

Psalm 30

Exaltabo te, Domine

1 I will exalt you, O Lord, because you have lifted me up *
and have not let my enemies triumph over me.

2 O Lord my God, I cried out to you, *
and you restored me to health.

3 You brought me up, O Lord, from the dead; *
you restored my life as I was going down to the grave.

4 Sing to the Lord, you servants of God; *
give thanks for the remembrance of the holiness of God.

5 For the wrath of God endures but the twinkling of an eye, *
the divine favour for a lifetime.
Weeping may spend the night, *
but joy comes in the morning.

6 While I felt secure, I said, *
“I shall never be disturbed.

7 Lord, with your favour, you made me as strong as the mountains.” *
Then you hid your face, and I was filled with fear.

8 I cried to you, O Lord; *
I pleaded with you, saying,

9 “What profit is there in my blood, if I go down to the pit? *
Will the dust praise you or declare your faithfulness?

10 Hear, O Lord, and have mercy upon me; *
O Lord, be my helper.”

11 You have turned my wailing into dancing; *
you have put off my sack-cloth and clothed me with joy.

12 Therefore my heart sings to you without ceasing; *
O Lord my God, I will give you thanks for ever.

Psalm 32

Beati quorum

1 Happy are they whose transgressions are forgiven, *
and whose sin is put away!

2 Happy are they to whom the Lord imputes no guilt, *
and in whose spirit there is no guile!

3 While I held my tongue, my bones withered away, *
because of my groaning all day long.

4 For your hand was heavy upon me day and night; *
my moisture was dried up as in the heat of summer.

5 Then I acknowledged my sin to you, *
and did not conceal my guilt.
I said, "I will confess my transgressions to the Lord." *
Then you forgave me the guilt of my sin.

6 Therefore all the faithful *
will make their prayers to you in time of trouble;
when the great waters overflow, *
they shall not reach them.

7 You are my hiding-place;
you preserve me from trouble; *
you surround me with shouts of deliverance.

8 “I will instruct you and teach you in the way that you should go; *
I will guide you with my eye.

9 Do not be like horse or mule, which have no understanding; *
who must be fitted with bit and bridle,
or else they will not stay near you.”

10 Great are the tribulations of the wicked; *
but mercy embraces those who trust in the Lord.

11 Be glad, you righteous, and rejoice in the Lord; *
shout for joy, all who are true of heart.

Glory to God, Source of all being, eternal Word, and Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

1 Corinthians 15:41-50

A reading from the first letter of Paul to the Corinthians.

There is one glory of the sun and another glory of the moon and another glory of the stars; indeed, star differs from star in glory.

So it is with the resurrection of the dead. What is sown is perishable; what is raised is imperishable. It is sown in dishonor; it is raised in glory. It is sown in weakness; it is raised in power. It is sown a physical body; it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, “The first man, Adam, became a living being”; the last Adam became a life-giving spirit. But it is not the spiritual that is first but the physical and then the spiritual. The first man was from the earth, made of dust; the second man is from heaven. As one of dust, so are those who are of the dust, and as one of heaven, so are those who are of heaven. Just as we have borne the image of the one of dust, we will also bear the image of the one of heaven.

What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

The word of the Lord.

Thanks be to God.