of Israel spoken to his servant Jonah son of Amittiah the prophet of Gath-hepher." Jonah had been a force in Israel for God, and he had been a patriotic Israelite who had been a great help in the progress of his nation.

"Why can't I stay here and do this? Why go to Ninevah? They are the great aggressors of the world. They are the people who are going to come and most probably wreck our nation. And a century later they did conquer Ninevah and they conquered two-thirds of the land--the whole of the Northern Kingdom, and led the people off into exile. So Jonah had two conflicting forces here. He had his love for his nation, and he had his desire to represent God. Ordinarily the two flow together, but in this case they flowed in different directions. I think God wants us to use Jonah as an illustration to warn us, that there are other elements like this the love of nation that are right and proper in their own place, and that we have a duty to do what we can to advance, but that God's Word, God's truth, and God's purposes must always have supremacy.

Jonah is a courageous man, A man who served the Lord effectively. a man who was greatly used of God, a man who was instrumental in one of the greatest revival we know of anywhere, but a man who allowed a secondary objective to become primary in his case. So I think the Scripture brings us pictures of men, and shows us their good qualities and their bad qualities. It's not like some of these books in wich which someone is all good or all bad. It shows them as real living people who are examples to us and who are at the same time people who are a warning to us.

I think this matter of getting balance on these things is very important in serving God effectively. To have a balanace between different factors. Now what I said about relaxation and what I said about sleep could easily be misleading. It is true the Bible does stress the importance of sleep. We find in the book of Proverbs a statement -- in Psalms rather, in Ps. 3:5 "I lie down and sleep, I wake again because the Lord sustains me. I will not fear though tens of thousands are drawn up against me on every side." Ps.4:8, "I will lie down and sleep in peace for you alone Lord make me to dwell in safety."

We have here the one side: the importance of sleepand relaxation. Yet whenyou turn to Proverbs you find strong waring warning against making sleep a primary objective and allowing it to keep us from devoting our energies as fully as we possibly can while maintaining efficiency in the Lord's work. So in Prov.6 vv.9,10 we read, "How long will you lie there you sluggard? How ==When will you get up from your sleep? A little sleep, a little slumber, a little folding of the hands to rest and poverty will come on like a bandid, and scarcity like an armed man." Those two vv. are repeated almost verbatim toward the end of the book of Prov.

So many qualities of life, so many factors that it is important we put them in their proper place and it is also important that weedo not give them too big a place. So Jonah gives us a picture of a number of things. In ch. 1 when the sailors called Jonah and