| Jonah's Prayer | Source in Psalms |
|--|---|
| Jonah 2:2 | Psalm 120:1 |
| "I called out to the LORD, out of my distress, and he answered me" | In my distress I called to the LORD, and he answered me. |
| | Psalm 18:6 |
| | In my distress I called upon the LORD; to my God I cried for help. |
| Jonah 2:3 | Psalm 42:7 |
| all your waves and your billows passed over me. | all your breakers and your waves have gone over me. (The Hebrew phrase is identical to Jonah's prayer) |
| Jonah 2:4 | Psalms 31:22 |
| Then I said, 'I am driven away from your sight' | I had said in my alarm, "I am cut off from your sight." |
| Jonah 2:4 | Psalms 5:7 |
| yet I shall again look upon your holy temple. | I will bow down toward your holy temple |
| Jonah 2:5 | Psalms 69:1 |
| The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head | Save me, O God! For the waters have come up to my neck. |
| | Psalms 18:4–5 |
| | ⁴ The cords of death encompassed me; the torrents of destruction assailed me; ⁵ the cords of Sheol entangled me; the snares of death confronted me. |
| Jonah 2:7 | Psalms 142:3 |
| When my life (or soul) was fainting away, | When my spirit faints within me, |

| Jonah's Prayer | Source in Psalms |
|---|---|
| Jonah 2:7 | Psalms 18:6 |
| and my prayer came to you, into your holy temple. | From his temple he heard my voice, and my cry to him reached his ears. |
| Jonah 2:8 | Psalms 31:6 |
| Those who pay regard to vain idols | I hate those who pay regard to worthless idols |
| Jonah 2:9 | Psalms 50:14 |
| But I with the voice of thanksgiving will sacrifice to you; what I have vowed I will pay. | Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High |