

## Psalm 146

*Lauda, anima mea*

1 Hallelujah! \*

Praise the Lord, O my soul!

2 I will praise the Lord as long as I live;  
I will sing praise to my God while I have my being.

3 Put not your trust in rulers, nor in any child of earth, \*  
for there is no help in them.

4 When they breathe their last, they return to earth, \*  
and in that day their thoughts perish.

5 Happy are they who have the God of Jacob for their help! \*  
For their hope is in the Lord their God,

6 who made heaven and earth, the seas,  
and all that is in them; \*  
who keeps promises for ever;

7 who gives justice to those who are oppressed, \*  
food to those who hunger  
and sets the prisoners free.

8 The Lord opens the eyes of the blind! \*  
The Lord lifts up those who are bowed down  
and loves the righteous.

9 The Lord cares for the stranger \*  
and sustains the orphan and widow,  
but frustrates the way of the wicked.

10 The Lord shall reign for ever, \*  
your God, O Zion, throughout all generations.  
Hallelujah!

**Psalm 147**

*Laudate Dominum*

1 Hallelujah!  
How good it is to sing praises to our God! \*  
How pleasant it is to honour God with praise!

2 The Lord rebuilds Jerusalem \*  
and gathers the exiles of Israel.

3 The Lord heals the brokenhearted \*  
and binds up their wounds.

4 The Lord counts the number of stars \*  
and calls them all by their names.

5 Great is our Lord and mighty in power; \*  
there is no limit to the wisdom of God.

6 The Lord lifts up the lowly, \*  
but casts the wicked to the ground.

7 Sing to the Lord with thanksgiving; \*  
make music to our God upon the harp.

8 The Lord covers the heavens with clouds \*  
and prepares rain for the earth,  
making grass to grow upon the mountains \*  
and green plants to serve humankind.

9 The Lord provides food for flocks and herds \*  
and for the young ravens when they cry.

10 The Lord is not impressed by the might of a horse \*  
and has no pleasure in human strength,

11 but finds pleasure in those who fear God, \*  
in those who await the gracious favour of the Lord.

12 Worship the Lord, O Jerusalem; \*  
praise your God, O Zion,

13 who has strengthened the bars of your gates, \*  
who has blessed your children within you.

14 For the Lord has established peace on your borders \*  
and satisfies you with the finest wheat.

15 The Lord sends out a command to the earth, \*  
and this word runs very swiftly.

16 The Lord gives snow like wool \*  
and scatters hoarfrost like ashes

17 and hail like bread-crumbs; \*  
who can stand against such cold?

18 The Lord sends forth the word and melts them, \*  
blowing with the wind and the waters flow.

19 The Lord declares the word to Jacob, \*  
statutes and judgements to Israel.

20 The Lord has not done so to any other nation; \*  
to them these judgements have not been revealed. Hallelujah!

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.**

### **Hebrews 5:7-14**

A reading from the letter to the Hebrews.

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered, and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

About this we have much to say that is hard to explain, since you have become sluggish in hearing. For though by this time you ought to be teachers, you need someone to teach you again the basic elements of the oracles of God. You need milk, not solid food, for everyone who lives on milk, being still an infant, is unskilled in the word of righteousness. But solid food is for the mature, for those whose faculties have been trained by practice to distinguish good from evil.

The word of the Lord.

**Thanks be to God.**

### **Prayer for Christian Unity (BAS, p. 676)**

Lord Jesus Christ, you said to your apostles, “Peace I give to you; my own peace I leave with you.” Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and forever. **Amen.**