

Daily Office Readings, Year 2

Week of the Fourth Sunday in Lent

MONDAY, MARCH 16th

Psalm 89:19-52

19 You spoke once in a vision and said to your faithful people: *
"I have set the crown upon a warrior
and have exalted one chosen out of the people.

20 I have found David my servant; *
with my holy oil have I anointed him.

21 My hand will hold him fast *
and my arm will make him strong.

22 No enemy shall deceive him, *
nor any wicked man bring him down.

23 I will crush his foes before him *
and strike down those who hate him.

24 My faithfulness and love shall be with him, *
and he shall be victorious through my Name.

25 I shall make his dominion extend *
from the Great Sea to the River.

26 He will say to me, 'You are my Father, *
my God, and the rock of my salvation.'

27 I will make him my firstborn *
and higher than the kings of the earth.

28 I will keep my love for him for ever, *
and my covenant will stand firm for him.

29 I will establish his line for ever *
and his throne as the days of heaven."

30 "If his children forsake my law *
and do not walk according to my judgments;

31 If they break my statutes *
and do not keep my commandments;

32 I will punish their transgressions with a rod *
and their iniquities with the lash;

33 But I will not take my love from him, *
nor let my faithfulness prove false.

34 I will not break my covenant, *
nor change what has gone out of my lips.

35 Once for all I have sworn by my holiness: *
'I will not lie to David.

36 His line shall endure for ever *
and his throne as the sun before me;

37 It shall stand fast for evermore like the moon, *
the abiding witness in the sky."

38 But you have cast off and rejected your
anointed; *
you have become enraged at him.

39 You have broken your covenant with your
servant, *
defiled his crown, and hurled it to the ground.

40 You have breached all his walls *
and laid his strongholds in ruins.

41 All who pass by despoil him; *
he has become the scorn of his neighbors.

42 You have exalted the right hand of his foes *
and made all his enemies rejoice.

43 You have turned back the edge of his sword *
and have not sustained him in battle.

44 You have put an end to his splendor *
and cast his throne to the ground.

45 You have cut short the days of his youth *
and have covered him with shame.

46 How long will you hide yourself, O Lord?
will you hide yourself for ever? *
how long will your anger burn like fire?

47 Remember, Lord, how short life is, *
how frail you have made all flesh.

48 Who can live and not see death? *
who can save himself from the power of the grave?

49 Where, Lord, are your loving-kindnesses of old,*
which you promised David in your faithfulness?

50 Remember, Lord, how your servant is mocked, *
how I carry in my bosom the taunts of many
peoples,

51 The taunts your enemies have hurled, O Lord, *
which they hurled at the heels of your anointed.

52 Blessed be the Lord for evermore! *
Amen, I say, Amen.

Genesis 49:1-28

Then Jacob called his sons, and said: ‘Gather
around, that I may tell you what will happen to you
in days to come.

Assemble and hear, O sons of Jacob;
listen to Israel your father.

‘Reuben, you are my firstborn,
my might and the first fruits of my vigour,
excelling in rank and excelling in power.
Unstable as water, you shall no longer excel
because you went up on to your father’s bed;
then you defiled it—you went up on to my couch!

‘Simeon and Levi are brothers;
weapons of violence are their swords.
May I never come into their council;
may I not be joined to their company—
for in their anger they killed men,
and at their whim they hamstrung oxen.
Cursed be their anger, for it is fierce,
and their wrath, for it is cruel!
I will divide them in Jacob,
and scatter them in Israel.

‘Judah, your brothers shall praise you;
your hand shall be on the neck of your enemies;
your father’s sons shall bow down before you.

Judah is a lion’s whelp;
from the prey, my son, you have gone up.
He crouches down, he stretches out like a lion,
like a lioness—who dares rouse him up?
The sceptre shall not depart from Judah,
nor the ruler’s staff from between his feet,
until tribute comes to him;
and the obedience of the peoples is his.
Binding his foal to the vine
and his donkey’s colt to the choice vine,
he washes his garments in wine
and his robe in the blood of grapes;
his eyes are darker than wine,
and his teeth whiter than milk.

‘Zebulun shall settle at the shore of the sea;
he shall be a haven for ships,
and his border shall be at Sidon.

‘Issachar is a strong donkey,
lying down between the sheepfolds;
he saw that a resting-place was good,
and that the land was pleasant;
so he bowed his shoulder to the burden,
and became a slave at forced labour.

‘Dan shall judge his people
as one of the tribes of Israel.
Dan shall be a snake by the roadside,
a viper along the path,
that bites the horse’s heels
so that its rider falls backwards.

‘I wait for your salvation, O Lord.

‘Gad shall be raided by raiders,
but he shall raid at their heels.

‘Asher’s food shall be rich,
and he shall provide royal delicacies.

‘Naphtali is a doe let loose
that bears lovely fawns.

‘Joseph is a fruitful bough,
a fruitful bough by a spring;
his branches run over the wall.

