10/25/2025, Legacy (last week)

https://www.youtube.com/live/aBRXPFl9eoM?si=L3pvWAHfyiuFaqmu

“Sleeping Through the Storm | Numb and Numb-er,” Phil EuBank, Lead Pastor



The main point of "Sleeping Through the Storm" is that true faith involves resting peacefully in the midst of life's challenges, knowing that God is in control and will see you through to the other side. It uses the biblical story of Jesus sleeping through a storm to illustrate that we can find peace by trusting God's power and presence, rather than panicking based on our own feelings or circumstances. The message encourages people to let go of fear and rely on faith instead of trying to navigate every crisis on their own.

* **Finding peace in chaos:**

The phrase encourages resting with peace during a storm, rather than being consumed by fear or worry.

* **Trusting God's control:**

It suggests that even when circumstances seem overwhelming, believers can have peace because they trust that God is sovereign over all things, including their life and the storms they face.

* **Learning to rest:**

The message is a reminder to rest and rely on God's strength, rather than using only one's own strength to try and sort out problems.

* **Recognizing God's presence:**

It's a call to remember that God is always present, even when it feels like He is "asleep" in the situation. The storms are not meant to break us, but to draw us closer to Him.

* **Looking to Jesus:**

Ultimately, it points to Jesus as the ultimate source of hope, even when we feel we are on the brink of drowning in our struggles.

10:00/1:14:57

Introduction:

13:00/1:14:57

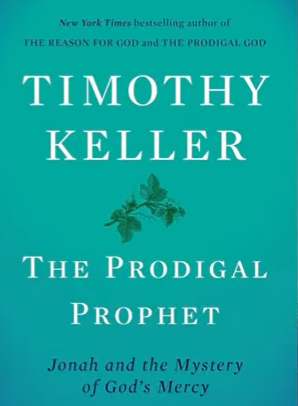
Introduction:

17:00/1:14:57

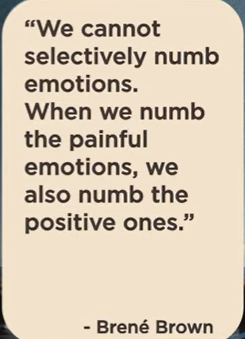
 

Phil EuBank, Lead Pastor

Today. we start a new series “Numb and Numb-er” based on a classic story Jonah.

We have Numb when you go to dentist for gum surgery.



Brene Brown: We cannot selectively numb emotions. When we numb the painful emotions, we also numb the positive ones.”

The main point is that numbing negative emotions through coping mechanisms like avoiding pain, fear, or grief ultimately numbs positive feelings such as joy, gratitude, and love, because emotions are interconnected and cannot be selectively blocked. Therefore, to experience a full range of emotions, we must be willing to feel the painful ones, not just the pleasant ones.

* **Emotions are linked:**

All emotions are connected, and a defense mechanism that blocks one type will also block others.

* **Positive emotions are vulnerable:**

Trying to suppress painful emotions also means you suppress the positive ones, leading to a more muted emotional life overall.

* **Vulnerability is key:**

Instead of numbing, the solution is to lean into vulnerability and allow yourself to feel all emotions, both the good and the bad.

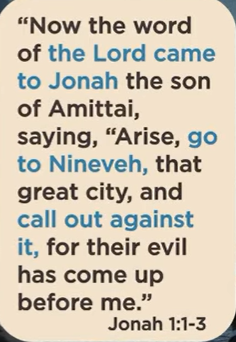
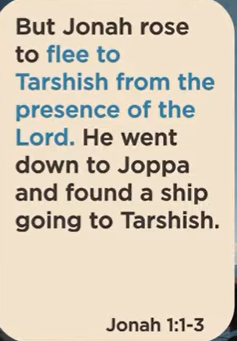


Resentment leads to running

We meet Jonah today.

Jonah resentment (怨恨) for Nineveh.

The phrase "resentment leads to running" highlights two different interpretations: one, that resentment can motivate you to "run" away from your problems or make you run for exercise to manage anger (["rage running"](https://www.google.com/search?sca_esv=9f87563b1f376fc1&rlz=1C1KDEC_enUS826US826&cs=0&sxsrf=AE3TifPJz9lK00Cwreu0kRd8b44JZWR1Cg%3A1761438256032&q=%22rage+running%22&sa=X&ved=2ahUKEwjLrfrrzMCQAxWUFDQIHQdvFxYQxccNegQIBBAC&mstk=AUtExfCtt1_nwKZs8317mBBbeCAvCHiHxY9tLfbim_hyZM224ZwdNdz8w3CwMtbKmZuxrIp_IUwWOaLn4T2qPqlZ5J9A0JlPSH4doi_vkkzYqNZGSUW6WQNAwZpMlghbi0MWmXo2uQv1Xx6SQPMlHDbKiEl5WGpAnklbcjo7F25kzsgsIjLbskUtcF4vzww-dP6G5pivwqy1_1JZ-01APkjwHwnvJNiJBLkznc9FydZoZnFYNJsJyOflQKVLtUz0KdV2WNfhxrkYReRNgDM8bYwSOqOU&csui=3)), and two, that the resentment of a partner or family member can cause them to feel resentful towards your running activities. The first interpretation suggests using running to release frustration, while the second points out the potential for a relationship to suffer due to a partner's resentment over time, particularly if they feel inconvenienced or neglected.

