

## COLLECT

Almighty Lord and everlasting God,  
we beseech you to direct, sanctify  
and govern both our hearts and  
bodies  
in the ways of your laws and the  
works of your commandments;  
that through your most mighty  
protection, both here and ever,  
we may be preserved in body and  
soul;  
through our Lord and Saviour Jesus  
Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING Isaiah 55:1-5

*A reading from the book of the prophet Isaiah.*

The LORD says this: Everyone who  
thirsts, come to the waters; and you  
that have no money, come, buy  
and eat! Come, buy wine and milk  
without money and without price.  
Why do you spend your money  
for that which is not bread, and  
your labour for that which does  
not satisfy? Listen carefully to me,  
and eat what is good, and delight  
yourselves in rich food. Incline your  
ear, and come to me; listen, so that  
you may live. I will make with you an  
everlasting covenant, my steadfast,  
sure love for David. See, I made him  
a witness to the peoples, a leader  
and commander for the peoples.  
See, you shall call nations that you  
do not know, and nations that do not  
know you shall run to you, because  
of the LORD your God, the Holy One  
of Israel, for he has glorified you.

## PSALM Psalm 145:8-9. 15-22

**R** *You open wide your hand,  
O Lord,  
[and satisfy the needs of every  
creature].*

The Lord is gracious and full of  
compassion,  
slow to anger and of great kindness.  
The Lord is loving to everyone  
and his compassion is over all his  
works. **R**

The Lord upholds all those who fall;  
he lifts up those who are bowed  
down.

The eyes of all wait upon you,  
O Lord,  
and you give them their food in due  
season.

You open wide your hand  
and satisfy the needs of every living  
creature. **R**

The Lord is righteous in all his ways  
and loving in all his works.

The Lord is near to those who call  
upon him,  
to all who call upon him faithfully.  
He fulfils the desire of those who  
fear him,  
he hears their cry and helps them. **R**

The Lord preserves all those who  
love him,  
but he destroys all the wicked.  
My mouth shall speak the praise of  
the Lord;  
let all flesh bless his holy name for  
ever and ever. **R**

## SECOND READING

### Romans 9:1-5

*A reading from the letter of Paul to the Romans.*

I am speaking the truth in Christ.  
I am not lying; my conscience  
confirms it by the Holy Spirit.  
I have great sorrow and unceasing  
anguish in my heart. For I could  
wish that I myself were accursed  
and cut off from Christ for the sake  
of my own people, my kindred  
according to the flesh. They are  
Israelites, and to them belong the  
adoption, the glory, the covenants,  
the giving of the law, the worship,  
and the promises; to them belong  
the patriarchs, and from them,  
according to the flesh, comes  
the Messiah, who is over all, God  
blessed for ever. Amen.

## GOSPEL Matthew 14:13-21

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

When Jesus heard that Herod had  
beheaded John the Baptist, he

withdrew in a boat to a deserted  
place by himself. But when the  
crowds heard it, they followed him  
on foot from the towns. When he  
went ashore, he saw a great crowd;  
and he had compassion for them  
and cured their sick. When it was  
evening, the disciples came to him  
and said, "This is a deserted place,  
and the hour is now late; send the  
crowds away so that they may go  
into the villages and buy food for  
themselves." Jesus said to them,  
"They need not go away; you give  
them something to eat." They  
replied, "We have nothing here  
but five loaves and two fish." And  
he said, "Bring them here to me."  
Then he ordered the crowds to sit  
down on the grass. Taking the five  
loaves and the two fish, he looked  
up to heaven, and blessed and  
broke the loaves, and gave them to  
the disciples, and the disciples gave  
them to the crowds. And all ate and  
were filled; and they took up what  
was left over of the broken pieces,  
twelve baskets full. And those who  
ate were about five thousand men,  
besides women and children.

## POST COMMUNION

Strengthen for service, Lord,  
the hands that have taken holy  
things;  
may the ears which have heard your  
word be deaf to clamour and  
dispute;  
may the tongues which have sung  
your praise be free from deceit;  
may the eyes which have seen the  
tokens of your love shine with the  
light of hope;  
and may the bodies which have been  
fed with your body be refreshed  
with the fullness of your life;  
glory to you for ever.

