

## 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.