

FROM THE BOOK OF JONAH

Chapter 2:1-11



“For as Jonah was three days and three nights in the belly of the whale, so will the Son of man be three days and three nights in the heart of the earth.” Matthew 12:40

But the Lord sent a large fish, that swallowed Jonah; and he remained in the belly of the fish three days and three nights. From the belly of the fish Jonah said this prayer to the Lord, his God: Out of my distress I called to the Lord, and he answered me. From the midst of the nether world I cried for help, and you heard my voice. For you cast me into the deep, into the heart of the sea, and the flood enveloped me; All your breakers and your billows passed over me. Then I said, "I am banished from your sight! yet would I again look upon your holy temple." The waters swirled about me, threatening my life; the abyss enveloped me; seaweed clung about my head. Down I went to the roots of the mountains; the bars of the nether world were closing behind me forever. But you brought my life up from the pit, O Lord, my God. When my soul fainted within me, I remembered the Lord. My prayer reached you in your holy temple. Those who worship vain idols forsake their source of mercy. But I, with resounding praise, will sacrifice to you. What I have vowed I will pay: deliverance is from the Lord. Then the Lord commanded the fish to spew Jonah upon the shore.