Jonah 2 New International Version (NIV)

¹ From inside the fish Jonah prayed to the LORD his God.

- ² 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.
- 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.
- ⁴I said, 'I have been banished from your sight; yet I will look again toward your holy temple.'
- 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 down; the earth beneath barred me in forever. But you, LORD my God, brought my life up from the pit.
- ⁷ "When my life was ebbing away, I remembered you, LORD, and my prayer rose to you, to your holy temple.
- ⁸ "Those who cling to worthless idols turn away from God's love for them.
- ⁹But 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.'"
- ¹⁰ And the LORD commanded the fish, and it vomited Jonah onto dry land.

1 Thessalonians 5:12-22 New International Version (NIV) ¹² Now we ask you, brothers and sisters, to acknowledge those who work hard among you, who care for you in the Lord and who admonish you. ¹³ Hold them in the highest regard in love because of their work. Live in peace with each other. ¹⁴ And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, be patient with everyone. ¹⁵ Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else. ¹⁶ Rejoice always, ¹⁷ pray continually, ¹⁸ give thanks in all circumstances; for this is God's will for you in Christ Jesus. ¹⁹ Do not quench the Spirit. ²⁰ Do not treat prophecies with contempt ²¹ but test them all; hold on to what is good, ²² reject every kind of evil.

