

Running with God

Gary Rowan

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Proverbs 31:10-12

Who can find a virtuous wife? For her worth is far above rubies. The heart of her husband safely trusts her; So he will have no lack of gain. She does him good and not evil All the days of her life. (NKJV)

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Psalm 121:1-8

I will lift up my eyes to the hills-- From whence comes my help? My help comes from the LORD, Who made heaven and earth. He will not allow your foot to be moved; He who keeps you will not slumber. Behold, He who keeps Israel Shall neither slumber nor sleep. The LORD is your keeper; The LORD is your shade at your right hand. The sun shall not strike you by day, Nor the moon by night. The LORD shall preserve you from all evil; He shall preserve your soul. The LORD shall preserve your going out and your coming in From this time forth, and even forevermore. (NKJV)

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1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. (NKJV)

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Psalms 23:4

Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. (NKJV)

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John 16:33

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (NKJV)

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Romans 8:38-39

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord. (NKJV)

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Jonah 1:1-4

Now the word of the LORD came to Jonah the son of Amittai, saying, "Arise, go to Nineveh, that great city, and cry out against it; for their wickedness has come up before Me." But Jonah arose to flee to Tarshish from the presence of the LORD. He went down to Joppa, and found a ship going to Tarshish; so he paid the fare, and went down into it, to go with them to Tarshish from the presence of the LORD. But the LORD sent out a great wind on the sea, and there was a mighty tempest on the sea, so that the ship was about to be broken up. (NKJV)

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Jonah 1:5-7

Then the mariners were afraid; and every man cried out to his god, and threw the cargo that was in the ship into the sea, to lighten the load. But Jonah had gone down into the lowest parts of the ship, had lain down, and was fast asleep. So the captain came to him, and said to him, "What do you mean, sleeper? Arise, call on your God; perhaps your God will consider us, so that we may not perish." And they said to one another, "Come, let us cast lots, that we may know for whose cause this trouble has come upon us." So they cast lots, and the lot fell on Jonah. (NKJV)

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Jonah 3:3

So Jonah arose and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly great city, a three-day journey in extent. (NKJV)

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Jonah 1:17

Now the LORD had prepared a great fish to swallow Jonah. And Jonah was in the belly of the fish three days and three nights. (NKJV)

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Jonah 2:5

The waters surrounded me, even to my soul; The deep closed around me; Weeds were wrapped around my head. (NKJV)

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Jonah 2:2-9

And he said: "I cried out to the LORD because of my affliction, And He answered me. "Out of the belly of Sheol I cried, And You heard my voice. For You cast me into the deep, Into the heart of the seas, And the floods surrounded me; All Your billows and Your waves passed over me. Then I said, 'I have been cast out of Your sight; Yet I will look again toward Your holy temple.' The waters surrounded me, even to my soul; The deep closed around me; Weeds were wrapped around my head. I went down to the moorings of the mountains; The earth with its bars closed behind me forever; Yet You have brought up my life from the pit, O LORD, my God. "When my soul fainted within me, I remembered the LORD; And my prayer went up to You, Into Your holy temple. "Those who regard worthless idols Forsake their own Mercy. But I will sacrifice to You With the voice of thanksgiving; I will pay what I have vowed. Salvation is of the LORD." (NKJV)

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Jonah 3:1-4

Now the word of the LORD came to Jonah the second time, saying, "Arise, go to Nineveh, that great city, and preach to it the message that I tell you." So Jonah arose and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly great city, a three-day journey in extent. And Jonah began to enter the city on the first day's walk. Then he cried out and said, "Yet forty days, and Nineveh shall be overthrown!" (NKJV)

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Jonah 3:5-10

So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered himself with sackcloth and sat in ashes. And he caused it to be proclaimed and published throughout Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water. But let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil way and from the violence that is in his hands. Who can tell if God will turn and relent, and turn away from His fierce anger, so that we may not perish? Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it. (NKJV)

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Jonah 1:14-16

Therefore they cried out to the LORD and said, "We pray, O LORD, please do not let us perish for this man's life, and do not charge us with innocent blood; for You, O LORD, have done as it pleased You." So they picked up Jonah and threw him into the sea, and the sea ceased from its raging.

Then the men feared the LORD exceedingly, and offered a sacrifice to the LORD and took vows. (NKJV)

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