Refrain:

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.
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.

All My prayer came to you in your holy temple,
and you brought up my life from the depths.

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