

A dramatic, high-contrast photograph of a storm over the ocean. The sky is filled with dark, heavy, swirling clouds. Several bright, jagged lightning bolts are visible, striking down towards the water's surface. The water is dark blue and turbulent, with white foam from a wave in the foreground. The overall mood is intense and powerful.

# A RISING STORM

**Welcome to Long Beach Alliance**  
**Sunday, April 26, 2026**

**you're invited to VBS 2026**

SHINING A LIGHT ON  
WHO JESUS REALLY IS

**ILLUMINATION  
STATION**

JOHN 8:12

**JUNE 22-26**

**AT LONG BEACH ALLIANCE CHURCH**

**REGISTER ONLINE TODAY AT [WWW.LBAC.ORG/VBS!](http://WWW.LBAC.ORG/VBS!)**



**SUPPORT  
OUR YOUTH**

**SATURDAY, MAY 23 2026**

**Help our LBAC Youth Group  
raise money for their trip  
to summer camp at Hume Lake!**

**Save the date to attend our bake sale!**

**If you would like to make and donate a baked  
good to be sold by our students, please contact**

**our youth director  
Hank McWatters!**

**[Hank@lbac.org](mailto:Hank@lbac.org) 562.552.6531**

LBAC Women's Ministry

# TEA UNDER THE BIG TOP



**SATURDAY, MAY 9, 2026**

**11:00AM - 1:30PM**

**LONG BEACH ALLIANCE CHURCH**

**3331 PALO VERDE AVE, LONG BEACH**

**\$16/PER PERSON**

**HIGH SCHOOL JUNIORS AND UP**

**TICKETS ON SALE APRIL 19 AND 26**

**QUESTIONS - CONTACT MEGHAN 562.708.9261**

A group of people in red jumpsuits and helmets are working on a white and red open-wheel race car. The car is on a track, and the people are focused on the tires and the front of the car. The scene is brightly lit, suggesting a sunny day.

# OUR TEAM NEEDS YOUR HELP!

**Our Sunday Morning Set-Up Team Needs Some Extra Hands Willing To Help With Setting Up Canopies, Welcome Flags, Sandwich Boards Signs, Sign-Up Tables, Tablecloths, And A Variety Of Other (sometimes random) Set-Up Tasks.**

**Set-Up Happens From 7:30AM-8:30AM Every Sunday Morning In The Church Courtyard. We Already Have Some Great Volunteers Leading Our Set-Up Team! But, As We Reach Out More Effectively To Our Local Community, The Need For Better Signage & Greater Visibility Has Created Opportunity For A Bit More Help On Sunday Mornings.**

**We Need You! If You Can Help, Please Contact The Church Office!  
([office@lbac.org](mailto:office@lbac.org) OR 562.420.1478)**



# IRON SHARPENS IRON

## MEN'S MINISTRY EVENTS

*As iron sharpens iron, so one man sharpens another.*

### FELLOWSHIP BREAKFAST

2nd Saturday  
each Month  
8 am at LBAC

- April 11th
- May 9th
- June 13th



(contact John Moses 562.755.0920)

### MEN'S WORKOUTS

1st & 3rd Saturday  
each Month  
8 am at LBAC

- April 4th & 18th
- May 2nd & 16th
- June 6th & 20th



(contact Aaron Steele 909.957.6333)

### TUESDAY BREAKFASTS

2nd Tuesday  
each Month  
8 am at Denny's  
2860 N Bellflower Blvd

- April 14th
- May 12th
- June 9th



(contact Dave Miller 562.773.9100)

# The Belly Of The Beast

Long Beach Alliance Church • April 26, 2026 • Pastor Chris Lankford

*I waited patiently for the LORD, and he turned to me and heard my cry for help. He brought me up from a desolate pit, out of the muddy clay, and set my feet on a rock, making my steps secure. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear, and they will trust in the LORD.*

