

As Jonah, Issuing from His Three Days' Tomb  
Cosmas the Melodist, 8th Century.  
John Wainright, 1750.

As Jonah, issuing from his three days' tomb,  
At length was cast, uninjured, on the earth;  
So, from the virgin's unpolluted womb  
Th'incarnate Word, that dwelt there, had His birth:  
For He, who knew no taint of mortal stain,  
Willed that His mother spotless should remain.

Christ comes, incarnate God, amongst us now,  
Begotten of the Father ere the day:  
And He, to whom the sinless legions bow,  
Lies cradled, 'midst unconscious beasts on hay:  
And, by His homely swaddling-bands girt in,  
Looses the many fetters of our sin.

Now the new Child of Adam's race draws nigh,  
To us, the faithful, giv'n: This, this is He  
That shall the Father of eternity,  
The Angel of the Mighty Counsel, be:  
This the eternal God, by whose strong hands  
The fabric of the world supported stands.