## Jonah $2^{\text {vv.1-7 }}$

everyone

## who calls

from inside en Onrthernamentiot the Lord ${ }^{2}$ He said: In my distress I called to the LORD and He an realm of the Mill cine cry.

## Jonah $2^{\text {vv.1-7 }}$

". You hurled me into the depths .."
${ }^{3}$ 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.
${ }^{4} I$ said, "I have been banished from your sight oo"

## Jonah $2^{\text {vv.1-7 }}$

". You hurled me into the depths .."

## hope

${ }^{4}$ I said, "I have been banished from your sight oo yet I will look again towards your holy temple."

## Jonah $2^{\text {vv.1-7 }}$

## humility

".. You hurled me into the depths .."

## hope

a Yous Lord my God brought my life up from the pit
${ }^{5}$ The engulfing waters threatened me, the deep surrounded me; seaweed was wrapped around my head. ${ }^{6}$ To the roots of the mountains I sank downit the earth beneath barred me in for ever. But you, Lord my God, brought my life up from the pit.

## Jonah $2^{\text {vv.1-7 }}$

## humility

".. You hurled me into the depths .."

## hope

© You, Lord my God Brought my life up from the pit oo
you, Lord my God, brought my life up from the pit.

