



## Jonah—Type of Christ

By David Qualls

The story of Jonah has fascinated many a reader through the years. But beyond the interesting narrative and obvious spiritual lessons is a deeper truth. Jonah represents Christ. Let us explore how this is so.

The Hebrew form of the name Jonah (*Yónah*), means “dove.” In the *Song of Solomon*, “dove” is a term of endearment used to describe Solomon who pursues his lover. See *SS* 2:14, 5:2, 6:9. Of course, *Song of Solomon* is a love story representing the love between Christ and His church, His people on earth. This touching story is rich with the intimate language of love.

Revelation 3:20 describes Christ knocking on the door of the church in the last days—the Laodicean Church. This imagery comes from *SS* chapter 5 where it describes Christ knocking to be let in, but His lover (the church) has already gone to bed, taken off her coat, and doesn’t want to be disturbed. What a picture of the church today!

Back to Jonah. We find in 2 Kings 14:25, that Jonah came from Gath-hepher. Gath-hepher in the Hebrew means “wine press of the pit.” Gath-hepher is located in Galilee, about two miles from the town of Nazareth.

Who else came from Galilee, has a name that starts with a “J”, has five letters in His name, and has “trodden the winepress alone” (Isaiah 63:3)?

Early in the story, Jonah is asked of God to go to Nineveh and warn that wicked city of its impending doom. Instead, Jonah goes in the opposite direction, trying to escape from God and His call.

By the way, Nineveh serves as a fit symbol of this world. It was a wicked city, doomed for judgment. The book of Nahum describes Nineveh (Nahum 1:1). Chapter 3 verse 1 describes it

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## In Contact with Nature

From *The Ministry of Healing, Chapter 19*

The Creator chose for our first parents the surroundings best adapted for their health and happiness. He did not place them in a palace or surround them with the artificial adornments and luxuries that so many today are struggling to obtain. He placed them in close touch with nature and in close communion with the holy ones of heaven.

In the garden that God prepared as a home for His children, graceful shrubs and delicate flowers greeted the eye at every turn. There were trees of every variety, many of them laden with fragrant and delicious fruit. On their branches the birds caroled their songs of praise. Under their shadow the creatures of the earth sported together without a fear.

Adam and Eve, in their untainted purity, delighted in the sights and sounds of Eden. God appointed them their work in the garden, “to dress it and to keep it.” Genesis 2:15. Each day’s labor brought them health and gladness, and the happy pair greeted with joy the visits of their Creator, as in the cool of the day He walked and talked with them. Daily God taught them His lessons.

The plan of life which God appointed for our first parents has lessons for us. Although sin has cast its shadow over the earth, God desires His children to find delight in the works of His hands. The more closely His plan of life is followed, the more wonderfully will He work to restore suffering humanity. The sick need to be brought into close touch with nature. An outdoor life amid natural surroundings would work wonders for many a helpless and almost hopeless invalid.

The noise and excitement and confusion of the cities, their constrained and artificial life, are most wearisome and exhausting to the sick. The air, laden with smoke and dust, with poisonous gases, and with germs of disease, is a peril to life. The sick, for the most part shut within four walls, come almost to feel as if they were prisoners in their rooms. They look out on houses and pavements and hurrying crowds, with perhaps not even a glimpse of blue sky or sunshine, of grass or flower or tree. Shut up in this way, they brood over their suffering and sorrow, and become a prey to their own sad thoughts.

And for those who are weak in moral power, the cities abound in dangers. In them, patients who have unnatural appetites to overcome are continually exposed to temptation. They need to be placed amid new surroundings where the current of their thoughts will be changed; they need to be placed under influences wholly different from those that have wrecked their lives. Let them for a season be removed from those influences that lead away from God, into a purer atmosphere.

Institutions for the care of the sick would be far more successful if they could be established away from the cities.

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as the “bloody city,” “full of lies and robbery.” Just as Jonah was sent to preach impending judgment and to bring a message of salvation through repentance to wicked Nineveh, Jesus also was sent to a doomed population to preach a message of impending judgment and to offer salvation.

