

## Melody for the Fast of Nineveh

Fasting grants the soul constancy  
Fasting fights away all envy  
Fasting forgives the transgression  
And grants the weary salvation

Fasting forgives the sins  
And removes all evil thoughts  
Let our fast be pure and willful  
A fast - righteous and spiritual

Fast with purity and piousness  
As the fasting of Jesus Christ  
With a humble heart and many tears  
To obtain power and faithfulness

The kind merciful God we cherish  
Who does not want anyone to perish  
To the prophet Jonah did speak:  
“Go to Nineveh and preach”

Jonah the prophet did not obey  
To Tarshish he did escape  
From God the judge most powerful  
He boarded a ship and was not shameful

He thought that sleeping was best  
He retired in the ship's bottom for rest  
But God, the God of all spirits  
Sent to the ship a great tempest

The sailors decided to throw away  
Everything in the ship that was in the way  
The wind was very strong  
It would the ship turn over and toss

Down to Jonah went the captain  
From his sleep he caused him to refrain  
He told him: “Why are you sleepy?  
Get up and do not be lazy!”

“O man, make some effort  
And ask your God forgiveness  
That He may calm this disturbance

So that we dwell in rest and peace”

The sailors were frightened  
To decide what to do, they gathered  
They decided to cast lots  
Jonah was chosen by the toss

The lot was against him  
By the order of God dwelling in him  
So the men came and asked him  
“Tell us, why is this happening?”

Jonah was amazed when he heard that  
And he replied to them in fact:  
“I have escaped the God of heaven  
God of the earth and the universe”

“I have committed a sin, people  
Before the great Creator”  
They asked him: “What is our option  
How do we deal with you, O man?”

The prophet answered them in brief  
With a heavy heart full of grief:  
“Take me and throw me into the sea  
It would make it calm and let you be”

They all cried and spoke sadly:  
“O charitable God of godly  
Because of that man, do not punish us  
O merciful God, forgive us”

They obeyed the gracious prophet  
They threw him into the water  
God prepared him a great whale  
Who swallowed Jonah and went away

All the sailors did witness  
The strong and violent tempest  
Became calm mysteriously  
And the waves flowed smoothly

All of them became puzzled  
By this view O my brothers  
And they professed their faith  
In the mighty Lord of grace

Inside the whale's belly he was distressed  
To the Lord of hosts Jonah prayed:  
"I cry unto you who never dies  
Listen to me the unwise

I ask of you from the deep sea  
Save me God and forgive me  
From the deep waves and dangerous wind  
Do not forget me, for you are kind

It is apparent how mighty are You  
Nothing is difficult for You  
I wish to survive and not tremble  
To see again Your holy temple"

God knew how Jonah was in torture  
He gave the whale a might order  
The whale vomited Jonah unto land,  
As God had ordered by His mighty hand

He was forgiven and went his way  
After he spent three whole days  
And three nights completely  
Inside of the whale's belly

To Jonah called Jehovah:  
"Go right now to Nineveh  
And warn them about their town  
God will destroy it to the ground"

When the sinners of Nineveh heard  
Jonah speak forth this word  
Back to God they did repent  
And asked Him forgiveness if they return

When their king heard that news  
He left his throne, and did choose  
To wear sackcloth and lifted dust  
With shock and sorrow he was thrust

The king called for fasting  
For three whole days lasting  
Adults, children, cows and sheep  
Even young babies who weep

Of the evil, God relented  
To do to Nineveh, He had wanted  
For God is kind and graceful  
To all mankind He is merciful

Jonah went away sadly  
For forty days he was angry  
He said: "O God You merciful,  
Why did You send me to these people?"

God spoke to Jonah directly  
"Is it right for you to be angry?"  
He said "Take my life from me  
To die is better than to live for me"

He went away sadly  
Outside the town he remained angry  
And the sun was too hot for him,  
It beat him till his life grew dim

God Almighty of heavenly kingdom  
Arranged a plant by His wisdom  
He created a large tree  
That made Jonah very happy

He was satisfied by its shade  
It covered him during the whole day  
Then God the Lover of Man  
Sent a worm to eat the plant

And so in the next morning  
When the sun was just rising  
God ordered a strong wind  
To hit the tree and make it bend

So the sun beat Jonah again  
He became angry and did complain  
And said to God: "I wish I was dead  
Better by now to be in a death bed"

God called Jonah and said:  
"Why has sorrow filled your head  
For one tree created in a night  
And so quickly removed from your sight?"

Nineveh, should I not pity

One hundred and twenty thousand in the city”  
As well as much cattle  
Why would I destroy it as in battle?

My wisdom you cannot understand  
I am God who’s mercy is so grand  
I am happy when a sinner returns  
All of his heart to God turns

Lord, do not forget us sinners  
Of your mercy, we are beggars  
Accept us O Christ Jesus  
According to Your mercy deal with us

O who were crucified for those astray  
Give us mercy on judgment day  
Accept us all at Your right hand  
In the paradise of joy – the promised land