

ST JOHN & ST LUKE
✠
CLAY HILL

Evening Prayer for Lent

From earliest times, Christians gathered regularly each day to praise God for His goodness, and to pray for the salvation of the world.

Lent may originally have followed Epiphany, just as Jesus' sojourn in the wilderness followed immediately on his baptism, but it soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church's fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added.

This book has three parts:

pp.2-5: Order of service for Evening Prayer for Lent Season

pp.6-66: The Psalms used for each day's service (Known as a 'Psalter')

p. 67: The scripture reading used for each day, which you can find in your Bible.

You are welcome to join in with those bits written in **bold**.

Please also join in with the even numbered verses of the Psalms and the Gospel canticle.

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Hear our voice, O Lord, according to your faithful love,
according to your judgement give us life.

Blessed are you, Lord God of our salvation,
to you be glory and praise for ever.

In the darkness of our sin you have shone in our hearts
to give the light of the knowledge of the glory of God
in the face of Jesus Christ.

Open our eyes to acknowledge your presence,
that freed from the misery of sin and shame
we may grow into your likeness from glory to glory.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

Psalmody

*We recite a Psalm together; you can find the Psalm(s) appointed for
this day at the end of this booklet.*

Please join in by saying the even numbered verses, if you wish.

*We leave a pause at the diamond, half way through each verse, as we
allow God's word to rest in our minds.*

At the end of the Psalm, please turn back to this page as we say

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

Scripture Reading

We hear a reading from the New Testament; you can find the reading appointed for this day at the end of this booklet.

After the scripture reading we say

Forsake me not, O Lord;
be not far from me, O my God.

**Forsake me not, O Lord;
be not far from me, O my God.**

Make haste to help me,
O Lord of my salvation.

Be not far from me, O my God.

Glory to the Father and to the Son
and to the Holy Spirit.

**Forsake me not, O Lord;
be not far from me, O my God.**

Gospel Canticle

**Come, let us return to the Lord,
for our God will richly pardon.**

1 My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; ♦
he has looked with favour on his lowly servant.

2 From this day all generations will call me blessed; ♦
the Almighty has done great things for me and holy is his name.

3 He has mercy on those who fear him, ♦
from generation to generation.

4 He has shown strength with his arm ♦
and has scattered the proud in their conceit,

5 Casting down the mighty from their thrones ♦
and lifting up the lowly.

6 He has filled the hungry with good things ♦
and sent the rich away empty.

7 He has come to the aid of his servant Israel, ♦
to remember his promise of mercy,

8 The promise made to our ancestors, ♦
to Abraham and his children for ever.

Luke 1.46–55

**Glory to the Father and to the Son and to the Holy Spirit;
as it was in the beginning is now and shall be for ever. Amen.**

**Come, let us return to the Lord,
for our God will richly pardon.**

Intercessions

Thanksgiving is made for the day.

Intercessions may be offered

for our communities

for the world

for justice and peace

for those in need

In this season of Lent we may pray especially for

those preparing for baptism and confirmation

those serving through leadership

those looking for forgiveness

those misled by the false gods of this present age

all who are hungry

The Collect of the day or the season is said,

to which we reply

Amen.

The Lord's Prayer is said

Trusting in the compassion of God,

let us pray with confidence as our Saviour has taught us

Our Father, who art in heaven ...

The Conclusion

May God our Redeemer show us compassion and love.

Amen.

Let us bless the Lord.

Thanks be to God.

Lent Psalter

Wednesday 17th February

Psalm 65

- 1 Have mercy on me, O God, in your great goodness; ♦
according to the abundance of your compassion
blot out my offences.
- 2 Wash me thoroughly from my wickedness ♦
and cleanse me from my sin.
- 3 For I acknowledge my faults ♦
and my sin is ever before me.
- 4 Against you only have I sinned ♦
and done what is evil in your sight,
- 5 So that you are justified in your sentence ♦
and righteous in your judgement.
- 6 I have been wicked even from my birth, ♦
a sinner when my mother conceived me.
- 7 Behold, you desire truth deep within me ♦
and shall make me understand wisdom
in the depths of my heart.
- 8 Purge me with hyssop and I shall be clean; ♦
wash me and I shall be whiter than snow.
- 9 Make me hear of joy and gladness, ♦
that the bones you have broken may rejoice.
- 10 Turn your face from my sins ♦
and blot out all my misdeeds.
- 11 Make me a clean heart, O God, ♦
and renew a right spirit within me.
- 12 Cast me not away from your presence ♦
and take not your holy spirit from me.
- 13 Give me again the joy of your salvation ♦
and sustain me with your gracious spirit;

14 Then shall I teach your ways to the wicked ♦
and sinners shall return to you.

15 Deliver me from my guilt, O God,
the God of my salvation, ♦
and my tongue shall sing of your righteousness.

16 O Lord, open my lips ♦
and my mouth shall proclaim your praise.

17 For you desire no sacrifice, else I would give it; ♦
you take no delight in burnt offerings.

18 The sacrifice of God is a broken spirit; ♦
a broken and contrite heart, O God, you will not despise.

19 O be favourable and gracious to Zion; ♦
build up the walls of Jerusalem.

20 Then you will accept sacrifices offered in righteousness,
the burnt offerings and oblations; ♦
then shall they offer up bulls on your altar.

*Take away, good Lord, the sin that corrupts us;
give us the sorrow that heals
and the joy that praises
and restore by grace your own image within us,
that we may take our place among your people;
in Jesus Christ our Lord.*

Thursday 18th February

Psalm 74

1 O God, why have you utterly disowned us? ♦
Why does your anger burn
against the sheep of your pasture?

2 Remember your congregation that you purchased of old, ♦
the tribe you redeemed for your own possession,
and Mount Zion where you dwelt.

3 Hasten your steps towards the endless ruins, ♦
where the enemy has laid waste all your sanctuary.

4 Your adversaries roared in the place of your worship; ♦
they set up their banners as tokens of victory.

5 Like men brandishing axes on high in a thicket of trees, ♦
all her carved work they smashed down with hatchet and hammer.

6 They set fire to your holy place; ♦
they defiled the dwelling place of your name
and razed it to the ground.

7 They said in their heart, ‘Let us make havoc of them altogether,’ ♦
and they burned down all the sanctuaries of God in the land.

8 There are no signs to see, not one prophet left, ♦
not one among us who knows how long.

9 How long, O God, will the adversary scoff? ♦
Shall the enemy blaspheme your name for ever?

10 Why have you withheld your hand ♦
and hidden your right hand in your bosom?

11 Yet God is my king from of old, ♦
who did deeds of salvation in the midst of the earth.

12 It was you that divided the sea by your might ♦
and shattered the heads of the dragons on the waters;

13 You alone crushed the heads of Leviathan ♦
and gave him to the beasts of the desert for food.

14 You cleft the rock for fountain and flood; ♦
you dried up ever-flowing rivers.

15 Yours is the day, yours also the night; ♦
you established the moon and the sun.

16 You set all the bounds of the earth; ♦
you fashioned both summer and winter.

17 Remember now, Lord, how the enemy scoffed, ♦
how a foolish people despised your name.

18 Do not give to wild beasts the soul of your turtle dove; ♦

forget not the lives of your poor for ever.

19 Look upon your creation,
for the earth is full of darkness, ♦
full of the haunts of violence.

20 Let not the oppressed turn away ashamed, ♦
but let the poor and needy praise your name.

21 Arise, O God, maintain your own cause; ♦
remember how fools revile you all the day long.

22 Forget not the clamour of your adversaries, ♦
the tumult of your enemies that ascends continually.

*Redeeming God,
renew your broken people
with your Holy Spirit,
that they may walk your narrow way,
and greet your coming dawn
in Jesus Christ our Lord.*

Friday 19th February

Psalm 31

1 In you, O Lord, have I taken refuge;
let me never be put to shame; ♦
deliver me in your righteousness.

2 Incline your ear to me; ♦
make haste to deliver me.

3 Be my strong rock, a fortress to save me,
for you are my rock and my stronghold; ♦
guide me, and lead me for your name's sake.

4 Take me out of the net
that they have laid secretly for me, ♦
for you are my strength.

5 Into your hands I commend my spirit, ♦
for you have redeemed me, O Lord God of truth.

6 I hate those who cling to worthless idols; ♦
I put my trust in the Lord.

7 I will be glad and rejoice in your mercy, ♦
for you have seen my affliction and known my soul in adversity.

8 You have not shut me up in the hand of the enemy; ♦
you have set my feet in an open place.

9 Have mercy on me, Lord, for I am in trouble; ♦
my eye is consumed with sorrow,
my soul and my body also.

10 For my life is wasted with grief,
and my years with sighing; ♦
my strength fails me because of my affliction,
and my bones are consumed.

11 I have become a reproach to all my enemies
and even to my neighbours,
an object of dread to my acquaintances; ♦
when they see me in the street they flee from me.

12 I am forgotten like one that is dead, out of mind; ♦
I have become like a broken vessel.

13 For I have heard the whispering of the crowd;
fear is on every side; ♦
they scheme together against me,
and plot to take my life.

14 But my trust is in you, O Lord. ♦
I have said, 'You are my God.

15 'My times are in your hand; ♦
deliver me from the hand of my enemies,
and from those who persecute me.

16 'Make your face to shine upon your servant, ♦
and save me for your mercy's sake.'