But back to our story where God is about to respond to Jonah’s disobedience. In Jonah 1:4, it states, “But the Lord sent out a great wind into the sea...” Don’t you just love those verses in the Bible that say “But God...”? God, in His mercy, is intervening in the life of His wayward messenger to not only save him, but to save Nineveh.

What about in our lives? Does God try to prevent us from running headlong into sin? Of our foolish attempts to run from Him? Listen to this powerful quote.

Infinite Love has cast up a pathway upon which the ransomed of the Lord may pass from earth to heaven. That path is the Son of God. Angel guides are sent to direct our erring feet. Heaven’s glorious ladder is let down in every man’s path, barring his way to vice and folly. He must trample upon a crucified Redeemer ere he can pass onward to a life of sin (Ellen G. White, *Our High Calling*, p. 11).

Did you catch the significance and beauty of this passage? God is in the business of doing everything possible to prevent us from our determined effort at self-destruction; our continuing on in sin. We must trample upon a crucified Savior before we can go on to a life of sin. How many of us are doing that even while professing to follow Jesus?

Jonah was about to experience this in action. God was preparing to save him from his rebellious ways, if at all possible.

In chapter one of Jonah, we find that the storm is so bad, Jonah’s fellow shipmates cannot keep up. In desperation they cast lots to see who is to blame. The lot falls on Jonah.

Jonah tells them what they must do next; throw him overboard to a certain death. The men are reluctant, but finally consent.

If you think about it, what has Jonah just done? Has he not willingly offered up his own life to save the rest of his shipmates? There was no hope for Jonah, in his thinking. In fact, doubtless, he likely didn’t feel much assurance of salvation at that point either, given his rebellious attitude toward God.

In essence, Jonah gave up his life to save his fellow shipmates. Who else willingly gave Himself up to save a lost humanity? Who else went down into the deep darkness with no hope of salvation for Himself, in order to save others? Remember that Jesus felt abandoned of God and of the whole universe (Matthew 27:46).

Jonah chapter 2 contains an amazing prayer by the wayward prophet as he pours out his soul to God while in the midst of the whale’s belly. Very interestingly, there are quite a few references to the Psalms in this prayer. Of course, the Psalms are often a prayer or prophecy of the experience of Jesus. See Psalms 22:1-18, 69:1-4, 20-21 for some striking examples. Jonah was experiencing some of the same feelings of hopelessness and abandonment as Jesus on the cross. What a Savior!

Perhaps the most striking parallel between Jonah and Jesus was told by Christ Himself. Jonah 1:17 tells us he was in the belly of the fish for three days and three nights. In Matthew

12:38-41, Jesus said that the only sign that would be given His generation to indicate His true Messiahship, was the sign of Jonah the prophet. Just as Jonah was three days and three nights in the belly of the fish, so Jesus was to be three days and three nights in the heart of the earth.

Here Jesus foretells His going down into the pit of eternal darkness as He sacrifices His soul to save a dying world. And it is for you and me that He did this. What a Savior! What love!

Jonah, a minor and an unlikely prophet, is a type (foreshadowing) of Jesus. The Old Testament testifies of Him in the most profound ways. *DAJ*

## Only Laborers

*By church member Michael Strack – Michael has been serving as a missionary in Thailand since October 2007*

I write these words to warn of the soon coming judgments to take place in the world, and especially in The United States of America where God has shed so much precious light but the demands of the gospel have not been met by proclaiming to the perishing world the character of Jesus Christ.

Riches and luxuries that have been heaped and hoarded for the last days will now turn to the most bitter gall in the bellies of their possessors. God’s vineyard has been neglected while His professed people have been laying up for themselves a horrifying condemnation that will crush out their lives in the judgment. Is the gospel of Jesus Christ a selfish tool to gain “my” entrance into the heavenly bliss and then sit back idly? Never. There are however a few minutes of probation before the clock strikes midnight. It will seem like the greatest death to self, and it indeed shall be, but this is the only way. We are told to sell what we have, give alms, take up our cross and follow Jesus.

