

## Welcome to Manna Church! We are Glad You are Here!

### What to Expect On a Typical Sunday

The worship experience at Manna Church lasts approximately 70-75 minutes. It begins with a time of worship and a brief period of announcements, followed by a biblical and practical message delivered by one of our pastors. Service concludes with another short time of worship and prayer.

### Connection Card

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—we just want to thank you for joining us today and to let you know what is available to you here at Manna.

### Free Gift for First Time Guests

If it is your first time with us, we have a gift available for you in the lobby at the end of service. We simply want to give you a gift to thank you for being with us today!

### Small Groups

Manna Church is not a church with small groups; we are a small groups church. On Sundays, we gather corporately to be inspired by the presence and Word of God. However, friendships, discipleship, and growth primarily happen in the context of a small group. You can find a list of available Small Groups to join by going on our website, [cos.manna.church](http://cos.manna.church), and clicking on the "Connect" tab.

### Manna Kids

We strive to provide a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years old, and the Elementary experience is for children in Kindergarten through 5th grade. We would love to have your child join us!

### Manna Students

If you are in 6<sup>th</sup> to 12<sup>th</sup> grade, come join us for Manna Students on Wednesday from 6:30 p.m. to 8:30 p.m. at the Manna Church Offices! We meet weekly during the small group cycle for games, worship, biblical teachings, and small groups! We hope you will join us!

### Pizza With the Pastor

Whether you're visiting for the first time or have been part of Manna Church for a while, Pizza with the Pastor is a fantastic way to get connected and learn more about the mission and vision of the church. Join us on the first Sunday of every month at 5:00 P.M. at the Manna Church Offices for an evening with our pastors and staff. You can register online or at the Info Center in the main lobby! Childcare is provided.

### Growth Track

The Manna Church Growth Track is a series of small groups designed to facilitate your growth as a healthy, effective follower of Jesus Christ. Wherever you are in your journey, the Growth Track can equip you to fully experience your calling in God and your part in impacting your world. Sign up for FirstStep or NextStep by going online or registering at our Info Center Table in the Main Lobby.

FirstStep. In FirstStep, you will discover what a balanced, integrated, and healthy life of a disciple of Jesus looks like, specifically within the context of Manna Church.

NextStep. NextStep is here for you to learn about Manna Church's Mission, Vision, and Values. You'll discover who we are, why we're here, where we're going, and how you can get connected while exploring God's unique purpose for your life.

LeaderStep. LeaderStep prepares you to lead at Manna Church in areas such as small groups or serve teams. Built on our 12 Operational Principles, LeaderStep fosters spiritual growth, authentic relationships, and Kingdom impact, helping you discover how God can use you to make a difference. (Must have completed NextStep)

### Ways to Give

For a safe and secure way to give to Manna Church, scan the QR Code below. Here, you can schedule a one-time gift or establish and manage a recurring gift through the Online Portal.





### Jonah

Jonah 1:17-2:1 (NIV) - Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights. 2 From inside the fish Jonah prayed to the Lord his God.

#### Three things we are challenged with from the life of Jonah

##### 1. \_\_\_\_\_ **Your Heart**

Jonah 1:3a (NIV) - But Jonah ran away from the Lord and headed for Tarshish. He went down to Joppa, where he found a ship bound for that port. After paying the fare, he went aboard and sailed for Tarshish to flee from the Lord.

Jonah 4:1-3 (NIV) - But to Jonah this seemed very wrong, and he became angry. 2 He prayed to the Lord, "Isn't this what I said, Lord, when I was still at home? That is what I tried to forestall by fleeing to Tarshish. I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity. 3 Now, Lord, take away my life, for it is better for me to die than to live."

Psalms 139:23-24 (NIV) - Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.

##### 2. \_\_\_\_\_ **the God You Serve**

Jonah 4:2b (NIV) - I knew that you are a gracious and compassionate God, slow to anger and abounding in love, a God who relents from sending calamity.

##### 3. \_\_\_\_\_ **To God**

Jonah 4:9 (NIV) - But God said to Jonah, "Is it right for you to be angry about the plant?" "It is," he said. "And I'm so angry I wish I were dead."

Jonah 4:10-11 (NIV) - But the Lord said, "You have been concerned about this plant, though you did not tend it or make it grow. It sprang up overnight and died overnight. 11 And should I not have concern for the great city of Nineveh, in which there are more than a hundred and twenty thousand people who cannot tell their right hand from their left—and also many animals?"

#### **Notes:**