17 Lord, let me not be confounded
for I have called upon you; ♦
but let the wicked be put to shame;
let them be silent in the grave.

18 Let the lying lips be put to silence ♦
that speak against the righteous
with arrogance, disdain and contempt.

19 How abundant is your goodness, O Lord,
which you have laid up for those who fear you; ♦
which you have prepared in the sight of all
for those who put their trust in you.

20 You hide them in the shelter of your presence
from those who slander them; ♦
you keep them safe in your refuge from the strife of tongues.

21 Blessed be the Lord! ♦
For he has shown me his steadfast love
when I was as a city besieged.

22 I had said in my alarm,
'I have been cut off from the sight of your eyes.' ♦
Nevertheless, you heard the voice of my prayer
when I cried out to you.

23 Love the Lord, all you his servants; ♦
for the Lord protects the faithful, but repays to the full the proud.

24 Be strong and let your heart take courage, ♦
all you who wait in hope for the Lord.

*Lord Jesus Christ,
when scorn and shame besiege us
and hope is veiled in grief,
hold us in your wounded hands
and make your face shine on us again,
for you are our Lord and God.*

Saturday 20th February

Psalm 73

- 1 Truly, God is loving to Israel, ♦
to those who are pure in heart.
- 2 Nevertheless, my feet were almost gone; ♦
my steps had well-nigh slipped.
- 3 For I was envious of the proud; ♦
I saw the wicked in such prosperity;
- 4 For they suffer no pains ♦
and their bodies are sleek and sound;
- 5 They come to no misfortune like other folk; ♦
nor are they plagued as others are;
- 6 Therefore pride is their necklace ♦
and violence wraps them like a cloak.
- 7 Their iniquity comes from within; ♦
the conceits of their hearts overflow.
- 8 They scoff, and speak only of evil; ♦
they talk of oppression from on high.
- 9 They set their mouth against the heavens, ♦
and their tongue ranges round the earth;
- 10 And so the people turn to them ♦
and find in them no fault.
- 11 They say, 'How should God know? ♦
Is there knowledge in the Most High?'
- 12 Behold, these are the wicked; ♦
ever at ease, they increase their wealth.
- 13 Is it in vain that I cleansed my heart ♦
and washed my hands in innocence?
- 14 All day long have I been stricken ♦
and chastened every morning.
- 15 If I had said, 'I will speak as they do,' ♦
I should have betrayed the generation of your children.

16 Then thought I to understand this, ♦
but it was too hard for me,
17 Until I entered the sanctuary of God ♦
and understood the end of the wicked:
18 How you set them in slippery places; ♦
you cast them down to destruction.
19 How suddenly do they come to destruction, ♦
perish and come to a fearful end!
20 As with a dream when one awakes, ♦
so, Lord, when you arise you will despise their image.
21 When my heart became embittered ♦
and I was pierced to the quick,
22 I was but foolish and ignorant; ♦
I was like a brute beast in your presence.
23 Yet I am always with you; ♦
you hold me by my right hand.
24 You will guide me with your counsel ♦
and afterwards receive me with glory.
25 Whom have I in heaven but you? ♦
And there is nothing upon earth that I desire in comparison with you.
26 Though my flesh and my heart fail me, ♦
God is the strength of my heart and my portion for ever.
27 Truly, those who forsake you will perish; ♦
you will put to silence the faithless who betray you.
28 But it is good for me to draw near to God; ♦
in the Lord God have I made my refuge, that I may tell of all your works.

*Holy God,
may we find wisdom in your presence
and set our hope not on uncertain riches
but on the love that holds us to the end;
in Jesus Christ our Lord.*

Sunday 21st February

Psalm 119.17-32

17 O do good to your servant that I may live, ♦
and so shall I keep your word.

18 Open my eyes, that I may see ♦
the wonders of your law.

19 I am a stranger upon earth; ♦
hide not your commandments from me.

20 My soul is consumed at all times ♦
with fervent longing for your judgements.

21 You have rebuked the arrogant; ♦
cursed are those who stray from your commandments.

22 Turn from me shame and rebuke, ♦
for I have kept your testimonies.

23 Rulers also sit and speak against me, ♦
but your servant meditates on your statutes.

24 For your testimonies are my delight; ♦
they are my faithful counsellors.

4 *Daleth*

25 My soul cleaves to the dust; ♦
O give me life according to your word.

26 I have acknowledged my ways and you have answered me; ♦
O teach me your statutes.

27 Make me understand the way of your commandments, ♦
and so shall I meditate on your wondrous works.

28 My soul melts away in tears of sorrow; ♦
raise me up according to your word.

29 Take from me the way of falsehood; ♦
be gracious to me through your law.

30 I have chosen the way of truth ♦
and your judgements have I laid before me.

31 I hold fast to your testimonies; ♦
O Lord, let me not be put to shame.
32 I will run the way of your commandments, ♦
when you have set my heart at liberty.

*Faithful God,
let your word be the treasure of our hearts,
that we may delight in your truth
and walk in the glorious liberty of your
Son Jesus Christ.*

Monday 22nd February

Psalm 12

1 Help me, Lord, for no one godly is left; ♦
the faithful have vanished from the whole human race.
2 They all speak falsely with their neighbour; ♦
they flatter with their lips, but speak from a double heart.
3 O that the Lord would cut off all flattering lips ♦
and the tongue that speaks proud boasts!
4 Those who say, ‘With our tongue will we prevail; ♦
our lips we will use; who is lord over us?’
5 ‘Because of the oppression of the needy,
and the groaning of the poor, ♦
I will rise up now,’ says the Lord,
‘and set them in the safety that they long for.’
6 The words of the Lord are pure words, ♦
like silver refined in the furnace
and purified seven times in the fire.
7 You, O Lord, will watch over us ♦
and guard us from this generation for ever.
8 The wicked strut on every side, ♦
when what is vile is exalted by the whole human race.

*Lord, when faith is faint
and speech veils our intentions,
restore us by your word of power and purity,
both now and for ever.*

Psalm 13

- 1 How long will you forget me, O Lord; for ever? ♦
How long will you hide your face from me?
- 2 How long shall I have anguish in my soul
and grief in my heart, day after day? ♦
How long shall my enemy triumph over me?
- 3 Look upon me and answer, O Lord my God; ♦
lighten my eyes, lest I sleep in death;
- 4 Lest my enemy say, 'I have prevailed against him,' ♦
and my foes rejoice that I have fallen.
- 5 But I put my trust in your steadfast love; ♦
my heart will rejoice in your salvation.
- 6 I will sing to the Lord, ♦
for he has dealt so bountifully with me.

*Jesus Christ, Son of God,
who passed through the dark sleep of death,
remember those who cry to you
in shame and silence and defeat
and raise them to your risen life,
for you are alive and reign for ever.*

Tuesday 23rd February

Psalm 49

- 1 Hear this, all you peoples; ♦
listen, all you that dwell in the world,

2 You of low or high degree, ♦
both rich and poor together.

3 My mouth shall speak of wisdom ♦
and my heart shall meditate on understanding.

4 I will incline my ear to a parable; ♦
I will unfold my riddle with the lyre.

5 Why should I fear in evil days, ♦
when the malice of my foes surrounds me,

6 Such as trust in their goods ♦
and glory in the abundance of their riches?

7 For no one can indeed ransom another ♦
or pay to God the price of deliverance.

8 To ransom a soul is too costly; ♦
there is no price one could pay for it,

9 So that they might live for ever, ♦
and never see the grave.

10 For we see that the wise die also;
with the foolish and ignorant they perish ♦
and leave their riches to others.

11 Their tomb is their home for ever,
their dwelling through all generations, ♦
though they call their lands after their own names.

12 Those who have honour, but lack understanding, ♦
are like the beasts that perish.

13 Such is the way of those who boast in themselves, ♦
the end of those who delight in their own words.

14 Like a flock of sheep they are destined to die;
death is their shepherd; ♦
they go down straight to the Pit.

15 Their beauty shall waste away, ♦
and the land of the dead shall be their dwelling.

16 But God shall ransom my soul; ♦
from the grasp of death will he take me.
17 Be not afraid if some grow rich ♦
and the glory of their house increases,
18 For they will carry nothing away when they die, ♦
nor will their glory follow after them.
19 Though they count themselves happy while they live ♦
and praise you for your success,
20 They shall enter the company of their ancestors ♦
who will nevermore see the light.
21 Those who have honour, but lack understanding, ♦
are like the beasts that perish.

*Save us from envy, God our Redeemer,
and deliver us from the chains of wealth,
that, ransomed through your Son,
we may inherit the crown of everlasting life;
through Jesus Christ our Lord.*

Wednesday 24th February

Psalm 28

1 To you I call, O Lord my rock;
be not deaf to my cry, ♦
lest, if you do not hear me,
I become like those who go down to the Pit.
2 Hear the voice of my prayer when I cry out to you, ♦
when I lift up my hands to your holy of holies.
3 Do not snatch me away with the wicked,
with the evildoers, ♦
who speak peaceably with their neighbours,
while malice is in their hearts.

- 4 Repay them according to their deeds ♦
and according to the wickedness of their devices.
- 5 Reward them according to the work of their hands ♦
and pay them their just deserts.
- 6 They take no heed of the Lord's doings,
nor of the works of his hands; ♦
therefore shall he break them down
and not build them up.
- 7 Blessed be the Lord, ♦
for he has heard the voice of my prayer.
- 8 The Lord is my strength and my shield; ♦
my heart has trusted in him and I am helped;
- 9 Therefore my heart dances for joy ♦
and in my song will I praise him.
- 10 The Lord is the strength of his people, ♦
a safe refuge for his anointed.
- 11 Save your people and bless your inheritance; ♦
shepherd them and carry them for ever.

