

EPISODE NO. 183

Jonah 2:1-10

The Prayer of Jonah

1 Then, from the stomach of the fish, Jonah prayed to Yahweh, his God. 2 Jonah said:

“I called out to the Always-Present One because I was in trouble,
and He answered me.

From the stomach of Sheol I cried out for help,
and You heard my voice.

3 You threw me into the deep,
into the heart of the seas,
and the currents swirled around me.

All of Your waves and Your breakers swept over me.

4 Then I thought: ‘I have been banished from Your sight,
but I will look again toward Your holy temple.’

5 The waters surrounded me, to the very soul.
The deep was all around me.

The seaweed was wrapped around my head.

6 I sank to the bottom of the mountains.

The earth with its bars closed over me forever.

Yet You have brought up my life from the pit,
O Yahweh, my God!

7 “When my life was slipping away from me,
I remembered the Always-Present One.

And, my prayer came up to You,
to Your holy temple.

8 “Those who cling to worthless, empty idols
abandon their true loyalty.

9 But I will sacrifice to You with the voice of thankfulness.
I will pay whatever I promised.

Deliverance belongs to the One Who Is Always Present!”

10 Then Yahweh spoke to the fish, and it vomited Jonah onto the dry land.