

Psalms, readings and collect

Date: 5th July – Sunday XIV/Trinity V

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

Office hymn:

O Trinity of bless-ed light,
O Unity of primal might,
The fiery Sun now goes His way,
Shed Thou within our hearts Thy ray.

O Trinity, O Unity,
Thou help of man's infirmity,
Protect us through the hours of night,
Who art our everlasting light.

To Thee our morning song of praise,
To Thee our evening prayer we raise,
Thy glory, suppliant, we adore,
For ever and for evermore.

To God the Father, God the Son,
And God the Spirit, Three in One,
Let glory, praise and worship be
From age to age eternally.

Psalm:

(55) HEAR my prayer, O God : and hide not thyself from my petition.
2 Take heed unto me, and hear me : how I mourn in my prayer, and am vexed.
3 The enemy crieth so, and the ungodly cometh on so fast : for they are minded to do me some mischief; so maliciously are they set against me.
4 My heart is disquieted within me : and the fear of death is fallen upon me.
5 Fearfulness and trembling are come upon me : and an horrible dread hath overwhelmed me.
6 And I said, O that I had wings like a dove : for then would I flee away, and be at rest.
7 Lo, then would I get me away far off : and remain in the wilderness.
8 I would make haste to escape : because of the stormy wind and tempest.
9 Destroy their tongues, O Lord, and divide them : for I have spied unrighteousness and strife in the city.
10 Day and night they go about within the walls thereof : mischief also and sorrow are in the midst of it.
11 Wickedness is therein : deceit and guile go not out of their streets.
12 For it is not an open enemy, that hath done me this dishonour : for then I could have borne it.
13 Neither was it mine adversary, that did magnify himself against me : for then peradventure I would have hid myself from him.
14 But it was even thou, my companion : my guide, and mine own familiar friend.
15 We took sweet counsel together : and walked in the house of God as friends.
16 Let death come hastily upon them, and let them go down quick into hell : for wickedness is in their dwellings, and among them.
17 As for me, I will call upon God : and the Lord shall save me.
18 In the evening, and morning, and at noon-day will I pray, and that instantly : and he shall hear my voice.

19 It is he that hath delivered my soul in peace from the battle that was against me : for there were many with me.

20 Yea, even God, that endureth for ever, shall hear me, and bring them down : for they will not turn, nor fear God.

21 He laid his hands upon such as be at peace with him : and he brake his covenant.

22 The words of his mouth were softer than butter, having war in his heart : his words were smoother than oil, and yet be they very swords.

23 O cast thy burden upon the Lord, and he shall nourish thee : and shall not suffer the righteous to fall for ever.

24 And as for them : thou, O God, shalt bring them into the pit of destruction.

25 The blood-thirsty and deceitful men shall not live out half their days : nevertheless, my trust shall be in thee, O Lord.

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 Zechariah.

The Lord says this, "Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on an ass, on a colt the foal of an ass. I will cut off the chariot from E'phraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

Responsory:

Let my prayer rise before Thee like incense.

[Let my prayer rise before Thee like incense.](#)

The raising of my hands as an evening sacrifice.

[Let my prayer rise before Thee like incense.](#)

Glory be to the Father and to the Son: and to the Holy Ghost.

Let my prayer rise before Thee like incense.

Magnificat antiphon:

God hath holpen Israel His servant, as He promised to Abraham and his seed for ever.

Collect of the day:

Grant, O Lord, we beseech Thee, that the course of this world may be so peaceably ordered by Thy governance, that Thy Church may joyfully serve Thee in all godly quietness; through Jesus Christ our Lord, Who liveth and reigneth with Thee in the unity of the Holy Ghost, God, throughout all ages world without end. Amen.

Act of Spiritual Communion

Collect:

Father, Lord of Heaven and earth, by Whose gracious Will the Mysteries of the Kingdom are revealed to the childlike, make us learn from Your Son humility of heart, that in shouldering His Yoke we may find refreshment and rest; in and through the same Your Son Jesus Christ our Lord, 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.

You are not in the flesh, you are in the Spirit, if in fact the Spirit of God dwells in you. Any one who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit which dwells in you. So then, brethren, we are debtors, not to the flesh, to live according to the flesh -- for if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body you will live.

Psalm:

I will exalt you, O God my King, ♦ and bless your name for ever and ever.
Every day will I bless you ♦ and praise your name for ever and ever.
The Lord is gracious and merciful, ♦ long-suffering and of great goodness.
The Lord is loving to everyone ♦ and his mercy is over all his creatures.
All your works praise you, O Lord, ♦ and your faithful servants bless you.
They tell of the glory of your kingdom ♦ and speak of your mighty power,
The Lord is sure in all his words ♦ and faithful in all his deeds.
The Lord upholds all those who fall ♦ and lifts up all those who are bowed down.

Gospel:

A Reading from the Gospel according to Saint Matthw.

Jesus declared, "I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes; yea, Father, for such was thy gracious will. All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."