Eleventh hour workers receive wages, but only if they are workers indeed. The time is almost upon us when, if we would be faithful to God, our only support will come from above. Even now earthly support is being cut off. Delay no longer, heed not man’s cry of peace and safety, for we know sudden destruction soon follows. We must push onto the cross by faith with Jesus and be cut off from the world—in the world, but not of the world. This will open the way for God to fulfill His covenant promise that the perfect obedience and character of Jesus may be revealed in our lives.

Remove from your possession and destroy anything that would lead you to exalt self or glory in man. Wear simple, durable clothing that will not encourage pride or envy and use no unnecessary adorning on your poor mortal body. Eat the plainest, most nourishing foods of fruits, grains, nuts, and vegetables and avoid anything of a stimulating nature, including animal flesh and products. Remove and destroy any mental food that would divert your mind from the needful preparation, and the work for souls we must now be engaged in. Have you a sledge hammer? Most of God’s people would do well to destroy their televisions, and in many cases, their computers.

Our moral characters are composed of the mental food we eat and there is no more time to feed on Satan’s dainties. We must be partaking largely of the bountiful and nourishing provision of God’s Word, and His inspired writings. Nothing

## Three Angels Kitchen

### Pimento Cheese Sauce

#### INGREDIENTS

Blend until smooth:

- 1 cup water
- ¾ cup raw, washed cashew nuts (or raw sunflower seeds)
- 2 Tbs. sesame seeds
- 1 ¼ tsp. salt
- 3 Tbs. nutritional yeast flakes (use more if desired)
- 1 tsp. onion powder
- 1/8 tsp. garlic powder
- 1/8 tsp. dill seed
- ½ cup pimentos
- 2 Tbs. lemon juice (or, to taste)

Delicious over broccoli, cauliflower, or baked potatoes; or mixed in with Spanish rice, or baked in the oven with whole wheat macaroni. Can also be used as a salad dressing, a vegetable dip, drizzled over corn chips and warmed in the oven for “nachos”, or over spaghetti or lasagna. This recipe is very versatile. You are limited only by your imagination!!! Enjoy!!!

To make the above recipe into a brick for slicing:

- Mix 4 Tbs. Agar flakes (or Emes Gelatin) in 1 ½ cups of water in a saucepan
- Boil until flakes are dissolved
- Put all of the above ingredients into a blender except for the water (the 1 ½ cups of water used to boil the Emes will replace the 1 cup of water as listed in the above ingredients.)
- Add hot water to all of the ingredients in the blender
- Blend until creamy
- Pour into a mold and chill

Note: If using Agar powder, use about 2 Tbs. *DAJ*

## BIRTHDAYS & ANNIVERSARIES

### March

- |                 |                     |
|-----------------|---------------------|
| 1 – Jeanie Webb | 11 – Theresa Parks  |
| 3 – Ruth Qualls | 15 – Tom Ward       |
| 4 – Terri Swan  | 17 – John Swan      |
| 5 – Lacey Cowan | 24 – Eric Flottman  |
| 8 – Judy Oxley  | 24 – Robert Hayward |

must be allowed to becloud our perceptions, the battle before us is unlike any other in the world's history and we must meet it in the full force of the Holy Spirit in full submission to Jesus Christ or it will overwhelm us as the most dreadful hurricane. Time is short. Flood your mind with truth and light and bring it into your experience by faith. Let not your light be darkness. Push into the field of labor by faith and God will open the way. Only laborers by love will endure till the end. *DAJ*

# JONAH'S CONVERSION

March 13-15, 2009

A Prophet's life isn't that far detached from our own reality. Come and learn interesting lessons from the runaway prophet and see the relevance of his actions and reactions to the time that we are living in today.

Friday Night 7pm: "Sleeping in the Storm"

Sabbath Service 11am: "Jonah and the Gourd"

Sabbath Afternoon 2pm: Integrated Evangelism 1, 2, & 3

Sunday 10am: "How to Study the Bible"

**David Ng** is Australian-born Chinese and is currently the director of operations and evangelism at Iona Missions. His burden is to see churches revived and disciplined into well-organized, living, multiplying evangelism centers that will finish the gospel work.