*Hear us, Shepherd of your people,
forgive us our sins
and, in a world of pretences,
make us true in heart and mind;
through Jesus Christ our Lord.*

Thursday 25th February

Psalm 138

- 1 I will give thanks to you, O Lord, with my whole heart; ♦
before the gods will I sing praise to you.
- 2 I will bow down towards your holy temple and praise your name,
because of your love and faithfulness; ♦
for you have glorified your name and your word above all things.

- 3 In the day that I called to you, you answered me; ♦
you put new strength in my soul.
- 4 All the kings of the earth shall praise you, O Lord, ♦
for they have heard the words of your mouth.
- 5 They shall sing of the ways of the Lord, ♦
that great is the glory of the Lord.
- 6 Though the Lord be high, he watches over the lowly; ♦
as for the proud, he regards them from afar.
- 7 Though I walk in the midst of trouble,
you will preserve me; ♦
you will stretch forth your hand against the fury of my enemies;
your right hand will save me.
- 8 The Lord shall make good his purpose for me; ♦
your loving-kindness, O Lord, endures for ever;
forsake not the work of your hands.

*Lord our God, supreme over all things,
look upon the humble and lowly
and put new strength into our souls
to complete your purpose for us
in Jesus Christ our Lord.*

Psalm 142

- 1 I cry aloud to the Lord; ♦
to the Lord I make my supplication.
- 2 I pour out my complaint before him ♦
and tell him of my trouble.
- 3 When my spirit faints within me, you know my path; ♦
in the way wherein I walk have they laid a snare for me.
- 4 I look to my right hand, and find no one who knows me; ♦
I have no place to flee to, and no one cares for my soul.

5 I cry out to you, O Lord, and say: ♦
‘You are my refuge, my portion in the land of the living.
6 ‘Listen to my cry, for I am brought very low; ♦
save me from my persecutors, for they are too strong for me.
7 ‘Bring my soul out of prison,
that I may give thanks to your name; ♦
when you have dealt bountifully with me,
then shall the righteous gather around me.’

*God of compassion,
you regard the forsaken
and give hope to the crushed in spirit;
hear those who cry to you in distress
and bring your ransomed people to sing your glorious praise,
now and for ever.*

Friday 26th February

Psalm 55

1 Hear my prayer, O God; ♦
hide not yourself from my petition.
2 Give heed to me and answer me; ♦
I am restless in my complaining.
3 I am alarmed at the voice of the enemy ♦
and at the clamour of the wicked;
4 For they would bring down evil upon me ♦
and are set against me in fury.
5 My heart is disquieted within me, ♦
and the terrors of death have fallen upon me.
6 Fearfulness and trembling are come upon me, ♦
and a horrible dread has overwhelmed me.
7 And I said: ‘O that I had wings like a dove, ♦
for then would I fly away and be at rest.

8 'Then would I flee far away ♦
and make my lodging in the wilderness.

9 'I would make haste to escape ♦
from the stormy wind and tempest.'

10 Confuse their tongues, O Lord, and divide them, ♦
for I have seen violence and strife in the city.

11 Day and night they go about on her walls; ♦
mischief and trouble are in her midst.

12 Wickedness walks in her streets; ♦
oppression and guile never leave her squares.

13 For it was not an open enemy that reviled me, ♦
for then I could have borne it;

14 Nor was it my adversary that puffed himself up against me, ♦
for then I would have hid myself from him.

15 But it was even you, one like myself, ♦
my companion and my own familiar friend.

16 We took sweet counsel together ♦
and walked with the multitude in the house of God.

17 Let death come suddenly upon them;
let them go down alive to the Pit; ♦
for wickedness inhabits their dwellings, their very hearts.

18 As for me, I will call upon God ♦
and the Lord will deliver me.

19 In the evening and morning and at noonday
I will pray and make my supplication, ♦
and he shall hear my voice.

20 He shall redeem my soul in peace
from the battle waged against me, ♦
for many have come upon me.

21 God, who is enthroned of old,
will hear and bring them down; ♦
they will not repent, for they have no fear of God.

22 My companion stretched out his hands against his friend ♦
and has broken his covenant;
23 His speech was softer than butter, though war was in his heart; ♦
his words were smoother than oil, yet are they naked swords.
24 Cast your burden upon the Lord and he will sustain you, ♦
and will not let the righteous fall for ever.
25 But those that are bloodthirsty and deceitful, O God, ♦
you will bring down to the pit of destruction.
26 They shall not live out half their days, ♦
but my trust shall be in you, O Lord.

*Lord, in all times of fear and dread,
grant that we may so cast our burdens upon you,
that you may bear us on the holy wings of the Spirit
to the stronghold of your peace;
through Jesus Christ our Lord.*

Saturday 27th February

Psalm 4

1 Answer me when I call, O God of my righteousness; ♦
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.
2 How long will you nobles dishonour my glory; ♦
how long will you love vain things and seek after falsehood?
3 But know that the Lord has shown me his marvellous kindness; ♦
when I call upon the Lord, he will hear me.
4 Stand in awe, and sin not; ♦
commune with your own heart upon your bed, and be still.
5 Offer the sacrifices of righteousness ♦
and put your trust in the Lord.
6 There are many that say, ‘Who will show us any good?’ ♦
Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart, ♦
more than when their corn and wine and oil increase.

8 In peace I will lie down and sleep, ♦
for it is you Lord, only, who make me dwell in safety.

*Give us today, O God,
a glad heart and a clear conscience,
that when we come to this day's end
we may rest in peace with Christ our Lord.*

Sunday 28th February

Psalm 135.1-14

1 Praise the name of the Lord; ♦
give praise, you servants of the Lord,

2 You that stand in the house of the Lord, ♦
in the courts of the house of our God.

3 Praise the Lord, for the Lord is good; ♦
make music to his name, for it is lovely.

4 For the Lord has chosen Jacob for himself ♦
and Israel for his own possession.

5 For I know that the Lord is great ♦
and that our Lord is above all gods.

6 The Lord does whatever he pleases
in heaven and on earth, ♦
in the seas and in all the deeps.

7 He brings up the clouds from the ends of the earth; ♦
he makes lightning with the rain
and brings the winds out of his treasuries.

8 He smote the firstborn of Egypt, ♦
the firstborn of man and beast.

9 He sent signs and wonders into your midst, O Egypt, ♦
upon Pharaoh and all his servants.

10 He smote many nations ♦
and slew mighty kings:
11 Sihon, king of the Amorites,
and Og, the king of Bashan, ♦
and all the kingdoms of Canaan.
12 He gave their land as a heritage, ♦
a heritage for Israel his people.
13 Your name, O Lord, endures for ever ♦
and shall be remembered through all generations.
14 For the Lord will vindicate his people ♦
and have compassion on his servants.
15 The idols of the nations are but silver and gold, ♦
the work of human hands.
16 They have mouths, but cannot speak; ♦
eyes have they, but cannot see;
17 They have ears, but cannot hear; ♦
neither is there any breath in their mouths.
18 Those who make them shall become like them, ♦
and so will all who put their trust in them.
19 Bless the Lord, O house of Israel; ♦
O house of Aaron, bless the Lord.
20 Bless the Lord, O house of Levi; ♦
you who fear the Lord, bless the Lord.
21 Blessed be the Lord from Zion, ♦
who dwells in Jerusalem.

*Wise and gracious God,
save us from the idols of our hearts
and keep us in your living presence,
that we may become a people for your praise
in Jesus Christ our Lord.*

Monday 1st March

Psalm 74

- 1 O God, why have you utterly disowned us? ♦
Why does your anger burn
against the sheep of your pasture?
- 2 Remember your congregation that you purchased of old, ♦
the tribe you redeemed for your own possession,
and Mount Zion where you dwelt.
- 3 Hasten your steps towards the endless ruins, ♦
where the enemy has laid waste all your sanctuary.
- 4 Your adversaries roared in the place of your worship; ♦
they set up their banners as tokens of victory.
- 5 Like men brandishing axes on high in a thicket of trees, ♦
all her carved work they smashed down with hatchet and hammer.
- 6 They set fire to your holy place; ♦
they defiled the dwelling place of your name
and razed it to the ground.
- 7 They said in their heart, 'Let us make havoc of them altogether,' ♦
and they burned down all the sanctuaries of God in the land.
- 8 There are no signs to see, not one prophet left, ♦
not one among us who knows how long.
- 9 How long, O God, will the adversary scoff? ♦
Shall the enemy blaspheme your name for ever?
- 10 Why have you withheld your hand ♦
and hidden your right hand in your bosom?
- 11 Yet God is my king from of old, ♦
who did deeds of salvation in the midst of the earth.
- 12 It was you that divided the sea by your might ♦
and shattered the heads of the dragons on the waters;
- 13 You alone crushed the heads of Leviathan ♦
and gave him to the beasts of the desert for food.
- 14 You cleft the rock for fountain and flood; ♦

you dried up ever-flowing rivers.

