

terrified, and they asked him, "What have you done?" And when the men learned that he was fleeing from the service of the LORD—for so he told them—<sup>11</sup>they said to him, "What must we do to you to make the sea calm around us?" For the sea was growing more and more stormy. <sup>12</sup>He answered, "Heave me overboard, and the sea will calm down for you; for I know that this terrible storm came upon you on my account." <sup>13</sup>Nevertheless, the men rowed hard to regain the shore, but they could not, for the sea was growing more and more stormy about them. <sup>14</sup>Then they cried out to the LORD: "Oh, please, LORD, do not let us perish on account of this man's life. Do not hold us guilty of killing an innocent person! For You, O LORD, by Your will, have brought this about." <sup>15</sup>And they heaved Jonah overboard, and the sea stopped raging.

<sup>16</sup>The men feared the LORD greatly; they offered a sacrifice to the LORD and they made vows.

**2** The LORD provided a huge fish to swallow Jonah; and Jonah remained in the fish's belly three days and three nights. <sup>2</sup>Jonah prayed to the LORD his God from the belly of the fish. <sup>3</sup>He said:

In my trouble I called to the LORD,  
 And He answered me;  
 From the belly of Sheol I cried out,  
 And You heard my voice.  
<sup>4</sup>You cast me into the depths,  
 Into the heart of the sea,  
 The floods engulfed me;  
 All Your breakers and billows  
 Swept over me.

מִלִּפְנֵי יְהוָה הוּא בָרוּחַ כִּי הִגִּיד לָהֶם:  
<sup>11</sup> וַיֹּאמְרוּ אֵלָיו מִה־נַּעֲשֶׂה לָּךְ וַיִּשְׁתַּק  
 הַיָּם מִמְּעַלְיָנוּ כִּי הַיָּם הוֹלֵךְ וְסֹעֵר:  
<sup>12</sup> וַיֹּאמֶר אֲלֵיהֶם שְׂאוּנִי וְהִטִּילְנִי אֶל־הַיָּם  
 וַיִּשְׁתַּק הַיָּם מִמְּעַלְיָכֶם כִּי יוֹדַע אָנֹכִי כִּי  
 בְשָׁלִי הַסֹּעֵר הַגָּדוֹל הַזֶּה עֲלֵיכֶם:  
<sup>13</sup> וַיַּחְתְּרוּ הָאֲנָשִׁים לְהָשִׁיב אֶל־הַיַּבֵּשָׁה  
 וְלֹא יָבִילוּ כִּי הַיָּם הוֹלֵךְ וְסֹעֵר עֲלֵיהֶם:  
<sup>14</sup> וַיִּקְרְאוּ אֶל־יְהוָה וַיֹּאמְרוּ אָנָּה יְהוָה  
 אֶל־נָא נֹאבְדָה בְּנַפְשׁ הָאִישׁ הַזֶּה וְאֶל־  
 תִּתֵּן עָלֵינוּ דָם נִקְיָא \* כִּי־אַתָּה יְהוָה  
 כַּאֲשֶׁר חִפְצָתָ עֲשִׂיתָ: <sup>15</sup> וַיִּשְׂאוּ אֶת־יוֹנָה  
 וַיִּטְלֵהוּ אֶל־הַיָּם וַיַּעֲמֵד הַיָּם מִזְעָפוֹ:  
<sup>16</sup> וַיִּירָאוּ הָאֲנָשִׁים יְרֵאָה גְדוֹלָה אֶת־  
 יְהוָה וַיִּזְבְּחוּ־זֶבַח לַיהוָה וַיִּדְרוּ נְדָרִים:

5

**ב** וַיִּמַן יְהוָה דָּג גָּדוֹל לַבְּלַע אֶת־יוֹנָה  
 וַיְהִי יוֹנָה בְּמַעֵי הַדָּג שְׁלֹשָׁה יָמִים  
 וּשְׁלֹשָׁה לַיְלוֹת: <sup>2</sup> וַיִּתְפַּלֵּל יוֹנָה אֶל־יְהוָה  
 אֵלֵהֶיוּ מִמַּעֵי הַדָּגָה: <sup>3</sup> וַיֹּאמֶר

6

קָרָאתִי מִצָּרָה לִי אֶל־יְהוָה  
 וַיַּעֲנֵנִי  
 מִבֶּטֶן שְׂאוֹל שׁוֹעֲתִי  
 שָׁמַעַתָּ קוֹלִי:  
<sup>4</sup> וַתִּשְׁלִיכֵנִי מִצוֹלָה  
 בְּלִבְבַי יָמִים  
 וְנָהָר יִסְבְּבֵנִי  
 כָּל־מִשְׁבְּרֵיךָ וּגְלִיף  
 עָלַי עָבְרוּ:

