

Jonah 1:17–2:10 (NIV)

<sup>17</sup> But the LORD provided a great fish to swallow Jonah, and Jonah was inside the fish three days and three nights.

### *Jonah's Prayer*

**2** From inside the fish Jonah prayed to the LORD his God. <sup>2</sup> 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.

<sup>3</sup> 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.

<sup>4</sup> I said, ‘I have been banished  
from your sight;  
yet I will look again  
toward your holy temple.’

<sup>5</sup> The engulfing waters threatened me,  
the deep surrounded me;  
seaweed was wrapped around my head.

<sup>6</sup> 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.

<sup>7</sup> “When my life was ebbing away,  
I remembered you, LORD,  
and my prayer rose to you,  
to your holy temple.

<sup>8</sup> “Those who cling to worthless idols  
forfeit the grace that could be theirs.

<sup>9</sup> But I, with a song of thanksgiving,  
will sacrifice to you.  
What I have vowed I will make good.  
Salvation comes from the LORD.”

<sup>10</sup> And the LORD commanded the fish, and it vomited Jonah onto dry land.