



# BULLETIN

Vol. 48. No. 16  
May 23 and 24, 2026



**JONAH**  
*Our God of Relentless Grace*

## The View from Rock Bottom

Jonah 2:1-6

### Order of Worship

- Call to Worship
- Worship Through Praise
- Baptism
- Community Prayer
- Worship Through Fellowship
- Worship Through Giving
- Scripture Reading
- Worship in the Word
- Benediction

**Pastor Larry Pabiona**  
English Services

**Pastor BJ Sebastian**  
Filipino Service

Our God of Relentless Grace: Sermon Series on Jonah

# The View From Rock Bottom

## Jonah 2:1–6

God often puts us in places where we face the consequences of our choices. From such a place, this prayer was written. Jonah hits rock bottom and discovers that God is there too. Not to finish him off, but to finish what God started:

### [v. 1] THE PURPOSE OF GOD'S DISCIPLINE

- God's discipline drives us to pray in a way that pleasure never will. You don't need to clean yourself up before you talk to God. He hears prayers whispered from the messy belly of your consequences, not just from the cushioned chairs of our church.
- God's discipline makes us return and acknowledge our relationship with God: "*Jonah prayed to the LORD his God*"

### [v. 2] THE PROVIDENCE OF GOD'S DISCIPLINE

- This verse is a summary of Jonah's rescue. He was drowning and cried out to God, who saved him through the fish. God always answers our prayer for help according to His perfect way and time, not ours.

### [vv. 3–6a] THE PAIN OF GOD'S DISCIPLINE

- Pain makes us return to the Word of God (Psalm 119:67). Jonah quotes the Psalms repeatedly because they were in his heart (Psalm 119:11). If you're not memorizing verses, you deprive yourself of the richest resource possible, God's own words.
- Pain drives us back to the reality of God: "*You cast me into the deep.*" Paradoxically, seeing God behind suffering is faith in His reality. Bring your suffering directly to God and speak it plainly. That's not rebellion. That's what the Lament Psalms are.

### [vv. 4b, 6b] THE PRESERVATION IN GOD'S DISCIPLINE

How do we rightly respond to the discipline of God?

- "*Yet I shall again look upon Your Holy Temple.*" Make a decision to return with God's enabling (Philippians 2:12–13). One of the most destructive lies is that we can drift beyond the reach of grace. Verse 4 counters that. Look to God even from your self-inflicted darkness. God has not moved. The temple is still there.
- "*Yet You brought up my life from the pit, O LORD my God.*" Keep trusting in grace because God will rescue you. The "yet" of 6b is the most important word in the theology of suffering. It does not deny the reality of the pit. It simply refuses to let the pit write the final sentence.

### FINAL THOUGHTS

If you believe that "by grace you are saved" but keep forgetting that "by grace you are rescued from your own mess," this passage reminds us: God is still reaching into the depths to bring home disobedient children. ■



Our God of Relentless Grace: Sermon Series on Jonah

# Ang Panaghoy ng Pasaway na Propeta

## Jonah 2:1–6

Isang tanda ng pananampalataya ni Jonah ay ang kanyang tugon sa kapahamakan na kanyang dinanas. Nanalangin siya sa kanyang Diyos na tanging maaaring tumulong sa kanya, na Siya ring sanhi ng kanyang paghihirap. Pasasalamat sa gitna ng panaghoy ang ating makikita, dahil hindi sumusuko ang Diyos sa pagtutuwid ng Kanyang mga hinirang.

### 1. ANG PANALANGIN NG NAPAHAMAK NA PINAKINGGAN NG DIYOS, vv 1–2 – *“Then Jonah prayed to the LORD his God from the belly of the fish... and he answered me...”*

- Isang panalangin ito ng pasasalamat sa pagliligtas sa kanya ng Diyos. Puno ang kanyang panalangin ng mga Salmo (Psalm 3:4; 120:1; Lamentations 3:55). Magandang halimbawa sa atin ang pag-memoria ni Jonah ng salita ng Diyos.
- Isang panalangin ito na dininig ng Diyos at nagresulta sa kanyang kaligtasan sa huli (Psalm 118:5; Lamentations 3:56) – *“yet shall I again look upon your holy temple... yet you brought up my life from the pit”*

Ang panalangin na may pasasalamat sa gitna ng paghihirap ang tamang tugon sapagkat ang lahat ay kalooban ng Diyos (Romans 8:28; James 1:2–4).

### 2. ANG PAG-ASA NG MULING PAGSAMBA NG TAONG LUMAYO SA DIYOS, vv 3–4 – *“For you cast me into the deep... I am driven away from your sight; yet shall I again look upon your holy temple.”*

- Isang pag-amin ito na ang Diyos ang nagpatapon sa kanya sa dagat (Psalm 118:5) at hindi ang mga marino (Jonah 1:15).
- Isang panaghoy ito ng kanyang pagkawalay sa Diyos (Psalm 31:22) na nagbigay-bunga sa pagnanasang makabalik siya sa pananambahan sa templo ng Panginoon (1 Kings 8:38–39).