15 Yours is the day, yours also the night; ♦
you established the moon and the sun.

16 You set all the bounds of the earth; ♦
you fashioned both summer and winter.

17 Remember now, Lord, how the enemy scoffed, ♦
how a foolish people despised your name.

18 Do not give to wild beasts the soul of your turtle dove; ♦
forget not the lives of your poor for ever.

19 Look upon your creation,
for the earth is full of darkness, ♦
full of the haunts of violence.

20 Let not the oppressed turn away ashamed, ♦
but let the poor and needy praise your name.

21 Arise, O God, maintain your own cause; ♦
remember how fools revile you all the day long.

22 Forget not the clamour of your adversaries, ♦
the tumult of your enemies that ascends continually.

*Redeeming God,
renew your broken people
with your Holy Spirit,
that they may walk your narrow way,
and greet your coming dawn
in Jesus Christ our Lord.*

Tuesday 2nd March

Psalm 52

- 1 Why do you glory in evil, you tyrant, ♦
while the goodness of God endures continually?
- 2 You plot destruction, you deceiver; ♦
your tongue is like a sharpened razor.
- 3 You love evil rather than good, ♦
falsehood rather than the word of truth.
- 4 You love all words that hurt, ♦
O you deceitful tongue.
- 5 Therefore God shall utterly bring you down; ♦
he shall take you and pluck you out of your tent
and root you out of the land of the living.
- 6 The righteous shall see this and tremble; ♦
they shall laugh you to scorn, and say:
- 7 ‘This is the one who did not take God for a refuge, ♦
but trusted in great riches and relied upon wickedness.’
- 8 But I am like a spreading olive tree in the house of God; ♦
I trust in the goodness of God for ever and ever.
- 9 I will always give thanks to you for what you have done; ♦
I will hope in your name,
for your faithful ones delight in it.

*Faithful and steadfast God,
nourish your people in this wicked world,
and, through prayer and the Scriptures,
give us our daily bread;
through Jesus Christ our Lord.*

Wednesday 3rd March

Psalm 3

- 1 Lord, how many are my adversaries; ♦
many are they who rise up against me.
- 2 Many are they who say to my soul, ♦
'There is no help for you in your God.'
- 3 But you, Lord, are a shield about me; ♦
you are my glory, and the lifter up of my head.
- 4 When I cry aloud to the Lord, ♦
he will answer me from his holy hill;
- 5 I lie down and sleep and rise again, ♦
because the Lord sustains me.
- 6 I will not be afraid of hordes of the peoples ♦
that have set themselves against me all around.
- 7 Rise up, O Lord, and deliver me, O my God, ♦
for you strike all my enemies on the cheek
and break the teeth of the wicked.
- 8 Salvation belongs to the Lord: ♦
may your blessing be upon your people.

*Shield us, Lord, from all evil,
and lift us from apathy and despair,
that even when we are terrified,
we may trust your power to save;
through Jesus Christ our Lord.*

Thursday 4th March

Psalm 71

- 1 In you, O Lord, do I seek refuge; ♦
let me never be put to shame.
- 2 In your righteousness, deliver me and set me free; ♦
incline your ear to me and save me.

3 Be for me a stronghold to which I may ever resort; ♦
send out to save me, for you are my rock and my fortress.

4 Deliver me, my God, from the hand of the wicked, ♦
from the grasp of the evildoer and the oppressor.

5 For you are my hope, O Lord God, ♦
my confidence, even from my youth.

6 Upon you have I leaned from my birth,
when you drew me from my mother's womb; ♦
my praise shall be always of you.

7 I have become a portent to many, ♦
but you are my refuge and my strength.

8 Let my mouth be full of your praise ♦
and your glory all the day long.

9 Do not cast me away in the time of old age; ♦
forsake me not when my strength fails.

10 For my enemies are talking against me, ♦
and those who lie in wait for my life take counsel together.

11 They say, 'God has forsaken him;
pursue him and take him, ♦
because there is none to deliver him.'

12 O God, be not far from me; ♦
come quickly to help me, O my God.

13 Let those who are against me
be put to shame and disgrace; ♦
let those who seek to do me evil
be covered with scorn and reproach.

14 But as for me I will hope continually ♦
and will praise you more and more.

15 My mouth shall tell of your righteousness
and salvation all the day long, ♦
for I know no end of the telling.

16 I will begin with the mighty works of the Lord God; ♦
I will recall your righteousness, yours alone.

17 O God, you have taught me since I was young, ♦
and to this day I tell of your wonderful works.

18 Forsake me not, O God,
when I am old and grey-headed, ♦
till I make known your deeds to the next generation
and your power to all that are to come.

19 Your righteousness, O God, reaches to the heavens; ♦
in the great things you have done, who is like you, O God?

20 What troubles and adversities you have shown me, ♦
and yet you will turn and refresh me
and bring me from the deep of the earth again.

21 Increase my honour; ♦
turn again and comfort me.

22 Therefore will I praise you upon the harp
for your faithfulness, O my God; ♦
I will sing to you with the lyre, O Holy One of Israel.

23 My lips will sing out as I play to you, ♦
and so will my soul, which you have redeemed.

24 My tongue also will tell of your righteousness all the day long, ♦
for they shall be shamed and disgraced
who sought to do me evil.

*Faithful Lord, living Saviour,
in youth and old age,
from the womb to the grave,
may we know your protection
and proclaim your great salvation
to the glory of God the Father.*

Friday 5th March

Psalm 6

- 1 O Lord, rebuke me not in your wrath; ♦
neither chasten me in your fierce anger.
- 2 Have mercy on me, Lord, for I am weak; ♦
Lord, heal me, for my bones are racked.
- 3 My soul also shakes with terror; ♦
how long, O Lord, how long?
- 4 Turn again, O Lord, and deliver my soul; ♦
save me for your loving mercy's sake.
- 5 For in death no one remembers you; ♦
and who can give you thanks in the grave?
- 6 I am weary with my groaning; ♦
every night I drench my pillow
and flood my bed with my tears.
- 7 My eyes are wasted with grief ♦
and worn away because of all my enemies.
- 8 Depart from me, all you that do evil, ♦
for the Lord has heard the voice of my weeping.
- 9 The Lord has heard my supplication; ♦
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and confusion; ♦
they shall suddenly turn back in their shame.

*Lord Jesus Christ,
may the tears shed in your earthly life
be balm for all who weep,
and may the prayers of your pilgrimage
give strength to all who suffer;
for your mercy's sake.*

Saturday 7th March

Psalm 23

- 1 The Lord is my shepherd; ♦
therefore can I lack nothing.
- 2 He makes me lie down in green pastures ♦
and leads me beside still waters.
- 3 He shall refresh my soul ♦
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,
I will fear no evil; ♦
for you are with me;
your rod and your staff, they comfort me.
- 5 You spread a table before me
in the presence of those who trouble me; ♦
you have anointed my head with oil
and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me
all the days of my life, ♦
and I will dwell in the house of the Lord for ever.

*O God, our sovereign and shepherd,
who brought again your Son Jesus Christ
from the valley of death,
comfort us with your protecting presence
and your angels of goodness and love,
that we also may come home
and dwell with him in your house for ever.*

Sunday 7th March

Psalm 11

- 1 In the Lord have I taken refuge; ♦
how then can you say to me, 'Flee like a bird to the hills,

2 'For see how the wicked bend the bow
and fit their arrows to the string, ♦
to shoot from the shadows at the true of heart.

3 'When the foundations are destroyed, ♦
what can the righteous do?'

4 The Lord is in his holy temple; ♦
the Lord's throne is in heaven.

5 His eyes behold, ♦
his eyelids try every mortal being.

6 The Lord tries the righteous as well as the wicked, ♦
but those who delight in violence his soul abhors.

7 Upon the wicked he shall rain coals of fire
and burning sulphur; ♦
scorching wind shall be their portion to drink.

8 For the Lord is righteous;
he loves righteous deeds, ♦
and those who are upright shall behold his face.

*God of heaven,
when the foundations are shaken
and there is no escape,
test us, but not to destruction,
look on the face of your anointed
and heal us in Jesus Christ your Son.*

Psalm 12

1 Help me, Lord, for no one godly is left; ♦
the faithful have vanished from the whole human race.

2 They all speak falsely with their neighbour; ♦
they flatter with their lips, but speak from a double heart.

3 O that the Lord would cut off all flattering lips ♦
and the tongue that speaks proud boasts!

4 Those who say, 'With our tongue will we prevail; ♦
our lips we will use; who is lord over us?'

5 'Because of the oppression of the needy,
and the groaning of the poor, ♦
I will rise up now,' says the Lord,
'and set them in the safety that they long for.'

6 The words of the Lord are pure words, ♦
like silver refined in the furnace
and purified seven times in the fire.

7 You, O Lord, will watch over us ♦
and guard us from this generation for ever.

8 The wicked strut on every side, ♦
when what is vile is exalted by the whole human race.

*Lord, when faith is faint
and speech veils our intentions,
restore us by your word of power and purity,
both now and for ever.*

Monday 8th March

Psalm 17

1 Hear my just cause, O Lord; consider my complaint; ♦
listen to my prayer, which comes not from lying lips.

2 Let my vindication come forth from your presence; ♦
let your eyes behold what is right.

3 Weigh my heart, examine me by night, ♦
refine me, and you will find no impurity in me.

4 My mouth does not trespass for earthly rewards; ♦
I have heeded the words of your lips.

5 My footsteps hold fast in the ways of your commandments; ♦
my feet have not stumbled in your paths.

6 I call upon you, O God, for you will answer me; ♦
incline your ear to me, and listen to my words.

7 Show me your marvellous loving-kindness, ♦
O Saviour of those who take refuge at your right hand
from those who rise up against them.