Jonah 1:1-3

**Jonah Flees From the Lord**

**1**The word of the Lord came to Jonah son of Amittai: **2**“Go to the great city of Nineveh and preach against it, because its wickedness has come up before me.”

**3**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.

The main point of Jonah 1:1-3 is the contrast between God's clear command for Jonah to preach judgment to the wicked city of Nineveh and Jonah's immediate, fearful disobedience as he flees to the opposite end of the world, Tarshish. The passage highlights God's command and authority, while also introducing Jonah's act of running away from God's presence and calling.

* **God's command:**

God gives a direct and specific instruction to Jonah to "Arise, go to Nineveh... and call out against it, for their evil has come up before me". This shows God's authority and his concern for the people of Nineveh, even those outside of Israel.

* **Jonah's disobedience:**

Instead of obeying, Jonah immediately decides to "flee to Tarshish from the presence of the Lord". He tries to escape God's command and the spirit of prophecy by going as far away as possible.

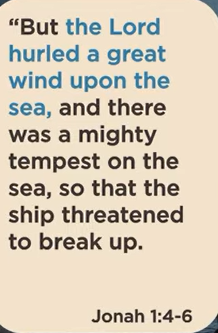
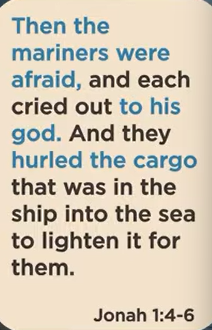
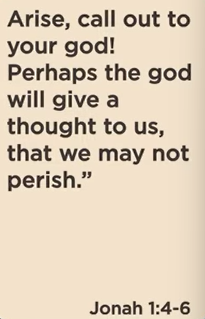
* **The start of a conflict:**

The passage sets up the central conflict of the book: God's will versus Jonah's will. It introduces the theme of obedience versus disobedience, and the consequences of running from God's call



Running leads to retreating:

Running can lead to retreating, or a decrease in performance, due to overtraining, which occurs from a cumulative imbalance of training stress without enough recovery. This can manifest as a decline in speed, increased fatigue, and persistent soreness. Other factors that can contribute to this feeling of "retreating" include inadequate rest and recovery, improper nutrition, and mental burnout, especially if running is combined with high stress from other areas of life.

Jonah keeps setting down to Joppa, down to the bottom of the deck.

Jonah 1:4-6

**4**Then the Lord sent a great wind on the sea, and such a violent storm arose that the ship threatened to break up. **5**All the sailors were afraid and each cried out to his own god. And they threw the cargo into the sea to lighten the ship.

But Jonah had gone below deck, where he lay down and fell into a deep sleep. **6**The captain went to him and said, “How can you sleep? Get up and call on your god! Maybe he will take notice of us so that we will not perish.”

In Jonah 1:4-6, God's power is supreme, as he sends a violent storm to pursue Jonah even while the sailors are desperately trying to save themselves. This passage highlights Jonah's deep-seated disobedience and flight from God's will, contrasted with the sailors' fear and ultimate confession of God's power.

* **[God's persistent pursuit:](https://www.google.com/search?rlz=1C1KDEC_enUS826US826&cs=0&sca_esv=7d7454be0ae0f110&sxsrf=AE3TifOsWhUWH6tyFZlbUNruUjqDRdXrOA%3A1761444149757&q=God%27s+persistent+pursuit&sa=X&ved=2ahUKEwjp8cjm4sCQAxXYDjQIHSpXMPwQxccNegQIEhAD&mstk=AUtExfBElRaxoMSQsLic1qGxA08zrq-NPJQ23H0GUNRr44zHVDdEbZep46B0W8JP4IMJ4ZANgAGNHw2UZ5SYPIUInlLbT0h-qC9F4lqsjzVtFQPge4rA_NEuzgAiHw39oPQFjUSxkVspRxA-wgGEXAcX00C3VDBCMLLKsKzzqwTvhiZH4mcUgagk-0fYgBw8T5RaDjbDVO4xuM_dckRa428_eB7C1dONSHmOc4Nmw_tI3MMKGPnq2BdKmaHOIHfxPGuziqvF1V3mHat8y62lnCSJHxwb&csui=3)**

God sends a great storm not only to punish Jonah's disobedience but also to bring him back to his mission. His power extends even to controlling the weather and sea.