*~Psalm 40:1-3 (CSB)*

## 1) Sinking To Unimaginable Depths

- A) Jonah, God's chosen prophet from among God's Hebrew people, refuses to change his plans of running away from God, despite the chaos his rebellion has brought on the ship he chartered from Joppa to far-away Tarshish (Jonah 1:1-13).
- B) Jonah is so hardened in his rebellion against God, he refuses to pray for forgiveness or mercy from God as the sea rages around him. The foreigners on the ship, from the captain to the deckhands, pray to God for mercy and forgiveness, even as the prophet Jonah defiantly shuns God (Jonah 1:13-14).
- C) The men of the ship conclude that God is communicating to them that they should throw Jonah overboard (Jonah 1:14). They (unlike Jonah) fearfully obey God, and toss Jonah overboard into the stormy sea. Almost immediately, the wind and raging sea returned to being calm (Jonah 1:15).
- D) These extraordinary events lead the men of the ship to worship God (with sacrifices and vows) in deep respect and awe of God's miraculous power (Jonah 1:16). As the prophet Jonah sinks in both the water and his own sin, true worship is offered to God by men who previously worshiped idols.
- E) God's mercy has brought salvation to the ship, and apparently ruin and death to the rebel-prophet Jonah. Or has it?

## 2) Out Of The Frying Pan & Into The Fire

- A) Just as we turn our attention away from Jonah, who certainly has died from being thrown into the sea, God unexpectedly "appointed a great fish" to swallow Jonah into its belly, where Jonah remained for three days and three nights (Jonah 1:17).
- B) Jonah's time in the belly of the great fish has a sobering

effect on Jonah, and transforms him (by at least a small measure) into one who obeys what God has commanded, rather than avoids what God has commanded.

- C) Just over 750 years later, Jesus lived in the small town of Nazareth, only 2.5 miles away from Gath-Hepher, the town where Jonah lived. Jesus spoke about the "sign of Jonah" (Matthew 12:38-41, 16:4; Luke 11:29-30) as a foreshadowing parallel of Jesus' own death, burial, and resurrection after 'three days & three nights'.
- D) God's rescue of Jonah from certain death in the sea by being swallowed and held in the belly of the great fish (from death to life) is a salvation "snapshot" of Jesus. We can appreciate (after Christ's resurrection) that God has been displaying a rescue plan from judgment (the message meant for the Ninevites, and ultimately for us all) through His prophets and eventually through Jesus Christ.
- E) God has displayed the power of His love to the entire universe by defeating sin and death (the disease, and its result -- Romans 6:23) through the substitute sacrifice (2 Corinthians 5:21) of Jesus' death, burial, and resurrection.

### **3) Jonah's Sort-Of-Self-Centered Repentance**

- A) We don't know all the details of Jonah's rescue by the great fish, other than it swallowed Jonah whole, and that in the darkness of its belly, Jonah called out to God (finally) in a prayer of repentance (Jonah 2:1-9). Well, sort of...
- B) Jonah's prayer is mainly about himself. Note how many times the prayer uses "I," "my," "me" in 8 short poetic verses. Jonah never really repents. He cries out for help, but blames God for his predicament (Jonah 2:1-3). But Jonah is (ironically) absurdly confident in his faithful prayers to God (Jonah 2:4) that will save him from sinking down into death (Jonah 2:5-6).
- C) In recounting his near-death-experience, Jonah believes God hears his prayers for rescue, and that God honors his prayers because (unlike the idolatrous and unfaithful nations) God knows that Jonah will honor God with thanksgiving and will be faithful to his vows (Jonah 2:7-9).
- D) Jonah concludes his self-absorbed and pretentious prayer declaring (perhaps most accurately in this chapter!), "Salvation belongs to the Lord," and in seeming response, the great fish vomits Jonah onto dry land somewhere on the eastern shore of the Mediterranean Sea (Jonah 1:10).



# Crafty

## WOMEN

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A CRAFT GROUP FOR WOMEN OF ALL AGES

*All are welcome!*



Join us for a relaxed and friendly time  
of creativity, conversation, and community.  
Bring your favorite project or try something new!




SATURDAY  
MAY 16<sup>TH</sup>



10:00 AM

*Questions? Contact*

**DONNA NEEL**  
**562.429.4687**



SUPPORT OUR YOUTH GROUP

Help us get to



# HUME LAKE

CHRISTIAN CAMPS

*silent auction* ♥

Every bid helps send our youth to Hume Lake  
for an unforgettable week of faith, friendship, and fun!



STARTS  
**MAY 3<sup>RD</sup>**



ENDS  
**MAY 17<sup>TH</sup>**

100% ONLINE  
*Bid from anywhere!*

SOME OF THE AMAZING ITEMS INCLUDE:



YOUR FAVORITE  
RESTAURANTS



LONG BEACH  
FAVS



ART &  
CREATIONS



SPORTS  
MEMORABILIA

*thank you* ♥

FOR SUPPORTING OUR YOUTH &  
INVESTING IN THEIR FUTURE!