8 Keep me as the apple of your eye; ♦
hide me under the shadow of your wings,

9 From the wicked who assault me, ♦
from my enemies who surround me to take away my life.

10 They have closed their heart to pity ♦
and their mouth speaks proud things.

11 They press me hard, they surround me on every side, ♦
watching how they may cast me to the ground,

12 Like a lion that is greedy for its prey, ♦
like a young lion lurking in secret places.

13 Arise, Lord; confront them and cast them down; ♦
deliver me from the wicked by your sword.

14 Deliver me, O Lord, by your hand ♦
from those whose portion in life is unending,

15 Whose bellies you fill with your treasure, ♦
who are well supplied with children
and leave their wealth to their little ones.

16 As for me, I shall see your face in righteousness; ♦
when I awake and behold your likeness, I shall be satisfied.

*Generous Lord,
deliver us from all envious thoughts,
and when we are tempted by the desire for wealth,
let us see your face;
for your abundance is enough to clothe our lack;
through Jesus Christ our Lord.*

Tuesday 9th March

Psalm 64

- 1 Hear my voice, O God, in my complaint; ♦
preserve my life from fear of the enemy.
- 2 Hide me from the conspiracy of the wicked, ♦
from the gathering of evildoers.
- 3 They sharpen their tongue like a sword ♦
and aim their bitter words like arrows,
- 4 That they may shoot at the blameless from hiding places; ♦
suddenly they shoot, and are not seen.
- 5 They hold fast to their evil course; ♦
they talk of laying snares, saying, ‘Who will see us?’
- 6 They search out wickedness and lay a cunning trap, ♦
for deep are the inward thoughts of the heart.
- 7 But God will shoot at them with his swift arrow, ♦
and suddenly they shall be wounded.
- 8 Their own tongues shall make them fall, ♦
and all who see them shall wag their heads in scorn.
- 9 All peoples shall fear and tell what God has done, ♦
and they will ponder all his works.
- 10 The righteous shall rejoice in the Lord
and put their trust in him, ♦
and all that are true of heart shall exult.

*Cut through the malice of our hearts, redeeming God,
with the Spirit's sword,
wound the pride of our rebellion
with the grace that makes righteous
and bring near the day of Christ,
when love shall reign in joy;
for he is alive and reigns, now and for ever.*

Wednesday 10th March

Psalm 39

- 1 I said, 'I will keep watch over my ways, ♦
so that I offend not with my tongue.
- 2 'I will guard my mouth with a muzzle, ♦
while the wicked are in my sight.'
- 3 So I held my tongue and said nothing; ♦
I kept silent but to no avail.
- 4 My distress increased, my heart grew hot within me; ♦
while I mused, the fire was kindled
and I spoke out with my tongue:
- 5 'Lord, let me know my end and the number of my days, ♦
that I may know how short my time is.
- 6 'You have made my days but a handsbreadth,
and my lifetime is as nothing in your sight; ♦
truly, even those who stand upright are but a breath.
- 7 'We walk about like a shadow
and in vain we are in turmoil; ♦
we heap up riches and cannot tell who will gather them.
- 8 'And now, what is my hope? ♦
Truly my hope is even in you.
- 9 'Deliver me from all my transgressions ♦
and do not make me the taunt of the fool.'
- 10 I fell silent and did not open my mouth, ♦
for surely it was your doing.
- 11 Take away your plague from me; ♦
I am consumed by the blows of your hand.
- 12 With rebukes for sin you punish us;
like a moth you consume our beauty; ♦
truly, everyone is but a breath.
- 13 Hear my prayer, O Lord, and give ear to my cry; ♦
hold not your peace at my tears.

14 For I am but a stranger with you, ♦
a wayfarer, as all my forebears were.

15 Turn your gaze from me, that I may be glad again, ♦
before I go my way and am no more.

*O Christ, Son of the living God,
help us when we are too cast down to pray,
and grant that we may trust you all our days,
for you are with us in our living and our dying,
Jesus, Lord and God.*

Thursday 11th March

Psalm 59

1 Rescue me from my enemies, O my God; ♦
set me high above those that rise up against me.

2 Save me from the evildoers ♦
and from murderous foes deliver me.

3 For see how they lie in wait for my soul ♦
and the mighty stir up trouble against me.

4 Not for any fault or sin of mine, O Lord; ♦
for no offence, they run and prepare themselves for war.

5 Rouse yourself, come to my aid and see; ♦
for you are the Lord of hosts, the God of Israel.

6 Awake, and judge all the nations; ♦
show no mercy to the evil traitors.

7 They return at nightfall and snarl like dogs ♦
and prowl about the city.

8 They pour out evil words with their mouths;
swords are on their lips; ♦
'For who', they say, 'can hear us?'

9 But you laugh at them, O Lord; ♦
you hold all the nations in derision.

10 For you, O my strength, will I watch; ♦
you, O God, are my strong tower.

11 My God in his steadfast love will come to me; ♦
he will let me behold the downfall of my enemies.

12 Slay them not, lest my people forget; ♦
send them reeling by your might
and bring them down, O Lord our shield.

13 For the sins of their mouth, for the words of their lips, ♦
let them be taken in their pride.

14 For the cursing and falsehood they have uttered, ♦
consume them in wrath, consume them till they are no more.

15 And they shall know that God rules in Jacob, ♦
and to the ends of the earth.

16 And still they return at nightfall and snarl like dogs ♦
and prowl about the city.

17 Though they forage for something to devour, ♦
and howl if they are not filled,

18 Yet will I sing of your strength ♦
and every morning praise your steadfast love;

19 For you have been my stronghold, ♦
my refuge in the day of my trouble.

20 To you, O my strength, will I sing; ♦
for you, O God, are my refuge,
my God of steadfast love.

*Strong and merciful God,
stand with the oppressed
against the triumph of evil
and the complacency of your people,
and establish in Jesus Christ
your new order of generosity and joy,
for he is alive and reigns now and for ever.*

Friday 12th March

Psalm 69

- 1 Save me, O God, ♦
for the waters have come up, even to my neck.
- 2 I sink in deep mire where there is no foothold; ♦
I have come into deep waters and the flood sweeps over me.
- 3 I have grown weary with crying; my throat is raw; ♦
my eyes have failed from looking so long for my God.
- 4 Those who hate me without any cause ♦
are more than the hairs of my head;
- 5 Those who would destroy me are mighty; ♦
my enemies accuse me falsely:
must I now give back what I never stole?
- 6 O God, you know my foolishness, ♦
and my faults are not hidden from you.
- 7 Let not those who hope in you
be put to shame through me, Lord God of hosts; ♦
let not those who seek you be disgraced because of me,
O God of Israel.
- 8 For your sake have I suffered reproach; ♦
shame has covered my face.
- 9 I have become a stranger to my kindred, ♦
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; ♦
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, ♦
but that was turned to my reproach.
- 12 I put on sackcloth also ♦
and became a byword among them.
- 13 Those who sit at the gate murmur against me, ♦
and the drunkards make songs about me.

14 But as for me, I make my prayer to you, O Lord; ♦
at an acceptable time, O God.

15 Answer me, O God, in the abundance of your mercy ♦
and with your sure salvation.

16 Draw me out of the mire, that I sink not; ♦
let me be rescued from those who hate me
and out of the deep waters.

17 Let not the water flood drown me,
neither the deep swallow me up; ♦
let not the Pit shut its mouth upon me.

18 Answer me, Lord, for your loving-kindness is good; ♦
turn to me in the multitude of your mercies.

19 Hide not your face from your servant; ♦
be swift to answer me, for I am in trouble.

20 Draw near to my soul and redeem me; ♦
deliver me because of my enemies.

21 You know my reproach, my shame and my dishonour; ♦
my adversaries are all in your sight.

22 Reproach has broken my heart; I am full of heaviness. ♦
I looked for some to have pity, but there was no one,
neither found I any to comfort me.

