

COLLECT

O God,
the strength of all those who put their
trust in you,
mercifully accept our prayers
and, because through the weakness of
our mortal nature
we can do no good thing without you,
grant us the help of your grace,
that in the keeping of your
commandments
we may please you both in will and
deed;
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

Either **Deuteronomy 5:12-15**

A reading from the book of Deuteronomy.

The LORD says this: Observe the sabbath day and keep it holy, as the LORD your God commanded you. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work – you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. Remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm; therefore the LORD your God commanded you to keep the sabbath day.

Or **1 Samuel 3:1-10 [11-20]**

PSALM Psalm 81:1-10

R Sing with joy to God our strength.

Sing with joy to God our strength
and raise a loud shout to the God of
Jacob.
Raise a song and sound the timbrel,
the merry harp and the lyre.
Blow the ram's-horn at the new moon,
and at the full moon, the day of our
feast. **R**

For this is a statute for Israel, a law of
the God of Jacob.

He laid it as a solemn charge upon
Joseph,
when he came out of the land of
Egypt. **R**

I heard an unfamiliar voice saying,
"I eased his shoulder from the
burden;
his hands were set free from bearing
the load."
You called on me in trouble and I
saved you;
I answered you from the secret place
of thunder
and tested you at the waters of
Meribah. **R**

Hear, O my people, and I will
admonish you:

O Israel, if you would but listen to me!
There shall be no strange god among
you;
you shall not worship a foreign god.
I am the Lord your God,
who brought you out of the land of
Egypt and said,
"Open your mouth wide and I will fill
it." **R**

SECOND READING

2 Corinthians 4:5-12

A reading from the second letter of Paul to the Corinthians.

We do not proclaim ourselves; we
proclaim Jesus Christ as Lord and
ourselves as your slaves for Jesus'
sake. For it is the God who said, "Let
light shine out of darkness," who
has shone in our hearts to give the
light of the knowledge of the glory
of God in the face of Jesus Christ.
But we have this treasure in clay jars,
so that it may be made clear that
this extraordinary power belongs to
God and does not come from us. We
are afflicted in every way, but not
crushed; perplexed, but not driven to
despair; persecuted, but not forsaken;
struck down, but not destroyed;
always carrying in the body the death
of Jesus, so that the life of Jesus may
also be made visible in our bodies.
For while we live, we are always being
given up to death for Jesus' sake, so

that the life of Jesus may be made
visible in our mortal flesh. So death is
at work in us, but life in you.

GOSPEL Mark 2:23 – 3:6

Hear the gospel of our Lord Jesus Christ according to Mark.

One sabbath Jesus was going through
the cornfields; and as they made
their way his disciples began to pluck
heads of grain. The Pharisees said to
him, "Look, why are they doing what
is not lawful on the sabbath?" And
he said to them, "Have you never
read what David did when he and his
companions were hungry and in need
of food? He entered the house of
God, when Abiathar was high priest,
and ate the bread of the Presence,
which it is not lawful for any but the
priests to eat, and he gave some to
his companions." Then he said to
them, "The sabbath was made for
humankind and not humankind for
the sabbath; so the Son of Man is
lord even of the sabbath." Again he
entered the synagogue, and a man
was there who had a withered hand.
They watched him to see whether he
would cure him on the sabbath, so
that they might accuse him. And he
said to the man who had the withered
hand, "Come forward." Then he said
to the Pharisees, "Is it lawful to do
good or to do harm on the sabbath,
to save life or to kill?" But they were
silent. He looked around at them
with anger; he was grieved at their
hardness of heart and said to the man,
"Stretch out your hand." He stretched
it out, and his hand was restored. The
Pharisees went out and immediately
conspired with the Herodians against
Jesus, how to destroy him.

POST COMMUNION

Eternal Father,
we thank you for nourishing us
with these heavenly gifts:
may our communion strengthen us in
faith,
build us up in hope,
and make us grow in love;
for the sake of Jesus Christ our Lord.