

JONAH'S PRAYER

From the Bible (Jonah, Chapter 2 - NIV)

“In my distress I called to the Lord, and he answered me.

From deep in the realm of the dead I called for help, and you listened to my cry.

You hurled me into the depths, into the very heart of the seas, and the currents swirled about me; all your waves and breakers swept over me.

I said, ‘I have been banished from your sight; yet I will look again toward your holy temple.’

The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head.

To the roots of the mountains I sank down; the earth beneath barred me in forever.

But you, Lord my God, brought my life up from the pit.

“When my life was ebbing away, I remembered you, Lord, and my prayer rose to you, to your holy temple.

“Those who cling to worthless idols turn away from God’s love for them.

But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, ‘Salvation comes from the Lord.’”

My version

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Modern version

"When bad things happened I prayed to God and he helped me.

I thought I was going to die, so I asked you to help - and you heard me.

You sent me into the deep sea, with the waves far above me. The storm was so strong I thought I would die.

I thought 'God has given up on m, but I still believe in him and pray to him'.

I continued to sink to the bottom of the ocean, where the seaweed wrapped around me.

I was as low as I could be - I thought I'd never see land again.

But God sent the fish to bring me up out of the water.

When I was at death's door I prayed to God.

People who put other things before God choose to miss out on his love.

But I will always put you first. I will stick to my promise. I will tell the people that 'my hope comes from God'.