



## **Prayer of the Day**

Stand watch over your family, O Lord, that we who depend entirely on your heavenly grace may always be protected in the mighty fortress of your love; through Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

## **First Reading: Isaiah 40:21-31**

<sup>21</sup>Do you not know? Do you not hear? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? <sup>22</sup>It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to dwell in; <sup>23</sup>who brings princes to nothing, and makes the rulers of the earth as emptiness. <sup>24</sup>Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows on them, and they wither, and the tempest carries them off like stubble. <sup>25</sup>To whom then will you compare me, that I should be like him? says the Holy One. <sup>26</sup>Lift up your eyes on high and see: who created these? He who brings out their host by number, calling them all by name; by the greatness of his might and because he is strong in power, not one is missing. <sup>27</sup>Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? <sup>28</sup>Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. <sup>29</sup>He gives power to the faint, and to him who has no might he increases strength. <sup>30</sup>Even youths shall faint and be weary, and young men shall fall exhausted; <sup>31</sup>but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

**Lessons for Next Week:** Exodus 34:29-35; Psalm 50:1-6;  
2 Corinthians 3:12-13, 4:1-6; Mark 9:2-9

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\* — Some psalms within the Book of Common Prayer psalter, which the Sola lectionary uses, are numbered differently than the psalms in the psalter of the English Standard Version Bible, on which the lectionary calendar is based. To account for this difference, today's psalm reading ends at verse 12 (the ESV reading will end at verse 11).

## Psalm 147:1-12\*

<sup>1</sup>Hallelujah! How good it is to sing praises | to our God!\*

how pleasant it is to honor | him with praise!

<sup>2</sup>**The LORD re- | builds Jerusalem;\***

**he gathers the ex- | iles of Israel.**

<sup>3</sup>He heals the | brokenhearted\*

and binds | up their wounds.

<sup>4</sup>**He counts the number | of the stars\***

**and calls them all | by their names.**

<sup>5</sup>Great is our LORD and migh- | ty in power;\*

there is no limit | to his wisdom.

<sup>6</sup>**The LORD lifts | up the lowly,\***

**but casts the wicked | to the ground.**

<sup>7</sup>Sing to the LORD | with thanksgiving;\*

make music to our God up- | on the harp.

<sup>8</sup>**He covers the heav- | ens with clouds\***

**and prepares rain | for the earth;**

<sup>9</sup>He makes grass to grow up- | on the mountains\*

and green plants to | serve mankind.

<sup>10</sup>**He provides food for | flocks and herds\***

**and for the young ravens | when they cry.**

<sup>11</sup>He is not impressed by the might | of a horse;\*

he has no pleasure in the strength | of a man;

<sup>12</sup>**But the LORD has pleasure in | those who fear him,\***

**in those who await his | gracious favor.**

## Second Reading: 1 Corinthians 9:16-27

<sup>16</sup>For if I preach the gospel, that gives me no ground for boasting. For necessity is laid upon me. Woe to me if I do not preach the gospel! <sup>17</sup>For if I do this of my own will, I have a reward, but if not of my own will, I am still entrusted with a stewardship.

<sup>18</sup>What then is my reward? That in my preaching I may present the gospel free of charge, so as not to make full use of my right in the gospel. <sup>19</sup>For though I am free from all, I have made myself a servant to all, that I might win more of them. <sup>20</sup>To the Jews I became as a Jew, in order to win Jews. To those under the law I

became as one under the law (though not being myself under the law) that I might win those under the law. <sup>21</sup>To those outside the law I became as one outside the law (not being outside the law of God but under the law of Christ) that I might win those outside the law. <sup>22</sup>To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some. <sup>23</sup>I do it all for the sake of the gospel, that I may share with them in its blessings. <sup>24</sup>Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. <sup>25</sup>Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. <sup>26</sup>So I do not run aimlessly; I do not box as one beating the air. <sup>27</sup>But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

## Gospel: Mark 1:29-39

<sup>29</sup>Immediately {Jesus} left the synagogue and entered the house of Simon and Andrew, with James and John. <sup>30</sup>Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. <sup>31</sup>And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them. <sup>32</sup>That evening at sundown they brought to him all who were sick or oppressed by demons. <sup>33</sup>And the whole city was gathered together at the door. <sup>34</sup>And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him. <sup>35</sup>And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. <sup>36</sup>And Simon and those who were with him searched for him, <sup>37</sup>and they found him and said to him, "Everyone is looking for you." <sup>38</sup>And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." <sup>39</sup>And he went throughout all Galilee, preaching in their synagogues and casting out demons.