## COLLECT

Almighty God,  
who sent your Holy Spirit  
to be the life and light of your Church:  
open our hearts to the riches of your  
grace,  
that we may bring forth the fruit of the  
Spirit  
in love and joy and peace;  
through Jesus Christ your Son our  
Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING 1 Kings 19:9-18

*A reading from the first book of Kings.*

When Elijah reached Horeb, the mountain of God, he came to a cave, and spent the night there. Then the word of the LORD came to him, saying, "What are you doing here, Elijah?" He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." He said, "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the LORD, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the LORD said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of

Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

## PSALM Psalm 85:8-13

**R** *Show us your mercy, O Lord,  
and grant us your salvation.*

I will listen to what the Lord God is saying,  
for he is speaking peace to his faithful people  
and to those who turn their hearts to him.

Truly, his salvation is very near to those who fear him,  
that his glory may dwell in our land. **R**

Mercy and truth have met together;  
righteousness and peace have kissed each other.

Truth shall spring up from the earth,  
and righteousness shall look down from heaven. **R**

The Lord will indeed grant prosperity,  
and our land will yield its increase.  
Righteousness shall go before him,  
and peace shall be a pathway for his feet. **R**

## SECOND READING

### Romans 10:5-15

*A reading from the letter of Paul to the Romans.*

Moses writes concerning the righteousness that comes from the law, that "the person who does these things will live by them." But the righteousness that comes from faith says, "Do not say in your heart, 'Who will ascend into heaven?'" (that is, to bring Christ down) "or 'Who will descend into the abyss?'" (that is, to bring Christ up from the dead). But what does it say? "The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved." But how are they to call on one in whom

they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, "How beautiful are the feet of those who bring good news!"

## GOSPEL Matthew 14:22-33

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

Immediately after feeding the crowd with the five loaves and two fish, Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, "It is a ghost!" And they cried out in fear. But immediately Jesus spoke to them and said, "Take heart, it is I; do not be afraid." Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, "Lord, save me!" Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?" When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, "Truly you are the Son of God."

## POST COMMUNION

Holy Father,  
who gathered us here around the table of your Son  
to share this meal with the whole household of God:  
in that new world where you reveal the fullness of your peace,  
gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord.

## COLLECT

Let your merciful ears, O Lord,  
be open to the prayers of your  
humble servants;  
and that they may obtain their  
petitions  
make them to ask such things as  
shall please you;  
through Jesus Christ your Son our  
Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING

**Isaiah 56:1. 6-8**

*A reading from the book of the prophet Isaiah.*

Thus says the LORD: Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed. And the foreigners who join themselves to the LORD, to minister to him, to love the name of the LORD, and to be his servants, all who keep the sabbath, and do not profane it, and hold fast my covenant – these I will bring to my holy mountain, and make them joyful in my house of prayer; their burnt-offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples. Thus says the Lord GOD, who gathers the outcasts of Israel, I will gather others to them besides those already gathered.

## PSALM Psalm 67

**R** *Let the peoples praise you, O God; let all the peoples praise you.*

May God be merciful to us and bless us,  
show us the light of his countenance and come to us.  
Let your ways be known upon earth,  
your saving health among all nations. **R**

[Let the peoples praise you, O God; let all the peoples praise you.]  
Let the nations be glad and sing for joy,

for you judge the peoples with equity  
and guide all the nations upon earth. **R**

[Let the peoples praise you, O God; let all the peoples praise you.]  
The earth has brought forth her increase;  
may God, our own God, give us his blessing.  
May God give us his blessing, and may all the ends of the earth stand in awe of him. **R**

## SECOND READING

**Romans 11:1-2a. 29-32**

*A reading from the letter of Paul to the Romans.*

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew. For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

**GOSPEL** (Short or long reading)

**Matthew 15:[10-20]. 21-28**

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

[Then Jesus called the crowd to him and said to them, "Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles." Then the disciples approached and said to him, "Do you know that the Pharisees took offence when they heard what you said?" He answered, "Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And

if one blind person guides another, both will fall into a pit." But Peter said to him, "Explain this parable to us." Then he said, "Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile."] Jesus went away to the district of Tyre and Sidon. A Canaanite woman from that region came out and started shouting, "Have mercy on me, Lord, Son of David; my daughter is tormented by a demon." But he did not answer her at all. And his disciples came and urged him, saying, "Send her away, for she keeps shouting after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." He answered, "It is not fair to take the children's food and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." Then Jesus answered her, "Woman, great is your faith! Let it be done for you as you wish." And her daughter was healed instantly.

## POST COMMUNION

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
through Jesus Christ our Lord.

