

“When my soul fainted within me, I remembered the LORD;
And my prayer went up to You, Into Your holy temple. --Jonah 2:7

Look on my right hand and see, For there is no one who acknowledges me;
Refuge has failed me; No one cares for my soul.

⁵ I cried out to You, O LORD: I said, “You are my refuge,
My portion in the land of the living. --Psalm 142:4-5

But I will sacrifice to You With the voice of thanksgiving;
I will pay what I have vowed. Salvation is of the LORD.”

--Jonah 2:9

Offer to God thanksgiving, And pay your vows to the Most High --Psalm 50:14

Whoever offers praise glorifies Me; And to him who orders his conduct aright
I will show the salvation of God.” --Psalm 50:23

Salvation belongs to the LORD.
Your blessing is upon Your people

--Psalm 3:8

Commit the Psalms to memory and they will bless you and give you courage in times
of trouble.