

17 And the Lord appointed a great fish to swallow Jonah, and Jonah was in the stomach of the fish three days and three nights.

2:1 Then Jonah prayed to the Lord his God from the stomach of the fish, 2 and he said, "I called out of my distress to the Lord, And He answered me. I cried for help from the depth of Sheol; You heard my voice. 3 "For You had cast me into the deep, into the heart of the seas, and the current engulfed me. All Your breakers and billows passed over me. 4 "So I said, 'I have been expelled from Your sight. Nevertheless I will look again toward Your holy temple.' 5 "Water encompassed me to the point of death. The great deep engulfed me, Weeds were wrapped around my head. 6 "I descended to the roots of the mountains. The earth with its bars was around me forever, But You have brought up my life from the pit, O Lord my God. 7 "While I was fainting away, I remembered the Lord, And my prayer came to You, Into Your holy temple. 8 "Those who regard vain idols forsake their faithfulness, 9 But I will sacrifice to You with the voice of thanksgiving. That which I have vowed I will pay. Salvation is from the Lord."

10 Then the Lord commanded the fish, and it vomited Jonah up onto the dry land.

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[1] New American Standard Bible : 1995 update. 1995. LaHabra, CA: The Lockman Foundation.