* **[Jonah's deliberate disobedience:](https://www.google.com/search?rlz=1C1KDEC_enUS826US826&cs=0&sca_esv=7d7454be0ae0f110&sxsrf=AE3TifOsWhUWH6tyFZlbUNruUjqDRdXrOA%3A1761444149757&q=Jonah%27s+deliberate+disobedience&sa=X&ved=2ahUKEwjp8cjm4sCQAxXYDjQIHSpXMPwQxccNegQIExAD&mstk=AUtExfBElRaxoMSQsLic1qGxA08zrq-NPJQ23H0GUNRr44zHVDdEbZep46B0W8JP4IMJ4ZANgAGNHw2UZ5SYPIUInlLbT0h-qC9F4lqsjzVtFQPge4rA_NEuzgAiHw39oPQFjUSxkVspRxA-wgGEXAcX00C3VDBCMLLKsKzzqwTvhiZH4mcUgagk-0fYgBw8T5RaDjbDVO4xuM_dckRa428_eB7C1dONSHmOc4Nmw_tI3MMKGPnq2BdKmaHOIHfxPGuziqvF1V3mHat8y62lnCSJHxwb&csui=3)**

While the sailors are working to save the ship, Jonah is in the bottom of the vessel sleeping, a picture of his spiritual apathy and deliberate attempt to run from God's presence.

* **[The sailors' desperate plea:](https://www.google.com/search?rlz=1C1KDEC_enUS826US826&cs=0&sca_esv=7d7454be0ae0f110&sxsrf=AE3TifOsWhUWH6tyFZlbUNruUjqDRdXrOA%3A1761444149757&q=The+sailors%27+desperate+plea&sa=X&ved=2ahUKEwjp8cjm4sCQAxXYDjQIHSpXMPwQxccNegQIDBAD&mstk=AUtExfBElRaxoMSQsLic1qGxA08zrq-NPJQ23H0GUNRr44zHVDdEbZep46B0W8JP4IMJ4ZANgAGNHw2UZ5SYPIUInlLbT0h-qC9F4lqsjzVtFQPge4rA_NEuzgAiHw39oPQFjUSxkVspRxA-wgGEXAcX00C3VDBCMLLKsKzzqwTvhiZH4mcUgagk-0fYgBw8T5RaDjbDVO4xuM_dckRa428_eB7C1dONSHmOc4Nmw_tI3MMKGPnq2BdKmaHOIHfxPGuziqvF1V3mHat8y62lnCSJHxwb&csui=3)**

The mariners, who were used to the sea, become extremely frightened and call out to their own gods for help, showing their desperation and a contrast to Jonah's sleep.

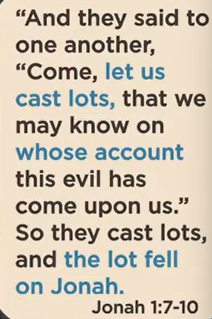
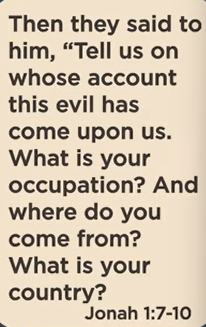
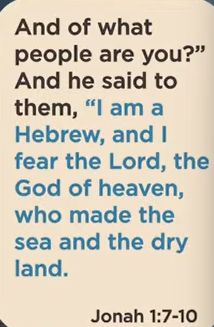
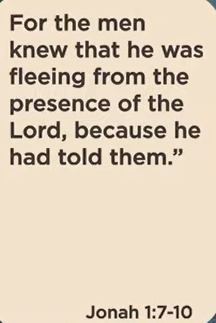
* **[The revelation of God's power:](https://www.google.com/search?rlz=1C1KDEC_enUS826US826&cs=0&sca_esv=7d7454be0ae0f110&sxsrf=AE3TifOsWhUWH6tyFZlbUNruUjqDRdXrOA%3A1761444149757&q=The+revelation+of+God%27s+power&sa=X&ved=2ahUKEwjp8cjm4sCQAxXYDjQIHSpXMPwQxccNegQIHRAD&mstk=AUtExfBElRaxoMSQsLic1qGxA08zrq-NPJQ23H0GUNRr44zHVDdEbZep46B0W8JP4IMJ4ZANgAGNHw2UZ5SYPIUInlLbT0h-qC9F4lqsjzVtFQPge4rA_NEuzgAiHw39oPQFjUSxkVspRxA-wgGEXAcX00C3VDBCMLLKsKzzqwTvhiZH4mcUgagk-0fYgBw8T5RaDjbDVO4xuM_dckRa428_eB7C1dONSHmOc4Nmw_tI3MMKGPnq2BdKmaHOIHfxPGuziqvF1V3mHat8y62lnCSJHxwb&csui=3)**

The sailors eventually recognize that the storm is not a natural event, but a divine punishment and a demonstration of God's power. They are astounded to learn that Jonah is fleeing from the very God who created the sea and land.



