

Refrain:

All **My prayer came to you in your holy temple,**

and you brought up my life from the depths.

1 I called to you, O God, out of my distress

and you answered me; □

out of the belly of Sheol I cried,

and you heard my voice.

2 You cast me into the deep,

into the heart of the seas, □

and the flood surrounded me,

all your waves and billows passed over me.

3 Then I said, I am driven away from your sight; □

how shall I ever look again upon your holy temple?

4 The waters closed in over me,

the deep was round about me; □

weeds were wrapped around my head

at the roots of the mountains.

5 I went down to the land whose bars closed upon me for ever, □

yet you brought up my life from the depths, O God.

6 As my life was ebbing away, I remembered you, O God, □

and my prayer came to you, into your holy temple.

7 With the voice of thanksgiving, I will sacrifice to you; ☩

what I have vowed I will pay;

deliverance belongs to the Lord!

Jonah 2.2-7,9

All **Glory to the Father and to the Son**

and to the Holy Spirit;

as it was in the beginning is now

and shall be for ever. Amen.

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and you brought up my life from the depths.

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