5I thought I was driven away  
Out of Your sight:  
Would I ever gaze again  
Upon Your holy Temple?  
6The waters closed in over me,  
The deep engulfed me.  
Weeds twined around my head.  
7I sank to the base of the mountains;  
The bars of the earth closed upon me forever.  
Yet You brought my life up from the pit,  
O LORD my God!  
8When my life was ebbing away,  
I called the LORD to mind;  
And my prayer came before You,  
Into Your holy Temple.  
9They who cling to empty folly  
Forsake their own welfare,  
10But I, with loud thanksgiving,  
Will sacrifice to You;  
What I have vowed I will perform.  
Deliverance is the LORD's!

11The LORD commanded the fish, and it  
spewed Jonah out upon dry land.

**3** The word of the LORD came to Jonah a second time: <sup>2</sup>“Go at once to Nineveh, that great city, and proclaim to it what I tell you.” <sup>3</sup>Jonah went at once to Nineveh in accordance with the LORD's command.

Nineveh was an enormously large city a three days' walk across. <sup>4</sup>Jonah started out and made his way into the city the distance of one day's walk, and proclaimed: “Forty days more, and Nineveh shall be overthrown!”

<sup>5</sup>The people of Nineveh believed God. They proclaimed a fast, and great and small alike put

5 וַאֲנִי אָמַרְתִּי נִגְרַשְׁתִּי  
מִנֶּגֶד עֵינֶיךָ  
אֶף אוֹסִיף לְהִבִּיט  
אֶל־הַיְכָל קִדְשֶׁךָ:  
6 אֶפְפוּנֵי מַיִם עַד־נַפְשִׁי  
תְּהוֹם יִסְבְּבֵנִי  
סוּף חֲבוּשׁ לְרֹאשִׁי:  
7 לְקַצְבֵי הָרִים יָרַדְתִּי  
הָאָרֶץ בְּרַחֲמֶיהָ בַעֲדֵי לְעוֹלָם  
וַתַּעַל מִשְׁחַת חַיִּי  
יְהוָה אֱלֹהֵי:  
8 בְּהִתְעַשֵּׂף עָלַי נַפְשִׁי  
אֶת־יְהוָה זָכַרְתִּי  
וַתָּבוֹא אֵלַיךָ תַּפְלָתִי  
אֶל־הַיְכָל קִדְשֶׁךָ:  
9 מְשַׁמְרִים הַבְּלִי־שׂוֹא  
חֲסָדִים יַעֲזֹבוּ:  
10 וַאֲנִי בְּקוֹל תוֹדָה  
אֲזַבְּחֶה־לָּךְ  
אֲשֶׁר נִדְרַתִּי אֲשַׁלְּמָה  
יְשׁוּעָתָה לִיהוָה: 8

11 וַיֹּאמֶר יְהוָה לְדָג וַיִּקָּא אֶת־יוֹנָה אֶל־  
הַיַּבְשָׁה: 9

**ג** וַיְהִי דְבַר־יְהוָה אֶל־יוֹנָה שֵׁנִית  
לֵאמֹר: <sup>2</sup> קוּם לֶךְ אֶל־נִינְוָה הָעִיר הַגְּדוֹלָה  
וּקְרָא אֲלֶיהָ אֶת־הַקְּרִיאָה אֲשֶׁר אֲנִכִּי דֹבֵר  
אֵלֶיךָ: <sup>3</sup> וַיִּקָּם יוֹנָה וַיֵּלֶךְ אֶל־נִינְוָה כְּדַבֵּר  
יְהוָה  
וַנִּינְוָה הִיְתָה עִיר־גְּדוֹלָה לְאֱלֹהִים מִהַלָּךְ  
שְׁלֹשֶׁת יָמִים: <sup>4</sup> וַיַּחַל יוֹנָה לָבוֹא בָעִיר  
מִהַלָּךְ יוֹם אֶחָד וַיִּקְרָא וַיֹּאמֶר עוֹד  
אַרְבָּעִים יוֹם וַנִּינְוָה נִהְפָּכֶת:  
5 וַיֵּאֱמִינוּ אַנְשֵׁי נִינְוָה בְּאֱלֹהִים וַיִּקְרְאוּ