Retreating leads to revealing (表明)

The phrase "Retreating leads to revealing" suggests that the act of pulling back or withdrawing often results in new information, a deeper truth, or an altered perspective being brought to light. This can occur in multiple contexts, from personal and psychological experiences to strategic and physical ones.

Jonah 1:7-10

**7**Then the sailors said to each other, “Come, let us cast lots to find out who is responsible for this calamity.” They cast lots and the lot fell on Jonah. **8**So they asked him, “Tell us, who is responsible for making all this trouble for us? What kind of work do you do? Where do you come from? What is your country? From what people are you?”

**9**He answered, “I am a Hebrew and I worship the Lord, the God of heaven, who made the sea and the dry land.”

**10**This terrified them and they asked, “What have you done?” (They knew he was running away from the Lord, because he had already told them so.)

The main point of Jonah 1:7-10 is the exposure of Jonah's sin and God's power through the sailors' escalating fear and questioning. Jonah's confession reveals he is running from the God who commands the sea and land, which terrifies the sailors as they realize he is the cause of the storm and that their lives depend on confronting their own ignorance of the true God. This passage highlights how sin is ultimately exposed, even in the midst of a storm, and that a true understanding of God's power is a cause for great fear.



Revealing leads to releasing

The proverb "revealing leads to releasing" describes how the disclosure of information or emotion can bring about a form of release, such as psychological catharsis, the end of a situation, or systemic change.

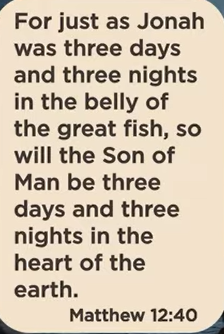
Jonah is numb for the pain.



Releasing leads to rescuing

"Releasing leads to rescue" is an idiom and a phrase used in various contexts, from rescuing people and animals to assisting in fishing and specialized rescue operations. In general, it means that the act of releasing something (a person, an animal, or a device) is the final step in a rescue operation.

At the end, Jonah is no longer run. God saves him.



Matthew 12:40

**40**For as Jonah was three days and three nights in the belly of a huge fish, so the Son of Man will be three days and three nights in the heart of the earth.

The main point of Matthew 12:40 is that Jesus's death, burial, and resurrection were prophesied by the "sign of Jonah". Just as Jonah was in the belly of a great fish for three days and three nights, Jesus stated that the "Son of Man" would be in the "heart of the earth" for the same amount of time, a period that is fulfilled by His crucifixion and subsequent resurrection on the third day.



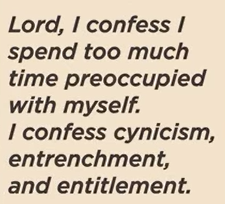
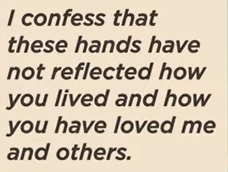
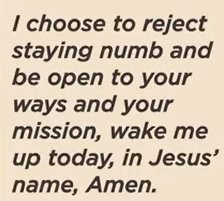
Numbness promises peace but delivers distance.

Numbness brings in peace but leads to distance.



Where am I holding back right now?

We pray together.

10/25/2025, Legacy (last week)

https://www.youtube.com/live/aBRXPFl9eoM?si=L3pvWAHfyiuFaqmu

“Sleeping Through the Storm | Numb and Numb-er,” Phil EuBank, Lead Pastor

Summary:

Sleeping Through the Storm: Jesus is sleeping in a storm and finds peace without panic.

“When we numb (麻木) the painful emotions, we also numb the positive ones,” Brene Brown:

We use Jonah story to describe Numb: Jonah ignored God’s command and escaped on ship. God sent a big fish to swallow him. Jonah prays for God help. The big fish spit him out to the dry land.

1. Resentment (累積負面情緒) Leads to Running (逃亡): Jonah 1:1-3: God asked Jonah to preach the wicked city at Nineveh. Jonah goes to the opposite city, Tarshish.

2. Running leads to retreating (退卻): Jonah 1:4-6: Jonah is escaped to the sea with ship. God sends a violent storm to force Jonah to go back.

3. Retreating leads to revealing (表明): Jonah 1:7-10: On the ship, Jonah reveals/tells the sailors that the storm is sent from God to ask him back.

4. Revealing leads to releasing: Jonah discloses God information to sailor and then got release.

5. Releasing leads to rescue: At the end, Jonah is no longer run. God saves Jonah.

6. Matthew 12:40: Jonah and Jesus story are the same. Jonah is in the belly of big fish for three days and three nights. Jesus is crucified and resurrected after three days and three nights.