

COLLECT

O God, the protector of all who trust in you,
without whom nothing is strong,
nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING

Zechariah 9:9-12

A reading from the book of the prophet Zechariah.

Rejoice greatly, O daughter Zion!
Shout aloud, O daughter Jerusalem!
Lo, your king comes to you;
triumphant and victorious is he,
humble and riding on a donkey, on
a colt, the foal of a donkey. He will
cut off the chariot from Ephraim
and the war horse from Jerusalem;
and the battle-bow shall be cut off,
and he shall command peace to the
nations; his dominion shall be from
sea to sea, and from the River to
the ends of the earth. As for you
also, because of the blood of my
covenant with you, I will set your
prisoners free from the waterless
pit. Return to your stronghold, O
prisoners of hope; today I declare
that I will restore to you double.

PSALM Psalm 145:8-15

R *I will exalt you, O God my king,
[and bless your name for ever].*

The Lord is gracious and full of
compassion,
slow to anger and of great kindness.
The Lord is loving to everyone
and his compassion is over all his
works.

All your works praise you, O Lord,
and your faithful servants bless you. **R**

They make known the glory of your
kingdom
and speak of your power;
That the peoples may know of your
power
and the glorious splendour of your
kingdom.

Your kingdom is an everlasting
kingdom;
your dominion endures throughout
all ages. **R**

The Lord is faithful in all his words
and merciful in all his deeds.
The Lord upholds all those who fall;
he lifts up those who are bowed
down. **R**

SECOND READING

Romans 7:15-25a

A reading from the letter of Paul to the Romans.

I do not understand my own
actions. For I do not do what I want,
but I do the very thing I hate. Now
if I do what I do not want, I agree
that the law is good. But in fact
it is no longer I that do it, but sin
that dwells within me. For I know
that nothing good dwells within
me, that is, in my flesh. I can will
what is right, but I cannot do it. For
I do not do the good I want, but
the evil I do not want is what I do.
Now if I do what I do not want, it is
no longer I that do it, but sin that
dwells within me. So I find it to be a
law that when I want to do what is
good, evil lies close at hand. For
I delight in the law of God in
my inmost self, but I see in my
members another law at war with
the law of my mind, making me
captive to the law of sin that dwells
in my members. Wretched man that
I am! Who will rescue me from this
body of death? Thanks be to God
through Jesus Christ our Lord!

GOSPEL

Matthew 11:16-19. 25-30

*Hear the gospel of our Lord Jesus
Christ according to Matthew.*

At that time Jesus said, "To what
will I compare this generation? It is
like children sitting in the market-

places and calling to one another,
'We played the flute for you, and
you did not dance; we wailed,
and you did not mourn.' For John
came neither eating nor drinking,
and they say, 'He has a demon';
the Son of Man came eating and
drinking, and they say, 'Look, a
glutton and a drunkard, a friend
of tax-collectors and sinners!' Yet
wisdom is vindicated by her deeds.
I thank you, Father, Lord of heaven
and earth, because you have hidden
these things from the wise and the
intelligent and have revealed them
to infants; yes, Father, for such
was your gracious will. All things
have been handed over to me by
my Father; and no one knows the
Son except the Father, and no
one knows the Father except the
Son and anyone to whom the Son
chooses to reveal him. Come to
me, all you that are weary and are
carrying heavy burdens, and I will
give you rest. Take my yoke upon
you, and learn from me; for I am
gentle and humble in heart, and
you will find rest for your souls. For
my yoke is easy, and my burden is
light."

POST COMMUNION

Eternal God,
comfort of the afflicted and healer
of the broken,
you have fed us at the table of life
and hope:
teach us the ways of gentleness and
peace,
that all the world may acknowledge
the kingdom of your Son Jesus
Christ our Lord.