

## 05 Jonah Prays from the Belly of a Fish

From inside the fish Jonah prayed to the  
Lord his God. He said:

"In my distress I called to the Lord,  
and he answered me.  
From the depths of the grave I called  
for help,  
and you listened to my cry.  
You hurled me into the deep,  
into the very heart of the seas,  
and the currents swirled about  
me;  
all your waves and breakers  
swept over me.  
I said, 'I have been banished  
from your sight;  
yet I will look again  
toward your holy temple.'  
The engulfing waters threatened me,  
the deep surrounded me;  
seaweed was wrapped around my  
head.  
To the roots of the mountains I sank  
down;  
the earth beneath barred me in  
forever.  
But you brought my life up from the  
pit,  
O Lord my God.  
"When my life was ebbing away,  
I remembered you, Lord,  
and my prayer rose to you,  
to your holy temple.  
"Those who cling to worthless idols  
forfeit the grace that could be  
theirs.  
But I, with a song of thanksgiving,  
will sacrifice to you.  
What I have vowed I will make good.  
Salvation comes from the Lord."

And the Lord commanded the fish, and  
it vomited Jonah onto dry land.

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