Three Angels  
Seventh-day Adventist Church - Owasso  
11808 E. 121st St. N.  
Collinsville, OK 74021  
<http://www.t3asda.org/>

iona missions **in**

SEVENTH-DAY ADVENTIST CHURCH

## Community Health Expo

Sunday, March 22, 11:00 a.m. - 6 p.m.

American Legion Post 2  
South of Main St. • Collinsville, OK 74021



# ANNOUNCEMENTS

## Need a Satellite Dish?

Would you like to have a 3ABN satellite dish? You can order one from Adventist Satellite by phone at 866-552-6882 or online at:

[www.adventistsat.com/shop/category/glory](http://www.adventistsat.com/shop/category/glory).

If you need help with installation or troubleshooting, contact Gene Martin at 918-439-7434 when you receive your dish.

**Jonah Conversion**, Iona Missions revival and training seminar weekend. March 13-15. See page 3 for additional information.

## Health Expo

Collinsville, March 22. See page 3 for additional information.

## Prophecy Seminar

Collinsville, starting April 3, 7:00 PM. Veterans Building at 9<sup>th</sup> and Main St.

## Eugene Prewitt Meetings

Coming April 25 (afternoon). "Present Duty - Approaching the time of trouble"

## Dennis Priebe Meetings

Coming May 1-2, 2009.

### Three Angels Seventh-day Adventist Church – Owasso

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#### Worship Schedule

#### Saturday (Sabbath)

Sabbath School.....9:30am  
Main Worship Service.....10:45am

#### Wednesday

Prayer Meeting.....7:00pm

Please send comments or suggestions about this newsletter to [alfonsoorellana@msn.com](mailto:alfonsoorellana@msn.com)

And so far as possible, all who are seeking to recover health should place themselves amid country surroundings where they can have the benefit of outdoor life. Nature is God's physician. The pure air, the glad sunshine, the flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, are health-giving, life-giving.

Physicians and nurses should encourage their patients to be much in the open air. Outdoor life is the only remedy that many invalids need. It has a wonderful power to heal diseases caused by the excitements and excesses of fashionable life, a life that weakens and destroys the powers of body, mind, and soul.

How grateful to the invalids weary of city life, the glare of many lights, and the noise of the streets, are the quiet and freedom of the country! How eagerly do they turn to the scenes of nature! How glad would they be to sit in the open air, rejoice in the sunshine, and breathe the fragrance of tree and flower! There are life-giving properties in the balsam of the pine, in the fragrance of the cedar and the fir, and other trees also have properties that are health restoring.

To the chronic invalid, nothing so tends to restore health and happiness as living amid attractive country surroundings. Here the most helpless ones can sit or lie in the sunshine or in the shade of the trees. They have only to lift their eyes to see above them the beautiful foliage. A sweet sense of restfulness and refreshing comes over them as they listen to the murmuring of the breezes. The drooping spirits revive. The waning strength is recruited. Unconsciously the mind becomes peaceful, the fevered pulse more calm and regular. As the sick grow stronger, they will venture to take a few steps to gather some of the lovely flowers, precious messengers of God's love to His afflicted family here below.

Plans should be devised for keeping patients out of doors. For those who are able to work, let some pleasant, easy employment be provided. Show them how agreeable and helpful this outdoor work is. Encourage them to breathe the fresh air. Teach them to breathe deeply, and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them.

Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden. As they are encouraged to leave their rooms and spend time in the open air, cultivating flowers or doing some other light, pleasant work, their attention will be diverted from themselves and their sufferings.

The more the patient can be kept out of doors, the less care will he require. The more cheerful his surroundings, the more helpful will he be. Shut up in the house, be it ever so elegantly furnished, he will grow fretful and gloomy. Surround him with the beautiful things of nature...and his heart will break into song in harmony with the songs of the birds. *DAJ*

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