. **THE REPENTANCE OF JONAH: He turns from sin and obeys the Lord (3:1-4)**
  - A. **The Lord again gives clear commands on how Jonah is to serve Him: Arise, God, proclaim His Message (1-2)**
  
  - B. **Jonah obeys the Lord's Word:** He goes right away to Nineveh and proclaims God's Message of impending judgment (3-4)
  
- II. **THE REPENTANCE OF THE NINEVITES: They believe, turning to God from sin (3:5-9)**
  - A. **The People's response to the Message of Judgment: Humble Repentance (3:5)**
    - 1. Responding to the message, they believed in God (5a)
  
    - 2. Responding to the message, they all visibly humbled themselves: Fasting and putting on sackcloth (5b)
  
  - B. **The Kings response to the Message of Judgment: Humble Repentance (6-9)**
    - 1. Responding to the message, he visibly humbled himself: Putting on sackcloth and sitting in ashes(6b)
  
    - 2. Responding to the message of judgment, he proclaimed the message of repentance (7-9)
      - a) A visible humbling of self, mourning over sin (7-8a)
  
      - b) A calling earnestly on God (8a)
  
      - c) A turning from their sin (8b)
  
      - d) A recognizing His sovereign right to judge (9)
  
  - C. **A Summary:** The Ninevites repented at Jonah's preaching (Matt 12)
  
- III. **THE REPENTANCE OF GOD (not from sin):** When the Ninevites true repentance was evidenced by deeds, God relented, turning from destroying them **(3:10)**