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.
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

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.

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

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