Then Jonah prayed to the LORD his God from the belly of the fish, saying, “I called out to the LORD, out of my distress, and he answered me; out of the belly of Sheol I cried, and you heard my voice. Jonah 2:1-2

Tsarah – distress, the travail of childbirth, the distress of labor

Sheol – the grave, the realm of the dead, hell

For you cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. Then I said, ‘I am driven away from your sight; yet I shall again look upon your holy temple.’ The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head at the roots of the mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O LORD my God. Jonah 2:3-6

When my life was fainting away, I remembered the LORD, and my prayer came to you, into your holy temple. Jonah 2:7

Those who pay regard to vain idols forsake their hope of steadfast love. Jonah 2:8

Those who cling to worthless idols forfeit the grace that could be theirs. (NIV)

Chesed - grace, loving kindness, the pursuing love of God.

But I, with shouts of grateful praise, will sacrifice to you. What I have vowed I will make good. I will say, ‘Salvation comes from the LORD.’” Jonah 2:9