

# **Psalms, readings and collect**

**Date:** 21<sup>st</sup> December – Advent IV A

*Obviously on Sundays, people will use the Act of Spiritual Communion; but for those who wish to say an evening office, provision is included here.*

## **Office**

### **Psalm:**

(144) BLESSED be the Lord my strength : who teacheth my hands to war, and my fingers to fight;

2 My hope and my fortress, my castle and deliverer, my defender in whom I trust : who subdueth my people that is under me.

3 Lord, what is man, that thou hast such respect unto him : or the son of man, that thou so regardest him?

4 Man is like a thing of nought : his time passeth away like a shadow.

5 Bow thy heavens, O Lord, and come down : touch the mountains, and they shall smoke.

6 Cast forth thy lightning, and tear them : shoot out thine arrows, and consume them.

7 Send down thine hand from above : deliver me, and take me out of the great waters, from the hand of strange children;

8 Whose mouth talketh of vanity : and their right hand is a right hand of wickedness.

9 I will sing a new song unto thee, O God : and sing praises unto thee upon a ten-stringed lute.

10 Thou hast given victory unto kings : and hast delivered David thy servant from the peril of the sword.

11 Save me, and deliver me from the hand of strange children : whose mouth talketh of vanity, and their right hand is a right hand of iniquity.

12 That our sons may grow up as the young plants : and that our daughters may be as the polished corners of the temple.

13 That our garners may be full and plenteous with all manner of store : that our sheep may bring forth thousands and ten thousands in our streets.

14 That our oxen may be strong to labour, that there be no decay : no leading into captivity, and no complaining in our streets.

15 Happy are the people that are in such a case : yea, blessed are the people who have the Lord for their God.

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 Book of the Prophet Isaiah.

The LORD spoke to Ahaz, "Ask a sign of the LORD your God; let it be deep as Sheol or high as heaven." But Ahaz said, "I will not ask, and I will not put the LORD to the test." And he said, "Hear then, O house of David! Is it too little for you to weary men, that you weary my God also? Therefore the Lord himself will give you a sign. Behold, a young woman shall conceive and bear a son, and shall call his name Imman'u-el.

### **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 might majesty and dominion and power; God, throughout all ages world without end. Amen.

## **Act of Spiritual Communion**

### **Collect:**

Eternal God, in the psalms of David, in the words of the Prophets, in the dream of Joseph Your Promise is spoken. At last, in the womb of the Virgin Mary Your Word takes flesh. Teach us to welcome Jesus, the promised Emmanuel and to preach the Good News of His Coming, that every age may know Him as the Source of Redemption and Grace. We ask this through Him, Whose coming is certain, Whose day draws near; Your Son, our Lord Jesus Christ, Who is alive and reigns with You and the Holy Spirit, God, throughout all ages world without end. Amen.

### **First Reading:**

A Reading from the Letter of Saint Paul to the Church in Rome.

Paul, a servant of Jesus Christ, called to be an apostle, set apart for the gospel of God which he promised beforehand through his prophets in the holy scriptures, the gospel concerning his Son, who was descended from David according to the flesh and designated Son of God in power according to the Spirit of holiness by his resurrection from the dead, Jesus Christ our Lord, through whom we have received grace and apostleship to bring about the obedience of faith for the sake of his name among all the nations, including yourselves who are called to belong to Jesus Christ; To all God's beloved in Rome, who are called to be saints: Grace to you and peace from God our Father and the Lord Jesus Christ.

### **Psalm:**

The earth is the Lord's and all that fills it, ♦ the compass of the world and all who dwell therein.

For he has founded it upon the seas ♦ and set it firm upon the rivers of the deep.

'Who shall ascend the hill of the Lord, ♦ or who can rise up in his holy place?'

'Those who have clean hands and a pure heart, ♦ who have not lifted up their soul to an idol, nor sworn an oath to a lie;

'They shall receive a blessing from the Lord, ♦ a just reward from the God of their salvation.'

Such is the company of those who seek him, ♦ of those who seek your face, O God of Jacob.

**Gospel:**

A Reading from the Gospel according to Saint Matthew.

Now the birth of Jesus Christ took place in this way. When his mother Mary had been betrothed to Joseph, before they came together she was found to be with child of the Holy Spirit; and her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. But as he considered this, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary your wife, for that which is conceived in her is of the Holy Spirit; she will bear a son, and you shall call his name Jesus, for he will save his people from their sins." All this took place to fulfil what the Lord had spoken by the prophet: "Behold, a virgin shall conceive and bear a son, and his name shall be called Emmanuel" (which means, God with us). When Joseph woke from sleep, he did as the angel of the Lord commanded him; he took his wife to his home.