Ang pagnanasang sumamba sa Diyos nawa ang mag-udyok sa atin na manumbalik sa Kanya kapag tayo’y dinidisciplina Niya (Hebrews 12:11).

### 3. ANG PANUNUMBALIK SA BUHAY NG NAMATAY SA MGA BAGAY NG DIYOS, vv 5 – *“The waters closed in over me to take my life...yet you brought up my life from the pit, O LORD my God.”*

- Isang pag-amin ito na siya ay parang “namatay” sa kalooban ng Diyos para sa kanya bilang isang propeta (Lamentations 3:54).
- Isang pagkilala rin ito na ang Diyos ang muling bumuhay sa kanya upang magpatuloy sa kanyang pagsunod sa kanyang Panginoon – “O YAHWEH my ELOHIM!” (Romans 6:4).

Kayo ba ay meron nang kaugnayan sa buhay na Diyos, na maaari niyo Siyang tawagin na “O Lord MY God?” Kayo ba ay dumaranas ng pagdidisiplina Niya? Ang ginawang pagsaklolo ng Diyos kay Jonah ay pagkunan natin ng pag-asa, na sa huli, *“yet you brought up my life from the pit, O LORD my God!”* ■



# WORSHIP WITH US AT GCF ORTIGAS

## SUNDAYS

**8:00 AM** English

**10:30 AM** English  
Auditorium B

**3:00 PM** Filipino

**5:30 PM** English  
Auditorium A

## SATURDAYS

**5:30 PM** Traditional  
Auditorium B

## WEDNESDAYS

**6:30 PM**

Ortigas Community Worship  
GCF Chapel, Ground Floor

■ Livestream is available during the 10:30 AM and 3:00 PM Sunday Services. The recording of the Traditional Service will be streamed on Sundays at 5:30 PM.

## KIDS on SUNDAYS

**8:00 AM,** Kids L.I.F.E. Sunday School

**3:00 PM,** Ages 2–6 • Toddler's Center

**5:30 PM** Ages 7–12 • 4th Floor

**10:30 AM** Ages 2–3 • Toddler's Center

Ages 4–12 • 4th Floor

All ages 13 and above, worship with your parents at the Auditorium

## YOUTH on SATURDAYS

**4:00 PM** Youth L.I.V.E. Discipleship Gathering

For ages 13 to 20 • Fellowship Hall

## YOUNG ADULTS on FRIDAYS

**7:00 PM** YA Fridays

For ages 20s to 40s • Fellowship Hall

## BIBLE STUDY on SUNDAYS

**9:30 AM** Sunday Bible School (SBS)

Open to all • GCF Chapel

**9:30 AM** "Like Jesus" Youth Bible Study

For all high school students • Room B406

**9:30 AM** Men's Growth Group Express

Open to all men • Room A109

## PRAYER HOUR on THURSDAYS

**8:00 PM** GCF Family's Hour of Prayer

Open to all • Online via Zoom

Zoom link: [bit.ly/GCFHourOfPrayer](https://bit.ly/GCFHourOfPrayer)

Meeting ID: 848 3227 7763 • Passcode: 984990

## OUTREACH on WEDNESDAYS

**5:30 PM** Ortigas Community Outreach

Open to all • Fellowship Hall

## TRUTHS ABOUT LIFE & DEATH

*Share this with your friends and family who need to know Christ!*

### THE CHARACTER OF GOD

God is holy, pure, and just. He rightfully and righteously judges and punishes all sin.

*"Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory!" (Isaiah 6:3)*

*"Who will not fear you, O Lord, and glorify your name? For you alone are holy."*

(Revelation 15:4)

### THE CRISIS WE FACE

We all have failed God's standard and face God's righteous judgment.

*"For all have sinned and fall short of the glory of God..." (Romans 3:23)*

*"For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth." (Romans 1:18)*

### THE CALL OF JESUS

The Lord Jesus is God's only way for us to be forgiven and reconciled to God. He took the judgment for our sins on the Cross, and whoever comes to Christ for forgiveness, He gives new life and an eternal relationship with God.

*"Jesus said "I am the way, and the truth, and the life. No one comes to the Father except through me." (John 14:6)*

*"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord." (Romans 6:23)*

"The Lord Jesus is calling out to us: "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." (Matthew 11:28–30)

### WHAT MUST WE DO?

Come to the Lord Jesus for forgiveness and salvation:

*"Lord Jesus, be merciful to me—a sinner. I believe that You are the Son of God who took the penalty for my sins on the Cross. I humbly ask You to be my Savior and submit to you as my LORD forever. Amen."*

# UPCOMING ACTIVITIES AT GCF ORTIGAS

## QUESTIONS ABOUT GCF ORTIGAS?

Want to join a Growth Group? Looking to apply for church membership? Curious about the various ministries? Visit the new INFO HUB at the Lobby.

