The Prayer of Jonah

1 Then, from the stomach of the fish, Jonah prayed to Yahweh, his God. 2 Jonah said:

“I called out to the Always-Present One because I was in trouble, and He answered me.
From the stomach of Sheol I cried out for help, and You heard my voice.
3 You threw me into the deep, into the heart of the seas, and the currents swirled around me.
All of Your waves and Your breakers swept over me.
4 Then I thought: ‘I have been banished from Your sight, but I will look again toward Your holy temple.’
5 The waters surrounded me, to the very soul.
The deep was all around me.
The seaweed was wrapped around my head.
6 I sank to the bottom of the mountains.
The earth with its bars closed over me forever.
Yet You have brought up my life from the pit, O Yahweh, my God!

7 “When my life was slipping away from me, I remembered the Always-Present One.
And, my prayer came up to You, to Your holy temple.

8 “Those who cling to worthless, empty idols abandon their true loyalty.
9 But I will sacrifice to You with the voice of thankfulness. I will pay whatever I promised.
Deliverance belongs to the One Who Is Always Present!”

10 Then Yahweh spoke to the fish, and it vomited Jonah onto the dry land.