23 They gave me gall to eat, ♦
and when I was thirsty, they gave me vinegar to drink.

24 Let the table before them be a trap ♦
and their sacred feasts a snare.

25 Let their eyes be darkened, that they cannot see, ♦
and give them continual trembling in their loins.

26 Pour out your indignation upon them, ♦
and let the heat of your anger overtake them.

27 Let their camp be desolate, ♦
and let there be no one to dwell in their tents.

28 For they persecute the one whom you have stricken, ♦
and increase the sorrows of him whom you have pierced.

29 Lay to their charge guilt upon guilt, ♦
and let them not receive your vindication.

30 Let them be wiped out of the book of the living ♦
and not be written among the righteous.

31 As for me, I am poor and in misery; ♦
your saving help, O God, will lift me up.

32 I will praise the name of God with a song; ♦
I will proclaim his greatness with thanksgiving.

33 This will please the Lord more than an offering of oxen, ♦
more than bulls with horns and hooves.

34 The humble shall see and be glad; ♦
you who seek God, your heart shall live.

35 For the Lord listens to the needy, ♦
and his own who are imprisoned he does not despise.

36 Let the heavens and the earth praise him, ♦
the seas and all that moves in them;

37 For God will save Zion and rebuild the cities of Judah; ♦
they shall live there and have it in possession.

38 The children of his servants shall inherit it, ♦
and they that love his name shall dwell therein.

*Thirsting on the cross,
your Son shared the reproach of the oppressed
and carried the sins of all;
in him, O God, may the despairing find you,
the afflicted gain life
and the whole creation know its true king,
Jesus Christ our Lord.*

Saturday 13th March

Psalm 116

- 1 I love the Lord,
for he has heard the voice of my supplication; ♦
because he inclined his ear to me
on the day I called to him.
- 2 The snares of death encompassed me;
the pains of hell took hold of me; ♦
by grief and sorrow was I held.
- 3 Then I called upon the name of the Lord: ♦
'O Lord, I beg you, deliver my soul.'
- 4 Gracious is the Lord and righteous; ♦
our God is full of compassion.
- 5 The Lord watches over the simple; ♦
I was brought very low and he saved me.
- 6 Turn again to your rest, O my soul, ♦
for the Lord has been gracious to you.
- 7 For you have delivered my soul from death, ♦
my eyes from tears and my feet from falling.
- 8 I will walk before the Lord ♦
in the land of the living.
- 9 I believed that I should perish
for I was sorely troubled; ♦
and I said in my alarm,
'Everyone is a liar.'
- 10 How shall I repay the Lord ♦
for all the benefits he has given to me?
- 11 I will lift up the cup of salvation ♦
and call upon the name of the Lord.
- 12 I will fulfil my vows to the Lord ♦
in the presence of all his people.

13 Precious in the sight of the Lord ♦
is the death of his faithful servants.

14 O Lord, I am your servant, ♦
your servant, the child of your handmaid;
you have freed me from my bonds.

15 I will offer to you a sacrifice of thanksgiving ♦
and call upon the name of the Lord.

16 I will fulfil my vows to the Lord ♦
in the presence of all his people,

17 In the courts of the house of the Lord, ♦
in the midst of you, O Jerusalem.

*As we walk through the valley of the shadow of death,
may we call upon your name,
raise the cup of salvation,
and so proclaim your death, O Lord,
until you come in glory.*

Sunday 14th March

Psalm 13

1 How long will you forget me, O Lord; for ever? ♦
How long will you hide your face from me?

2 How long shall I have anguish in my soul
and grief in my heart, day after day? ♦
How long shall my enemy triumph over me?

3 Look upon me and answer, O Lord my God; ♦
lighten my eyes, lest I sleep in death;

4 Lest my enemy say, 'I have prevailed against him,' ♦
and my foes rejoice that I have fallen.

5 But I put my trust in your steadfast love; ♦
my heart will rejoice in your salvation.

6 I will sing to the Lord, ♦
for he has dealt so bountifully with me.

*Jesus Christ, Son of God,
who passed through the dark sleep of death,
remember those who cry to you
in shame and silence and defeat
and raise them to your risen life,
for you are alive and reign for ever.*

Monday 8th March

Psalm 17

- 1 Hear my just cause, O Lord; consider my complaint; ♦
listen to my prayer, which comes not from lying lips.
- 2 Let my vindication come forth from your presence; ♦
let your eyes behold what is right.
- 3 Weigh my heart, examine me by night, ♦
refine me, and you will find no impurity in me.
- 4 My mouth does not trespass for earthly rewards; ♦
I have heeded the words of your lips.
- 5 My footsteps hold fast in the ways of your commandments; ♦
my feet have not stumbled in your paths.
- 6 I call upon you, O God, for you will answer me; ♦
incline your ear to me, and listen to my words.
- 7 Show me your marvellous loving-kindness, ♦
O Saviour of those who take refuge at your right hand
from those who rise up against them.
- 8 Keep me as the apple of your eye; ♦
hide me under the shadow of your wings,
- 9 From the wicked who assault me, ♦
from my enemies who surround me to take away my life.

10 They have closed their heart to pity ♦
and their mouth speaks proud things.

11 They press me hard, they surround me on every side, ♦
watching how they may cast me to the ground,

12 Like a lion that is greedy for its prey, ♦
like a young lion lurking in secret places.

13 Arise, Lord; confront them and cast them down; ♦
deliver me from the wicked by your sword.

14 Deliver me, O Lord, by your hand ♦
from those whose portion in life is unending,

15 Whose bellies you fill with your treasure, ♦
who are well supplied with children
and leave their wealth to their little ones.

16 As for me, I shall see your face in righteousness; ♦
when I awake and behold your likeness, I shall be satisfied.

*Generous Lord,
deliver us from all envious thoughts,
and when we are tempted by the desire for wealth,
let us see your face;
for your abundance is enough to clothe our lack;
through Jesus Christ our Lord.*

Tuesday 9th March

Psalm 64

1 Hear my voice, O God, in my complaint; ♦
preserve my life from fear of the enemy.

2 Hide me from the conspiracy of the wicked, ♦
from the gathering of evildoers.

3 They sharpen their tongue like a sword ♦
and aim their bitter words like arrows,

4 That they may shoot at the blameless from hiding places; ♦
suddenly they shoot, and are not seen.

5 They hold fast to their evil course; ♦
they talk of laying snares, saying, ‘Who will see us?’

6 They search out wickedness and lay a cunning trap, ♦
for deep are the inward thoughts of the heart.

7 But God will shoot at them with his swift arrow, ♦
and suddenly they shall be wounded.

8 Their own tongues shall make them fall, ♦
and all who see them shall wag their heads in scorn.

9 All peoples shall fear and tell what God has done, ♦
and they will ponder all his works.

10 The righteous shall rejoice in the Lord
and put their trust in him, ♦
and all that are true of heart shall exult.

*Cut through the malice of our hearts, redeeming God,
with the Spirit’s sword,
wound the pride of our rebellion
with the grace that makes righteous
and bring near the day of Christ,
when love shall reign in joy;
for he is alive and reigns, now and for ever.*

Wednesday 10th March

Psalm 39

1 I said, ‘I will keep watch over my ways, ♦
so that I offend not with my tongue.

2 ‘I will guard my mouth with a muzzle, ♦
while the wicked are in my sight.’

3 So I held my tongue and said nothing; ♦
I kept silent but to no avail.

4 My distress increased, my heart grew hot within me; ♦
while I mused, the fire was kindled
and I spoke out with my tongue:

5 ‘Lord, let me know my end and the number of my days, ♦
that I may know how short my time is.

6 ‘You have made my days but a handsbreadth,
and my lifetime is as nothing in your sight; ♦
truly, even those who stand upright are but a breath.

7 ‘We walk about like a shadow
and in vain we are in turmoil; ♦
we heap up riches and cannot tell who will gather them.

8 ‘And now, what is my hope? ♦
Truly my hope is even in you.

9 ‘Deliver me from all my transgressions ♦
and do not make me the taunt of the fool.’

10 I fell silent and did not open my mouth, ♦
for surely it was your doing.

11 Take away your plague from me; ♦
I am consumed by the blows of your hand.

12 With rebukes for sin you punish us;
like a moth you consume our beauty; ♦
truly, everyone is but a breath.

13 Hear my prayer, O Lord, and give ear to my cry; ♦
hold not your peace at my tears.

14 For I am but a stranger with you, ♦
a wayfarer, as all my forebears were.

15 Turn your gaze from me, that I may be glad again, ♦
before I go my way and am no more.

*O Christ, Son of the living God,
help us when we are too cast down to pray,
and grant that we may trust you all our days,
for you are with us in our living and our dying,
Jesus, Lord and God.*

Thursday 11th March

Psalm 59

- 1 Rescue me from my enemies, O my God; ♦
set me high above those that rise up against me.
- 2 Save me from the evildoers ♦
and from murderous foes deliver me.
- 3 For see how they lie in wait for my soul ♦
and the mighty stir up trouble against me.
- 4 Not for any fault or sin of mine, O Lord; ♦
for no offence, they run and prepare themselves for war.
- 5 Rouse yourself, come to my aid and see; ♦
for you are the Lord of hosts, the God of Israel.
- 6 Awake, and judge all the nations; ♦
show no mercy to the evil traitors.
- 7 They return at nightfall and snarl like dogs ♦
and prowl about the city.
- 8 They pour out evil words with their mouths;
swords are on their lips; ♦
'For who', they say, 'can hear us?'
- 9 But you laugh at them, O Lord; ♦
you hold all the nations in derision.
- 10 For you, O my strength, will I watch; ♦
you, O God, are my strong tower.
- 11 My God in his steadfast love will come to me; ♦
he will let me behold the downfall of my enemies.

