

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)