



Jonah's Prayer

I cried out to the Lord because of my affliction,
And He answered me.
Out of the belly of Sheol I cried,
And You heard my voice.
For You cast me into the deep,
Into the heart of the seas,
And the floods surrounded me;
All Your billows and Your waves passed over me.
Then I said, 'I have been cast out of Your sight;
Yet I will look again toward Your holy temple.'
The waters surrounded me, even to my soul;
The deep closed around me;
Weeds were wrapped around my head.
I went down to the moorings of the mountains;
The earth with its bars closed behind me forever;
Yet You have brought up my life from the pit,
O Lord, my God.
When my soul fainted within me,
I remembered the Lord;
And my prayer went up to You,
Into Your holy temple.
Those who regard worthless idols
Forsake their own Mercy.
But I will sacrifice to You
With the voice of thanksgiving;
I will pay what I have vowed.
Salvation is of the Lord.

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