

Psalms, readings and collect

Date: 19th July– Sunday XVI/Trinity VII (Sunday 4)

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:

Glory to Thee, my God, this night
For all the blessings of the light;
Keep me, O keep me, King of kings,
Beneath Thy own almighty wings.

O may my soul on Thee repose,
And with sweet sleep my eyelids close,
Sleep that may me more vigorous make
To serve my God when I awake.

Forgive me, Lord, for Thy dear Son,
The ill that I this day have done,
That with the world, myself and Thee,
I, ere I sleep, at peace may be.

Praise God from Whom all blessings flow,
Praise Him all creatures here below,
Praise Him above, ye heavenly host,
Praise Father, Son and Holy Ghost.

Teach me to live, that I may dread
The grave as little as my bed;
Teach me to die, that so I may
Rise glorious at the awful day.

Psalm:

(71) IN thee, O Lord, have I put my trust, let me never be put to confusion : but rid me and deliver me in thy righteousness, incline thine ear unto me, and save me.

2 Be thou my strong hold, whereunto I may alway resort : thou hast promised to help me, for thou art my house of defence and my castle.

3 Deliver me, O my God, out of the hand of the ungodly : out of the hand of the unrighteous and cruel man.

4 For thou, O Lord God, art the thing that I long for : thou art my hope, even from my youth.

5 Through thee have I been holden up ever since I was born : thou art he that took me out of my mother's womb; my praise shall be always of thee.

6 I am become as it were a monster unto many : but my sure trust is in thee.

7 O let my mouth be filled with thy praise : that I may sing of thy glory and honour all the day long.

8 Cast me not away in the time of age : forsake me not when my strength faileth me.

9 For mine enemies speak against me, and they that lay wait for my soul take their counsel together, saying : God hath forsaken him; persecute him, and take him, for there is none to deliver him.

10 Go not far from me, O God : my God, haste thee to help me.

11 Let them be confounded and perish that are against my soul : let them be covered with shame and dishonour that seek to do me evil.

12 As for me, I will patiently abide alway : and will praise thee more and more.
13 My mouth shall daily speak of thy righteousness and salvation : for I know no end thereof.
14 I will go forth in the strength of the Lord God: and will make mention of thy righteousness only.
15 Thou, O God, hast taught me from my youth
up until now : therefore will I tell of thy wondrous works.
16 Forsake me not, O God, in mine old age, when I am gray-headed : until I have shewed thy strength unto this generation, and thy power to all them that are yet for to come.
17 Thy righteousness, O God, is very high : and great things are they that thou hast done; O God, who is like unto thee?
18 O what great troubles and adversities hast thou shewed me, and yet didst thou turn and refresh me : yea, and broughtest me from the deep of the earth again.
19 Thou hast brought me to great honour : and comforted me on every side.
20 Therefore will I praise thee and thy faithfulness, O God, playing upon an instrument of musick : unto thee will I sing upon the harp, O thou Holy One of Israel.
21 My lips will be fain when I sing unto thee : and so will my soul whom thou hast delivered.
22 My tongue also shall talk of thy righteousness all the day long : for they are confounded and brought unto shame that seek to do me evil.
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.

Responsory:

Jesus is the Messiah, the radiant Light of God's Glory.
[Jesus is the Messiah, the radiant Light of God's Glory.](#)
He holds all creation together by His Word of power.
[Jesus is the Messiah, the radiant Light of God's Glory.](#)
Glory be to the Father and to the Son: and to the Holy Ghost.
Jesus is the Messiah, the radiant Light of God's Glory.

Reading:

A Reading from the Book of Wisdom.

There any god besides thee, whose care is for all men, to whom thou shouldst prove that thou hast not judged unjustly; nor can any king or monarch confront thee about those whom thou hast punished. Thou art righteous and rulest all things righteously, deeming it alien to thy power to condemn him who does not deserve to be punished. For thy strength is the source of righteousness, and thy sovereignty over all causes thee to spare all. For thou dost show thy strength when men doubt the completeness of thy power, and dost rebuke any insolence among those who know it. Thou who art sovereign in strength dost judge with mildness, and with great forbearance thou dost govern us; for thou hast power to act whenever thou dost choose. Through such works thou hast taught thy people that the righteous man must be kind, and thou hast filled thy sons with good hope, because thou givest repentance for sins.

Magnificat antiphon:

Seek ye first the Kingdom of God and His righteousness: and all these things shall be added unto thee.

Collect of the day:

Lord of all power and might, Who art the Author and Giver of all good things: Graft in our hearts the love of Thy Name, increase in us true religion, nourish us with all goodness, and of Thy great mercy keep us in the same; 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:

O God, patient and forbearing, You alone know fully the goodness of what You have made. Strengthen our spirit when we are slow and temper our zeal when we are rash, that in Your own good time You may produce in us a rich harvest from the seed You have sown and tended; in and through 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.

The Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words. And he who searches the hearts of men knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Psalm:

For you, Lord, are good and forgiving, ♦ abounding in steadfast love to all who call upon you.

Give ear, O Lord, to my prayer ♦ and listen to the voice of my supplication.

All nations you have made shall come and worship you, O Lord, ♦ and shall glorify your name.

For you are great and do wonderful things; ♦ you alone are God.

But you, Lord, are gracious and full of compassion, ♦ slow to anger and full of kindness and truth. | Turn to me and have mercy upon me.

Gospel:

A Reading from the Gospel according to Saint Matthew.

Jesus put before the crowds another parable, saying, "The kingdom of heaven may be compared to a man who sowed good seed in his field; but while men were sleeping, his enemy came and sowed weeds among the wheat, and went away. So when the plants came up and bore grain, then the weeds appeared also. And the servants of the householder came and said to him, 'Sir, did you not sow good seed in your field? How then has it weeds?' He said to them, 'An enemy has done this.' The servants said to him, 'Then do you want us to go and gather them?' But he said, 'No; lest in gathering the weeds you root up the wheat along

with them. Let both grow together until the harvest; and at harvest time I will tell the reapers, Gather the weeds first and bind them in bundles to be burned, but gather the wheat into my barn."