

Now the Lord provided a huge fish to swallow Jonah, and Jonah was in the belly of the fish three days and three nights.

**Jonah 1:17 (NIV)**

*From inside the fish Jonah prayed to the Lord his God.*

**Jonah 2:1 (NIV)**

*He said:*

*“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.”*

**Jonah 2:2-4 (NIV)**

*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.*

**Jonah 2:5-6 (NIV)**

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

**Jonah 2:7 (NIV)**

- **IT'S NEVER TOO LATE TO TURN TO GOD**

*Those who cling to worthless idols  
turn away from God's love for them.*

**Jonah 2:8 (NIV)**

- **CHOOSE CAREFULLY WHAT YOU CLING TO**

*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.”*

**Jonah 2:9-10 (NIV)**

- **STORMS CAN BE REDEEMING**