

## Jonah's Prayer

Jonah 2:17 And YHWH appointed a great fish to swallow up Jonah; and Jonah was in the belly of the fish three days and three nights.

### Jonah 3

1 Then Jonah prayed to YHWH God  
saying from the belly of the fish  
2 I called to YHWH in distress,  
He mercifully answered me.

Out of the belly of Sheol  
I cried and Thou didst hear my voice  
3 For thou didst cast me in[to] the deep  
into the heart of raging sea

And the mighty flood surrounded me  
Over me passed Thy waves, billows  
4 "Cast out I am from Thy presence"  
"Shall I Thy Holy Temple see?"

5 The water closed in over me  
And the deep round about me was  
Weeds were wrap-ped about my head  
6 at the deep roots of the mountains

I went down to the land whose bars  
Closed upon me forevermore  
yet Thou didst raise me from the Pit  
My life raised, O YHWH my God

7 When my soul fainted within me  
I remembered YHWH and my prayer  
reached Thee in Thy Holy Temple  
8 not like idol'ters Thee forsake

9 But with the voice of thanksgiving  
I will sacrifice to Thee  
What I have vow-ed I will pay  
Deliv'rance belongs to YHWH.

10 And YHWH spoke to the fish, and it vomited out Jonah upon the dry land.

Adapted from the RSV Long Meter (8.8.8.8)