# LBAC Directory Updates!

**Have you recently moved?  
Changed your phone number?  
Or even changed your name?**

**Help us stay connected @ LBAC by  
updating your contact information for  
our directory. Visit the table in the  
courtyard **TODAY**, or contact our office  
with any changes that need to be made!**

**Office@lbac.org / 562.420.1478**



stay connected on instagram  
@longbeachalliance  
@lbac\_youth

## Long Beach Alliance Church February 2026 • Giving Report

	<u>Budget</u>	<u>Received</u>	<u>Budget %</u>
February 2026:	\$54,131.24	\$57,888.93	106.9%
Year-to-Date:	\$440,782.94	\$420,595.69	95.4%
Disbursed YTD:	\$416,317.42	GF Balance: \$25,915.63	

### How Can I Give @ LBAC?

1. [www.lbac.org/give](http://www.lbac.org/give) for 1 time or recurring electronic transfers
2. Zelle from your bank website to [luke@lbac.org](mailto:luke@lbac.org)
3. Schedule a bill pay from your bank website to address below
4. Drop check or cash in gray box in lobby
5. Mail to : LBAC, Attn Treasurer, 3331 Palo Verde Ave, Long Beach, CA 90808

# LBAC's Family Calendar & Events

Weekly Schedule

Regular Ministry Schedule & Contacts

## Sunday, April 26

- 9:30AM Worship & Celebration Service
- 9:30AM Gospel Project: Children's Ministry

## Monday, April 27

- 7:00PM Betrayal & Beyond Mtg. @ Eberhart's
- 7:00PM Pure Desire Ministry Meeting

## Tuesday, April 28

- 6:00PM Women's Bible Study @ Moses
- 6:30PM Life Group @ Bartlebaugh's
- 7:00PM Men's Bible Study @ Miller's
- 7:00PM Middle/High School Youth Group
- 7:00PM Elder Board Meeting
- 7:00PM Life Group @Shaub's

## Wednesday, April 29

- 6:00PM AWANA-Aloha Night

## Thursday, April 30

- 9:30AM Women's Bible Study @ Miller's
- 6:00PM Worship Team Practice
- DAY 1 Men's Retreat In Big Bear

## Friday, May 1

- 8:00AM Men's In-Person & Zoom Bible Study
- 8:00PM NA In-Person Meeting
- DAY 2 Men's Retreat In Big Bear

## Saturday, May 2

- 8:00AM Men's Workout
- DAY 3 Men's Retreat In Big Bear

## Sunday, May 3

- 9:30AM Worship & Celebration Service
- 9:30AM Gospel Project: Children's Ministry
- DAY 4 Men's Retreat In Big Bear

## LIFE GROUPS

Contact: [office@lbac.org](mailto:office@lbac.org)  
Mid-week Adult Bible Studies

## CHILDREN'S MINISTRIES

**LBAC Children's Ministries!**

Sunday Mornings:  
Gospel Project @ 9:30AM

## AWANA

**LBAC AWANA**

Wednesday Nights September-May

## YOUTH MINISTRIES

**LBAC Youth Ministries!**

**LBAC Youth Instagram Page**

Every Tuesday Night @ 7:00PM

## WOMEN'S MINISTRIES

**LBAC Women's Ministry!**

Women's Ministry Event Information

Contact: [office@lbac.org](mailto:office@lbac.org)

Lydia House Meals Ministry  
3<sup>rd</sup> Thursday of each month

Women Connecting with Missions

Contact Kathie Metz: [kathiemetz@msn.com](mailto:kathiemetz@msn.com)

Crafty Women

3<sup>rd</sup> Saturday of each month @ 10:00AM

## MEN'S MINISTRIES

**LBAC Men's Ministry!**

Contact: [mensministry@lbac.org](mailto:mensministry@lbac.org)

## long beach alliance church offices

3331 palo verde avenue · long beach, ca · 90808-4113  
Phone: 562.420.1478 email: [office@lbac.org](mailto:office@lbac.org) website: [www.lbac.org](http://www.lbac.org)  
church office hours: Tuesdays-Thursdays 10:00AM-5:00PM  
For prayer requests: [prayer@lbac.org](mailto:prayer@lbac.org)

## church staff team

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**THE  
ALLIANCE**