

# **Psalms, readings and collect**

**Date:** 22<sup>nd</sup> December – O Rex gentium

## **Psalm:**

(124) IF the Lord himself had not been on our side, now may Israel say : if the Lord himself had not been on our side, when men rose up against us;  
2 They had swallowed us up quick : when they were so wrathfully displeased at us.  
3 Yea, the waters had drowned us : and the stream had gone over our soul.  
4 The deep waters of the proud : had gone even over our soul.  
5 But praised be the Lord : who hath not given us over for a prey unto their teeth.  
6 Our soul is escaped even as a bird out of the snare of the fowler : the snare is broken, and we are delivered.  
7 Our help standeth in the Name of the Lord : who hath made heaven and earth.  
Glory be to the Father and to the Son: and to the Holy Ghost.  
As it was in the beginning, is now and ever shall be: world without end. Amen.

(125) THEY that put their trust in the Lord shall be even as the mount Sion : which may not be removed, but standeth fast for ever.  
2 The hills stand about Jerusalem : even so standeth the Lord round about his people, from this time forth for evermore.  
3 For the rod of the ungodly cometh not into the lot of the righteous : lest the righteous put their hand unto wickedness.  
4 Do well, O Lord : unto those that are good and true of heart.  
5 As for such as turn back unto their own wickedness : the Lord shall lead them forth with the evil-doers; but peace shall be upon Israel.  
Glory be to the Father and to the Son: and to the Holy Ghost.  
As it was in the beginning, is now and ever shall be: world without end. Amen.

(126) WHEN the Lord turned again the captivity of Sion : then were we like unto them that dream.  
2 Then was our mouth filled with laughter : and our tongue with joy.  
3 Then said they among the heathen : The Lord hath done great things for them.  
4 Yea, the Lord hath done great things for us already : whereof we rejoice.  
5 Turn our captivity, O Lord : as the rivers in the south.  
6 They that sow in tears : shall reap in joy.  
7 He that now goeth on his way weeping, and beareth forth good seed : shall doubtless come again with joy, and bring his sheaves with him.  
Glory be to the Father and to the Son: and to the Holy Ghost.  
As it was in the beginning, is now and ever shall be: world without end. Amen.

(127) EXCEPT the Lord build the house : their labour is but lost that build it.  
2 Except the Lord keep the city : the watchman waketh but in vain.  
3 It is but lost labour that ye haste to rise up early, and so late take rest, and eat the bread of carefulness : for so he giveth his beloved sleep.  
4 Lo, children and the fruit of the womb : are an heritage and gift that cometh of the Lord.  
5 Like as the arrows in the hand of the giant : even so are the young children.  
6 Happy is the man that hath his quiver full of them : they shall not be ashamed when they speak with their enemies in the gate.  
Glory be to the Father and to the Son: and to the Holy Ghost.  
As it was in the beginning, is now and ever shall be: world without end. Amen.

**Reading:**

A Reading from the Gospel according to Saint Luke.

Mary said, "My soul magnifies the Lord, and my spirit rejoices in God my Saviour, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. And his mercy is on those who fear him from generation to generation. He has shown strength with his arm, he has scattered the proud in the imagination of their hearts, he has put down the mighty from their thrones, and exalted those of low degree; he has filled the hungry with good things, and the rich he has sent empty away. He has helped his servant Israel, in remembrance of his mercy, as he spoke to our fathers, to Abraham and to his posterity for ever." And Mary remained with her about three months, and returned to her home.

**Antiphon for the Benedictus and Magnificat:**

O King of the nations, and their Desire; the Cornerstone, who makest both one: Come, and save mankind, whom thou formedst of clay.

**Collect of the day:**

O Lord, raise up (we pray Thee) Thy power, and come among us, and with great might succour us: that whereas, through our sins and wickedness, we are sore let and hindered in running the race that is set before us, Thy bountiful grace and mercy may speedily help and deliver us; through the satisfaction of Thy Son our Lord, to Whom with Thee and the Holy Ghost be all honour and glory; God, throughout all ages, world without end. Amen.