## COLLECT

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

## FIRST READING Isaiah 51:1-6

*A reading from the book of the prophet Isaiah.*

Listen to me, you that pursue righteousness, you that seek the LORD. Look to the rock from which you were hewn, and to the quarry from which you were dug. Look to Abraham your father and to Sarah who bore you; for he was but one when I called him, but I blessed him and made him many. For the LORD will comfort Zion; he will comfort all her waste places, and will make her wilderness like Eden, her desert like the garden of the LORD; joy and gladness will be found in her, thanksgiving and the voice of song. Listen to me, my people, and give heed to me, my nation; for a teaching will go out from me, and my justice for a light to the peoples. I will bring near my deliverance swiftly, my salvation has gone out and my arms will rule the peoples; the coastlands wait for me, and for my arm they hope. Lift up your eyes to the heavens, and look at the earth beneath; for the heavens will vanish like smoke, the earth will wear out like a garment, and those who live on it will die like gnats; but my salvation will be for ever, and my deliverance will never be ended.

## PSALM Psalm 138

**R** O Lord, your love endures for ever; [do not abandon the works of your hands].

I will give thanks to you, O Lord, with my whole heart; before the gods I will sing your praise. 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. **R**

When I called, you answered me; you increased my strength within me. All the kings of the earth will praise you, O Lord, when they have heard the words of your mouth. They will sing of the ways of the Lord, that great is the glory of the Lord. Though the Lord be high, he cares for the lowly; he perceives the haughty from afar. **R**

Though I walk in the midst of trouble, you keep me safe; you stretch forth your hand against the fury of my enemies; your right hand shall save me. The Lord will make good his purpose for me; O Lord, your love endures for ever; do not abandon the works of your hands. **R**

## SECOND READING

### Romans 12:1-8

*A reading from the letter of Paul to the Romans.*

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God – what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are

one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

## GOSPEL Matthew 16:13-20

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter answered, "You are the Messiah, the Son of the living God." And Jesus answered him, "Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

## POST COMMUNION

Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord.

## COLLECT

Almighty and everlasting God,  
you are always more ready to hear  
than we to pray  
and to give more than either we  
desire or deserve:  
pour down upon us the abundance  
of your mercy,  
forgiving us those things of which  
our conscience is afraid  
and giving us those good things  
which we are not worthy to ask  
but through the merits and  
mediation  
of Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING

### Jeremiah 15:15-21

*A reading from the book of the prophet Jeremiah.*

O LORD, you know; remember me and visit me, and bring down retribution for me on my persecutors. In your forbearance do not take me away; know that on your account I suffer insult. Your words were found, and I ate them, and your words became to me a joy and the delight of my heart; for I am called by your name, O LORD, God of hosts. I did not sit in the company of merrymakers, nor did I rejoice; under the weight of your hand I sat alone, for you had filled me with indignation. Why is my pain unceasing, my wound incurable, refusing to be healed? Truly, you are to me like a deceitful brook, like waters that fail. Therefore thus says the LORD: If you turn back, I will take you back, and you shall stand before me. If you utter what is precious, and not what is worthless, you shall serve as my mouth. It is they who will turn to you, not you who will turn to them. And I will make you to this people a fortified wall of bronze; they will fight against you, but they shall not prevail over you, for I am with you to save you and deliver you, says the LORD. I will deliver you out of the hand of the wicked, and redeem you from the grasp of the ruthless.

## PSALM Psalm 26:1-8

**R** *Your love is before my eyes;  
[I have walked faithfully with you].*

Give judgement for me, O Lord,  
for I have lived with integrity;  
I have trusted in the Lord and have  
not faltered.

Test me, O Lord, and try me;  
examine my heart and my mind. **R**

For your love is before my eyes;  
I have walked faithfully with you.  
I have not sat with the worthless,  
nor do I consort with the deceitful.

I have hated the company of  
evildoers;  
I will not sit down with the wicked. **R**

I will wash my hands in innocence,  
O Lord,

that I may go in procession round  
your altar,  
Singing aloud a song of  
thanksgiving

and recounting all your wonderful  
deeds.

Lord, I love the house in which you  
dwell

and the place where your glory  
abides. **R**

## SECOND READING

### Romans 12:9-21

*A reading from the letter of Paul to the Romans.*

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. If it is possible, so far as it depends on you, live peaceably with all. Beloved, never avenge

yourselves, but leave room for the wrath of God; for it is written, "Vengeance is mine, I will repay, says the Lord." No, "if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads." Do not be overcome by evil, but overcome evil with good.

## GOSPEL Matthew 16:21-28

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, "God forbid it, Lord! This must never happen to you." But he turned and said to Peter, "Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things." Then Jesus told his disciples, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom."

## POST COMMUNION

God of all mercy,  
in this eucharist you have set aside  
our sins  
and given us your healing:  
grant that we who are made whole  
in Christ  
may bring that healing to this  
broken world,  
in the name of Jesus Christ our Lord.