12 Slay them not, lest my people forget; ♦
send them reeling by your might
and bring them down, O Lord our shield.

13 For the sins of their mouth, for the words of their lips, ♦
let them be taken in their pride.

14 For the cursing and falsehood they have uttered, ♦
consume them in wrath, consume them till they are no more.

15 And they shall know that God rules in Jacob, ♦
and to the ends of the earth.

16 And still they return at nightfall and snarl like dogs ♦
and prowl about the city.

17 Though they forage for something to devour, ♦
and howl if they are not filled,

18 Yet will I sing of your strength ♦
and every morning praise your steadfast love;

19 For you have been my stronghold, ♦
my refuge in the day of my trouble.

20 To you, O my strength, will I sing; ♦
for you, O God, are my refuge,
my God of steadfast love.

*Strong and merciful God,
stand with the oppressed
against the triumph of evil
and the complacency of your people,
and establish in Jesus Christ
your new order of generosity and joy,
for he is alive and reigns now and for ever.*

Friday 12th March

Psalm 69

- 1 Save me, O God, ♦
for the waters have come up, even to my neck.
- 2 I sink in deep mire where there is no foothold; ♦
I have come into deep waters and the flood sweeps over me.
- 3 I have grown weary with crying; my throat is raw; ♦
my eyes have failed from looking so long for my God.
- 4 Those who hate me without any cause ♦
are more than the hairs of my head;
- 5 Those who would destroy me are mighty; ♦
my enemies accuse me falsely:
must I now give back what I never stole?
- 6 O God, you know my foolishness, ♦
and my faults are not hidden from you.
- 7 Let not those who hope in you
be put to shame through me, Lord God of hosts; ♦
let not those who seek you be disgraced because of me,
O God of Israel.
- 8 For your sake have I suffered reproach; ♦
shame has covered my face.
- 9 I have become a stranger to my kindred, ♦
an alien to my mother's children.
- 10 Zeal for your house has eaten me up; ♦
the scorn of those who scorn you has fallen upon me.
- 11 I humbled myself with fasting, ♦
but that was turned to my reproach.
- 12 I put on sackcloth also ♦
and became a byword among them.
- 13 Those who sit at the gate murmur against me, ♦
and the drunkards make songs about me.

14 But as for me, I make my prayer to you, O Lord; ♦
at an acceptable time, O God.

15 Answer me, O God, in the abundance of your mercy ♦
and with your sure salvation.

16 Draw me out of the mire, that I sink not; ♦
let me be rescued from those who hate me
and out of the deep waters.

17 Let not the water flood drown me,
neither the deep swallow me up; ♦
let not the Pit shut its mouth upon me.

18 Answer me, Lord, for your loving-kindness is good; ♦
turn to me in the multitude of your mercies.

19 Hide not your face from your servant; ♦
be swift to answer me, for I am in trouble.

20 Draw near to my soul and redeem me; ♦
deliver me because of my enemies.

21 You know my reproach, my shame and my dishonour; ♦
my adversaries are all in your sight.

22 Reproach has broken my heart; I am full of heaviness. ♦
I looked for some to have pity, but there was no one,
neither found I any to comfort me.

23 They gave me gall to eat, ♦
and when I was thirsty, they gave me vinegar to drink.

24 Let the table before them be a trap ♦
and their sacred feasts a snare.

25 Let their eyes be darkened, that they cannot see, ♦
and give them continual trembling in their loins.

26 Pour out your indignation upon them, ♦
and let the heat of your anger overtake them.

27 Let their camp be desolate, ♦
and let there be no one to dwell in their tents.

28 For they persecute the one whom you have stricken, ♦
and increase the sorrows of him whom you have pierced.

29 Lay to their charge guilt upon guilt, ♦
and let them not receive your vindication.

30 Let them be wiped out of the book of the living ♦
and not be written among the righteous.

31 As for me, I am poor and in misery; ♦
your saving help, O God, will lift me up.

32 I will praise the name of God with a song; ♦
I will proclaim his greatness with thanksgiving.

33 This will please the Lord more than an offering of oxen, ♦
more than bulls with horns and hooves.

34 The humble shall see and be glad; ♦
you who seek God, your heart shall live.

35 For the Lord listens to the needy, ♦
and his own who are imprisoned he does not despise.

36 Let the heavens and the earth praise him, ♦
the seas and all that moves in them;

37 For God will save Zion and rebuild the cities of Judah; ♦
they shall live there and have it in possession.

38 The children of his servants shall inherit it, ♦
and they that love his name shall dwell therein.

*Thirsting on the cross,
your Son shared the reproach of the oppressed
and carried the sins of all;
in him, O God, may the despairing find you,
the afflicted gain life
and the whole creation know its true king,
Jesus Christ our Lord.*

Saturday 13th March

Psalm 116

- 1 I love the Lord,
for he has heard the voice of my supplication; ♦
because he inclined his ear to me
on the day I called to him.
- 2 The snares of death encompassed me;
the pains of hell took hold of me; ♦
by grief and sorrow was I held.
- 3 Then I called upon the name of the Lord: ♦
'O Lord, I beg you, deliver my soul.'
- 4 Gracious is the Lord and righteous; ♦
our God is full of compassion.
- 5 The Lord watches over the simple; ♦
I was brought very low and he saved me.
- 6 Turn again to your rest, O my soul, ♦
for the Lord has been gracious to you.
- 7 For you have delivered my soul from death, ♦
my eyes from tears and my feet from falling.
- 8 I will walk before the Lord ♦
in the land of the living.
- 9 I believed that I should perish
for I was sorely troubled; ♦
and I said in my alarm, 'Everyone is a liar.'
- 10 How shall I repay the Lord ♦
for all the benefits he has given to me?
- 11 I will lift up the cup of salvation ♦
and call upon the name of the Lord.
- 12 I will fulfil my vows to the Lord ♦
in the presence of all his people.
- 13 Precious in the sight of the Lord ♦
is the death of his faithful servants.

14 O Lord, I am your servant, ♦
your servant, the child of your handmaid;
you have freed me from my bonds.

15 I will offer to you a sacrifice of thanksgiving ♦
and call upon the name of the Lord.

16 I will fulfil my vows to the Lord ♦
in the presence of all his people,

17 In the courts of the house of the Lord, ♦
in the midst of you, O Jerusalem.

*As we walk through the valley of the shadow of death,
may we call upon your name,
raise the cup of salvation,
and so proclaim your death, O Lord,
until you come in glory.*

Sunday 14th March

Psalm 13

1 How long will you forget me, O Lord; for ever? ♦
How long will you hide your face from me?

2 How long shall I have anguish in my soul
and grief in my heart, day after day? ♦
How long shall my enemy triumph over me?

3 Look upon me and answer, O Lord my God; ♦
lighten my eyes, lest I sleep in death;

4 Lest my enemy say, 'I have prevailed against him,' ♦
and my foes rejoice that I have fallen.

5 But I put my trust in your steadfast love; ♦
my heart will rejoice in your salvation.

6 I will sing to the Lord, ♦
for he has dealt so bountifully with me.

*Jesus Christ, Son of God,
who passed through the dark sleep of death,
remember those who cry to you
in shame and silence and defeat
and raise them to your risen life,
for you are alive and reign for ever.*

Monday 15th March

Psalm 25

- 1 To you, O Lord, I lift up my soul;
O my God, in you I trust; ♦
let me not be put to shame;
let not my enemies triumph over me.
- 2 Let none who look to you be put to shame, ♦
but let the treacherous be shamed and frustrated.
- 3 Make me to know your ways, O Lord, ♦
and teach me your paths.
- 4 Lead me in your truth and teach me, ♦
for you are the God of my salvation;
for you have I hoped all the day long.
- 5 Remember, Lord, your compassion and love, ♦
for they are from everlasting.
- 6 Remember not the sins of my youth
or my transgressions, ♦
but think on me in your goodness, O Lord,
according to your steadfast love.
- 7 Gracious and upright is the Lord; ♦
therefore shall he teach sinners in the way.
- 8 He will guide the humble in doing right ♦
and teach his way to the lowly.
- 9 All the paths of the Lord are mercy and truth ♦
to those who keep his covenant and his testimonies.

10 For your name's sake, O Lord, ♦
be merciful to my sin, for it is great.

11 Who are those who fear the Lord? ♦
Them will he teach in the way that they should choose.

12 Their soul shall dwell at ease ♦
and their offspring shall inherit the land.

13 The hidden purpose of the Lord is for those who fear him ♦
and he will show them his covenant.

14 My eyes are ever looking to the Lord, ♦
for he shall pluck my feet out of the net.

15 Turn to me and be gracious to me, ♦
for I am alone and brought very low.

16 The sorrows of my heart have increased; ♦
O bring me out of my distress.

17 Look upon my adversity and misery ♦
and forgive me all my sin.

18 Look upon my enemies, for they are many ♦
and they bear a violent hatred against me.

19 O keep my soul and deliver me; ♦
let me not be put to shame, for I have put my trust in you.

20 Let integrity and uprightness preserve me, ♦
for my hope has been in you.

21 Deliver Israel, O God, ♦
out of all his troubles.

*Free us, God of mercy,
from all that keeps us from you;
relieve the misery of the anxious and the ashamed
and fill us with the hope of peace;
through Jesus Christ our Lord.*

Tuesday 16th March

Psalm 80

- 1 Hear, O Shepherd of Israel, ♦
you that led Joseph like a flock;
- 2 Shine forth, you that are enthroned upon the cherubim, ♦
before Ephraim, Benjamin and Manasseh.
- 3 Stir up your mighty strength ♦
and come to our salvation.
- 4 *Turn us again, O God; ♦*
show the light of your countenance, and we shall be saved.
- 5 O Lord God of hosts, ♦
how long will you be angry at your people's prayer?
- 6 You feed them with the bread of tears; ♦
you give them abundance of tears to drink.
- 7 You have made us the derision of our neighbours, ♦
and our enemies laugh us to scorn.
- 8 *Turn us again, O God of hosts; ♦*
show the light of your countenance, and we shall be saved.
- 9 You brought a vine out of Egypt; ♦
you drove out the nations and planted it.
- 10 You made room around it, ♦
and when it had taken root, it filled the land.
- 11 The hills were covered with its shadow ♦
and the cedars of God by its boughs.
- 12 It stretched out its branches to the Sea ♦
and its tendrils to the River.
- 13 Why then have you broken down its wall, ♦
so that all who pass by pluck off its grapes?
- 14 The wild boar out of the wood tears it off, ♦
and all the insects of the field devour it.
- 15 Turn again, O God of hosts, ♦

look down from heaven and behold;
16 Cherish this vine which your right hand has planted, ♦
and the branch that you made so strong for yourself.
17 Let those who burnt it with fire, who cut it down, ♦
perish at the rebuke of your countenance.
18 Let your hand be upon the man at your right hand, ♦
the son of man you made so strong for yourself.
19 And so will we not go back from you; ♦
give us life, and we shall call upon your name.
20 *Turn us again, O Lord God of hosts; ♦
show the light of your countenance, and we shall be saved.*

