



1 Then Jonah prayed to the Lord his God from the fish's belly.
2 And he said:
"I cried out to the Lord because of my affliction,
And He answered me.
"Out of the belly of Sheol I cried,
And You heard my voice.
3 For You cast me into the deep,
Into the heart of the seas,
And the floods surrounded me;
All Your billows and Your waves passed over me.
4 Then I said, 'I have been cast out of Your sight;
Yet I will look again toward Your holy temple.'
5 The waters surrounded me, even to my soul;
The deep closed around me;
Weeds were wrapped around my head.
6 I went down to the moorings of the mountains;
The earth with its bars closed behind me forever;
Yet You have brought up my life from the pit,
O Lord, my God.
7 "When my soul fainted within me,
I remembered the Lord;
And my prayer went up to You,
Into Your holy temple.
8 "Those who regard worthless idols
Forsake their own Mercy.
9 But I will sacrifice to You
With the voice of thanksgiving;
I will pay what I have vowed.
Salvation is of the Lord."
10 So the Lord spoke to the fish, and it vomited Jonah onto dry land.

Bible Bus Stop - Bible Study Method

1. What did I learn about God today in my reading?

2. What did I learn as lessons about life?

3. What did I learn about myself, my attitudes, my priorities, fears, failures, desires, mission, destiny?

4. Is there a lesson that I can apply today?

5. What can I take from my reading and pray back to God for understanding, instruction or help?

5a. is there anything from my reading that I don't understand? Who can I ask that might be able to shed light on what I don't understand?