

**“THE BIBLE: YOUR PRAYER BOOK FOR LENT”: APRIL 5, 2019 – FRIDAY**

**Today's Prayer: Jonah 2:2-9**

**Thanksgiving, notwithstanding!**

- <sup>1</sup> Then Jonah prayed to the LORD his God from the belly of the fish,  
<sup>2</sup> 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.  
<sup>3</sup> 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.  
<sup>4</sup> Then I said, ‘I am driven away from your sight; how<sup>a</sup> shall I look again upon your holy temple?’  
<sup>5</sup> The waters closed in over me; the deep surrounded me; weeds were wrapped around my head  
<sup>6</sup> at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the Pit, O LORD my God.  
<sup>7</sup> As my life was ebbing away, I remembered the LORD; and my prayer came to you, into your holy temple.  
<sup>8</sup> Those who worship vain idols forsake their true loyalty.  
<sup>9</sup> But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. Deliverance belongs to the LORD!”

**What dark clouds are closing in on you?**

**Do you know someone who might be feeling this way?**

**Give him/her a call. Tell her/him that you are thinking about, and praying for her/him. Amen.**