*Faithful shepherd of your people,
as we look for the light of your countenance,
restore in us the image of your glory
and graft us into the risen life of your Son,
Jesus Christ our Lord.*

Wednesday 17th March

Psalm 91

1 Whoever dwells in the shelter of the Most High ♦
and abides under the shadow of the Almighty,
2 Shall say to the Lord, 'My refuge and my stronghold, ♦
my God, in whom I put my trust.'
3 For he shall deliver you from the snare of the fowler ♦
and from the deadly pestilence.
4 He shall cover you with his wings
and you shall be safe under his feathers; ♦
his faithfulness shall be your shield and buckler.
5 You shall not be afraid of any terror by night, ♦
nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness, ♦
nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side
and ten thousand at your right hand, ♦
yet it shall not come near you.

8 Your eyes have only to behold ♦
to see the reward of the wicked.

9 Because you have made the Lord your refuge ♦
and the Most High your stronghold,

10 There shall no evil happen to you, ♦
neither shall any plague come near your tent.

11 For he shall give his angels charge over you, ♦
to keep you in all your ways.

12 They shall bear you in their hands, ♦
lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; ♦
the young lion and the serpent you shall trample underfoot.

14 Because they have set their love upon me,
therefore will I deliver them; ♦
I will lift them up, because they know my name.

15 They will call upon me and I will answer them; ♦
I am with them in trouble, I will deliver them and bring them to honour.

16 With long life will I satisfy them ♦
and show them my salvation.

*Keep us, good Lord, under the shadow of your mercy
and, as you have bound us to yourself in love,
leave us not who call upon your name,
but grant us your salvation,
made known in the cross of Jesus Christ our Lord.*

Thursday 18th March

Psalm 132

- 1 Lord, remember for David ♦
all the hardships he endured;
- 2 How he swore an oath to the Lord ♦
and vowed a vow to the Mighty One of Jacob:
- 3 ‘I will not come within the shelter of my house, ♦
nor climb up into my bed;
- 4 ‘I will not allow my eyes to sleep, ♦
nor let my eyelids slumber,
- 5 ‘Until I find a place for the Lord, ♦
a dwelling for the Mighty One of Jacob.’
- 6 Now, we heard of the ark in Ephrathah ♦
and found it in the fields of Ja-ar.
- 7 Let us enter his dwelling place ♦
and fall low before his footstool.
- 8 Arise, O Lord, into your resting place, ♦
you and the ark of your strength.
- 9 Let your priests be clothed with righteousness ♦
and your faithful ones sing with joy.
- 10 For your servant David’s sake, ♦
turn not away the face of your anointed.
- 11 The Lord has sworn an oath to David, ♦
a promise from which he will not shrink:
- 12 ‘Of the fruit of your body ♦
shall I set upon your throne.
- 13 ‘If your children keep my covenant
and my testimonies that I shall teach them, ♦
their children also shall sit upon your throne for evermore.’
- 14 For the Lord has chosen Zion for himself; ♦
he has desired her for his habitation:
- 15 ‘This shall be my resting place for ever; ♦

here will I dwell, for I have longed for her.

16 'I will abundantly bless her provision; ♦
her poor will I satisfy with bread.

17 'I will clothe her priests with salvation, ♦
and her faithful ones shall rejoice and sing.

18 'There will I make a horn to spring up for David; ♦
I will keep a lantern burning for my anointed.

19 'As for his enemies, I will clothe them with shame; ♦
but on him shall his crown be bright.'

*Jesus, Son of David,
make us a priestly people;
clothe us in righteousness,
make us fruitful,
and give us hearts to shout for joy in your salvation;
we pray in the power of the Spirit.*

Friday 19th March

Psalm 1

1 Blessed are they who have not walked
in the counsel of the wicked, ♦
nor lingered in the way of sinners,
nor sat in the assembly of the scornful.

2 Their delight is in the law of the Lord ♦
and they meditate on his law day and night.

3 Like a tree planted by streams of water
bearing fruit in due season, with leaves that do not wither, ♦
whatever they do, it shall prosper.

4 As for the wicked, it is not so with them; ♦
they are like chaff which the wind blows away.

5 Therefore the wicked shall not be able to stand in the judgement, ♦
nor the sinner in the congregation of the righteous.

6 For the Lord knows the way of the righteous, ♦
but the way of the wicked shall perish.

*Christ our wisdom,
give us delight in your law,
that we may bear fruits of patience and peace
in the kingdom of the righteous;
for your mercy's sake.*

Psalm 112

1 Blessed are those who fear the Lord ♦
and have great delight in his commandments.

2 Their descendants will be mighty in the land, ♦
a generation of the faithful that will be blest.

3 Wealth and riches will be in their house, ♦
and their righteousness endures for ever.

4 Light shines in the darkness for the upright; ♦
gracious and full of compassion are the righteous.

5 It goes well with those who are generous in lending ♦
and order their affairs with justice,

6 For they will never be shaken; ♦
the righteous will be held in everlasting remembrance.

7 They will not be afraid of any evil tidings; ♦
their heart is steadfast, trusting in the Lord.

8 Their heart is sustained and will not fear, ♦
until they see the downfall of their foes.

9 They have given freely to the poor;
their righteousness stands fast for ever; ♦
their head will be exalted with honour.

10 The wicked shall see it and be angry;
they shall gnash their teeth in despair; ♦
the desire of the wicked shall perish.

*Generous God,
save us from the meanness
that calculates its interest and hoards its earthly gain;
as we have freely received,
so may we freely give;
in the grace of Jesus Christ our Lord.*

Saturday 20th March

Psalm 116

- 1 Deliver me, O Lord, from evildoers ♦
and protect me from the violent,
- 2 Who devise evil in their hearts ♦
and stir up strife all the day long.
- 3 They have sharpened their tongues like a serpent; ♦
adder's poison is under their lips.
- 4 Keep me, O Lord, from the hands of the wicked; ♦
protect me from the violent
who seek to make me stumble.
- 5 The proud have laid a snare for me
and spread out a net of cords; ♦
they have set traps along my path.
- 6 I have said to the Lord, 'You are my God; ♦
listen, O Lord, to the voice of my supplication.
- 7 'O Lord God, the strength of my salvation, ♦
you have covered my head in the day of battle.
- 8 'Do not grant the desires of the wicked, O Lord, ♦
do not prosper their wicked plans.
- 9 'Let not those who surround me lift up their heads; ♦
let the evil of their own lips fall upon them.
- 10 'Let hot burning coals rain upon them; ♦
let them be cast into the depths, that they rise not again.'

- 11 No slanderer shall prosper on the earth, ♦
and evil shall hunt down the violent to overthrow them.
- 12 I know that the Lord will bring justice for the oppressed ♦
and maintain the cause of the needy.
- 13 Surely, the righteous will give thanks to your name, ♦
and the upright shall dwell in your presence.

*Glorious Saviour,
rescue us from the subtle evils that are too strong for us,
from poisonous words and the spirit of war;
by your judgement overthrow the forces of violence,
that all the world may join to worship you
in thanksgiving and peace,
now and for ever.*

Scripture Readings

Wednesday 17th February	Luke 15.11-end
Thursday 18th February	Gal 2.11-end
Friday 19th February	Gal 3.1-14
Saturday 20th February	Gal 3.15-22
Sunday 21st February	Rom 5.12-19
Monday 22nd February	Gal 3.23-4.7
Tuesday 23rd February	Gal 4.8-20
Wednesday 24th February	Gal 4.21-5.1
Thursday 25th February	Gal 5.2-15
Friday 26th February	Gal 5.16-end
Saturday 27th February	Gal 6
Sunday 28th February	John 8.51-end
Monday 1st March	Heb 1
Tuesday 2nd March	Heb 2.1-9
Wednesday 3rd March	Heb 2.10-end
Thursday 4th March	Heb 3.1-6
Friday 5th March	Heb 3.7-end
Saturday 6th March	Heb 4.1-13
Sunday 7th March	Matt 10.16-22
Monday 8th March	Heb 4.14-5.10
Tuesday 9th March	Heb 5.11-6.12
Wednesday 10th March	Heb 6.13-end
Thursday 11th March	Heb 7.1-10
Friday 12th March	Heb 7.11-end
Saturday 13th March	Heb 8
Sunday 14st March	Rom 5.1-11
Monday 15th March	Heb 9.1-14
Tuesday 16th March	Heb 9.15-end
Wednesday 17th March	Heb 10.1-18
Thursday 18th March	Luke 2.41-end
Friday 19th March	Matt 2.13-end
Saturday 20th March	Heb 11.1-16

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