



5"I sank beneath the waves, and the waters closed over me.
Seaweed wrapped itself around my head. 61 sank down to
the very roots of the mountains. 1 was imprisoned in the
earth, whose gates lock shut forever. But you, O Lord my
God, snatched me from the jaws of death! 7 &s my life was
slipping away, I remembered the Lord. And my earnest
prayer went out to you in your holy Temple.

\* Those who worship false gods turn their backs on all God's mercies. \* But I will offer sacrifices to you with songs of praise, and I will fuffill all my vows. For my salvation comes from the Lord alone." \* 10 Then the Lord ordered the fish to spit Jonah out onto the beach.



If I try to pray for people or events without having the Word in front of me guiding my prayers, then several negative things happen. One is that I tend to be very repetitive. I just pray the same things all the time. Another negative thing is that my mind tends to wander.

- John Piper, Pastor

