## ARE YOU HERE FOR THE FIRST TIME?

We would love to connect with you after every Worship Service. Our pastors and team are excited to meet you! Drop by Room BM07 at the Mezzanine Floor or reach out to us at [gcf.link/GCFWelcome](https://www.gcf.org/Welcome)

## DO YOU NEED SOMEONE TO TALK TO?

If you need Biblical counseling, we are here to help. Call the GCF ERCC Hotline at 0917 532 7794.

## “Effective Parenting in a Defective World” A 9-Session Parenting Seminar

Ongoing until **June 7** (Sundays) 9:30 – 10:30 AM  
Room B302-303, 3rd Floor  
For inquiries, contact Janette at 0917 532 1921

## Connect GT Day (for all BPO employees)

**June 7** (Sunday) 12:00 NN – 4:00 PM  
Fellowship Hall, Ground Floor  
Topic: The Relevance of the Bible in the Modern Workplace  
Speaker: Pastor Mike King Li  
Register now via [gcf.link/ConnectGT](https://www.gcf.org/ConnectGT)

## Basic Missions Awareness Course (4 Sessions)

**June 7, 14, 21, 28** (Sundays) 1:00 – 5:30 PM  
Room A107a–A107b, Ground Floor  
Registration Fee: P150 / person  
Register via [gcf.link/BMA](https://www.gcf.org/BMA)

## Evangelism For All: Be Equipped to Share the Gospel in a Simple Way

**June 28** (Sunday) 12:00 NN – 3:00 PM  
Room B302-B303, 3rd Floor  
Open to all  
Register now via [gcf.link/EvangeForAll](https://www.gcf.org/EvangeForAll)

## Wetfoot International: Thailand

**August 12–19** Deadline for application: June 21  
Send an email to [missions@gcf.org.ph](mailto:missions@gcf.org.ph)

## On Her Knees: Prayer Hour for all Women

Every 1st Wednesday **Dawnwatch**  
6:00 – 7:00 AM via Zoom  
Meeting ID: 833 2418 0296  
Passcode: OnHerKnees

Every 3rd Wednesday **Nightwatch**  
8:00 – 9:00 PM via Zoom  
Meeting ID: 878 5953 1298  
Passcode: OnHerKnees

# THE SHEPHERD'S VOICE



**Pastor Jojun Loanzon**  
Worship Ministry  
Assistant Pastor

## WORSHIP THROUGH GIVING

For receipts, email your transaction document to [finance@gcf.org.ph](mailto:finance@gcf.org.ph)

For more information, visit [gcf.org.ph](http://gcf.org.ph)/give



Greenhills Christian Fellowship

## The Reason We Sing

Why do we sing during our Worship Services? Ultimately, we sing to praise and to worship God through music and song. Another vital reason is that singing transforms us through the filling of the Spirit as we fulfill the biblical mandate found in Colossians 3:16:

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.”

Verse 16 is a command. We are to continuously let the message and teachings of Jesus take up residence—or dwell—in us richly. “Richly” suggests abundance, overflow, and saturation. The parallel passage in Ephesians 5:18 indicates that this is the primary way we are filled and influenced by the Spirit.

## How do we do this?

We are to “teach” (systematically explaining truth and doctrine) and “admonish” (correcting and warning one another). Doing this “in all wisdom” implies a need for discernment and spiritual insight.

Paul uses three terms to describe the breadth of worship music in the church—Scriptural, theological, and experiential:

Psalms: Old Testament songs set to music; Scripture-based.  
Hymns: Songs of doctrine and praise; Christ-centered and truth-filled.  
Spiritual Songs: Testimonial or expressive songs inspired by the Spirit.

Finally, we are called to do all of this with an attitude of gratitude: “with thankfulness in your hearts to God.” Thankfulness is the essential tone and posture of all Christian singing. It is not just the lips, but the heart that must sing.

## Transformation

So, when you sing, you are fulfilling the biblical mandate to let the Word of Christ dwell in us richly. When you do—as you “behold the Lord” (2 Corinthians 3:18)—you are being filled and transformed by the Holy Spirit. ■

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**BDO**  
BDO Corporate Center  
Savings Account: 000661590216

**BPI**  
Ortigas Emerald  
Peso Savings Account: 9823 0217 01

**METROBANK**  
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Savings Account: 629-3-62919733-9

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**CHINA BANK**  
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Savings Account: 1112-02006218

**ROBINSONS BANK**  
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### GCASH



### MAYA



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