

<sup>16</sup> Then the men [reverently and worshipfully] feared the Lord exceedingly, and they offered a sacrifice to the Lord and made VOWS.

<sup>17</sup> Now the Lord had prepared and appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

## **Jonah 2**

<sup>1</sup> Then Jonah prayed to the Lord his God from the fish's belly, <sup>2</sup> And said, I cried out of my distress to the Lord, and He heard me; out of the belly of Sheol cried I, and You heard my voice.

<sup>3</sup> For You cast me into the deep, into the heart of the seas, and the floods surrounded me; all Your waves and Your billows passed over me.

<sup>4</sup> Then I said, I have been cast out of Your presence and Your sight; yet I will look again toward Your holy temple.

<sup>5</sup> The waters compassed me about, even to [the extinction of] life; the abyss surrounded me, the seaweed was wrapped about my head.

<sup>6</sup> I went down to the bottoms and the very roots of the mountains; the earth with its bars closed behind me forever. Yet You have brought up my life from the pit and corruption, O Lord my God.

<sup>7</sup> When my soul fainted upon me [crushing me], I earnestly and seriously remembered the Lord; and my prayer came to You, into Your holy temple.

<sup>8</sup> Those who pay regard to false, useless, and worthless idols forsake their own [Source of] mercy and loving-kindness.

<sup>9</sup> But as for me, I will sacrifice to You with the voice of thanksgiving; I will pay that which I have vowed. Salvation and deliverance belong to the Lord!

<sup>10</sup> And the Lord spoke to the fish, and it vomited out Jonah upon the dry land.

## **Jonah 3**

<sup>1</sup> And the word of the Lord came to Jonah the second time, saying,

<sup>2</sup> Arise, go to Nineveh, that great city, and preach and cry out to it the preaching that I tell you.

<sup>3</sup> So Jonah arose and went to Nineveh according to the word of the Lord. Now Nineveh was an exceedingly great city of three days' journey [sixty miles in circumference].

<sup>4</sup> And Jonah began to enter into the city a day's journey, and he cried, Yet forty days and Nineveh shall be overthrown!

<sup>5</sup> So the people of Nineveh believed in God and proclaimed a fast and put on sackcloth [in penitent mourning], from the greatest of them even to the least of them.

<sup>6</sup> For word came to the king of Nineveh [of all that had happened to Jonah, and his terrifying message from God], and he arose from his throne and he laid his robe