

Philippians 4:4-7

4 Rejoice* in the Lord always; again I will say, Rejoice.*⁵ Let your gentleness be known to everyone. The Lord is near.⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Jonah 2

2 Then Jonah prayed to the LORD his God from the belly of the fish,² saying,

‘I called to the LORD out of my distress,
and he answered me;
out of the belly of Sheol I cried,
and you heard my voice.

³ You cast me into the deep,
into the heart of the seas,
and the flood surrounded me;
all your waves and your billows
passed over me.

⁴ Then I said, “I am driven away
from your sight;
how* shall I look again
upon your holy temple?”

⁵ The waters closed in over me;
the deep surrounded me;
weeds were wrapped around my head

⁶ at the roots of the mountains.

I went down to the land
whose bars closed upon me for ever;
yet you brought up my life from the Pit,
O LORD my God.

⁷ As my life was ebbing away,
I remembered the LORD;
and my prayer came to you,
into your holy temple.

⁸ Those who worship vain idols
forsake their true loyalty.

⁹ But I with the voice of thanksgiving
will sacrifice to you;

what I have vowed I will pay.

Deliverance belongs to the LORD!

¹⁰Then the LORD spoke to the fish, and it spewed Jonah out upon the
dry land.