

## 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** O come, let us sing to the Lord.

Sing merrily to God our strength  
shout for joy to the God of Jacob.  
Take up the song and sound the timbrel  
the tuneful lyre with the harp. **R**

Blow the trumpet at the new moon,  
as at the full moon, upon our solemn  
feast day.  
For this is a statute for Israel, a law of  
the God of Jacob.

The charge he laid on the people of  
Joseph,  
when they came out of the land of  
Egypt. **R**

I heard a voice I did not know, that said:  
“I eased their shoulder from the  
burden; their hands were set free  
from bearing the load.

You called upon me in trouble and I  
delivered you; **R**

“I answered you from the secret place  
of thunder and proved you at the  
waters of Meribah.

Hear, O my people, and I will admonish  
you:

O Israel, if you would but listen to me! **R**

“There shall be no strange god among  
you;  
you shall not worship a foreign god.  
I am the Lord your God,  
who brought you up from the land of  
Egypt;  
open your mouth wide and I shall 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.

