

**Psalm 147:1-11**

<sup>1</sup>Praise the Lord!

For it is good to sing praises to our God; \*  
**for it is pleasant, and a song of praise is fitting.**

<sup>2</sup>The Lord builds up Jerusalem; \*  
**he gathers the outcasts of Israel.**

<sup>3</sup>He heals the brokenhearted \*  
**and binds up their wounds.**

<sup>4</sup>He determines the number of the stars; \*  
**he gives to all of them their names.**

<sup>5</sup>Great is our Lord, and abundant in power; \*  
**his understanding is beyond measure.**

<sup>6</sup>The Lord lifts up the humble; \*  
**he casts the wicked to the ground.**

<sup>7</sup>Sing to the Lord with thanksgiving; \*  
**make melody to our God on the lyre!**

<sup>8</sup>He covers the heavens with clouds; \*  
**he prepares rain for the earth;**  
**he makes grass grow on the hills.**

<sup>9</sup>He gives to the beasts their food, \*  
**and to the young ravens that cry.**

<sup>10</sup>His delight is not in the strength of the horse, \*  
**nor his pleasure in the legs of a man,**

<sup>11</sup>but the Lord takes pleasure in those who fear him, \*  
**in those who hope in his steadfast love.**

## **OLD TESTAMENT: 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.

THIS IS THE WORD OF THE LORD

**THANKS BE TO GOD**

## **EPISTLE: 1 Corinthians 9:16-27**

<sup>16</sup>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 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 compete, 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.

**THIS IS THE WORD OF THE LORD**

**THANKS BE TO GOD**

## **HOLY 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.

**THIS IS THE GOSPEL OF OUR LORD**

**PRAISE TO YOU, O CHRIST**

## **The Lord's Prayer**

**Our Father who art in heaven,  
hallowed be Thy name,  
Thy kingdom come,  
Thy will be done on earth  
as it is in heaven;  
give us this day our daily bread;  
and forgive us our trespasses  
as we forgive those  
who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
For Thine is the kingdom  
and the power and the glory  
forever and ever. Amen.**