Out of the belly of the nether-world cried I, and you heard my voice. For you did cast me into the depth, in the heart of the seas, and the flood was round about me; all your waves and your billows passed over me.

'I am cast out from before your eyes'; yet I will look again toward your holy temple. The waters threw me about, even to the soul; the deep was round about me; the weeds were wrapped about my head. I went down to the bottoms of the mountains; the earth with her bars closed upon me for ever.

When my soul fainted within me, I remembered god; and my prayer came in unto you, into your holy temple. They that regard lying vanities forsake their own mercy. But I will sacrifice unto you with the voice of thanksgiving; that which I have vowed I will pay.