The archers fiercely attacked him;
they shot at him and pressed him hard.
Yet his bow remained taut,
and his arms were made agile
by the hands of the Mighty One of Jacob,
by the name of the Shepherd, the Rock of Israel,
by the God of your father, who will help you,
by the Almighty who will bless you
with blessings of heaven above,
blessings of the deep that lies beneath,
blessings of the breasts and of the womb.
The blessings of your father
are stronger than the blessings of the eternal
mountains,
the bounties of the everlasting hills;
may they be on the head of Joseph,
on the brow of him who was set apart from his
brothers.

‘Benjamin is a ravenous wolf,
in the morning devouring the prey,
and at evening dividing the spoil.’

All these are the twelve tribes of Israel, and this is
what their father said to them when he blessed
them, blessing each one of them with a suitable
blessing.

1 Corinthians 10:14-11:1

Therefore, my dear friends, flee from the worship of
idols. I speak as to sensible people; judge for
yourselves what I say. The cup of blessing that we
bless, is it not a sharing in the blood of Christ? The
bread that we break, is it not a sharing in the body
of Christ? Because there is one bread, we who are
many are one body, for we all partake of the one
bread. Consider the people of Israel; are not those
who eat the sacrifices partners in the altar? What do
I imply then? That food sacrificed to idols is
anything, or that an idol is anything? No, I imply
that what pagans sacrifice, they sacrifice to demons
and not to God. I do not want you to be partners
with demons. You cannot drink the cup of the Lord
and the cup of demons. You cannot partake of the
table of the Lord and the table of demons. Or are we
provoking the Lord to jealousy? Are we stronger
than he?

‘All things are lawful’, but not all things are
beneficial. ‘All things are lawful’, but not all things
build up. Do not seek your own advantage, but that
of others. Eat whatever is sold in the meat market
without raising any question on the ground of
conscience, for ‘the earth and its fullness are the
Lord’s.’ If an unbeliever invites you to a meal and
you are disposed to go, eat whatever is set before
you without raising any question on the ground of
conscience. But if someone says to you, ‘This has
been offered in sacrifice’, then do not eat it, out of
consideration for the one who informed you, and for
the sake of conscience— I mean the other’s
conscience, not your own. For why should my
liberty be subject to the judgement of someone
else’s conscience? If I partake with thankfulness,
why should I be denounced because of that for
which I give thanks?

So, whether you eat or drink, or whatever you do,
do everything for the glory of God. Give no offence
to Jews or to Greeks or to the church of God, just as
I try to please everyone in everything I do, not
seeking my own advantage, but that of many, so
that they may be saved. Be imitators of me, as I am
of Christ.

Mark 7:24-37

From there he set out and went away to the region
of Tyre. He entered a house and did not want
anyone to know he was there. Yet he could not
escape notice, but a woman whose little daughter
had an unclean spirit immediately heard about him,
and she came and bowed down at his feet. Now the
woman was a Gentile, of Syrophenician origin.
She begged him to cast the demon out of her
daughter. He said to her, ‘Let the children be fed
first, for it is not fair to take the children’s food and
throw it to the dogs.’ But she answered him, ‘Sir,
even the dogs under the table eat the children’s
crumbs.’ Then he said to her, ‘For saying that, you
may go—the demon has left your daughter.’ So she
went home, found the child lying on the bed, and
the demon gone.

Then he returned from the region of Tyre, and went
by way of Sidon towards the Sea of Galilee, in the
region of the Decapolis. They brought to him a deaf

man who had an impediment in his speech; and they begged him to lay his hand on him. He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. Then looking up to heaven, he sighed and said to him, ‘Ephphatha’, that is, ‘Be opened.’ And immediately his ears were opened, his tongue was released, and he spoke plainly. Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. They were astounded beyond measure, saying, ‘He has done everything well; he even makes the deaf to hear and the mute to speak.’

TUESDAY, MARCH 17th

Psalm 94

1 O Lord God of vengeance, *
O God of vengeance, show yourself.

2 Rise up, O Judge of the world; *
give the arrogant their just deserts.

3 How long shall the wicked, O Lord, *
how long shall the wicked triumph?

4 They bluster in their insolence; *
all evildoers are full of boasting.

5 They crush your people, O Lord, *
and afflict your chosen nation.

6 They murder the widow and the stranger *
and put the orphans to death.

7 Yet they say, "The Lord does not see, *
the God of Jacob takes no notice."

8 Consider well, you dullards among the people; *
when will you fools understand?

9 He that planted the ear, does he not hear? *
he that formed the eye, does he not see?

10 He who admonishes the nations, will he not
punish? *
he who teaches all the world, has he no knowledge?

11 The Lord knows our human thoughts; *
how like a puff of wind they are.

12 Happy are they whom you instruct, O Lord! *
whom you teach out of your law;

13 To give them rest in evil days, *
until a pit is dug for the wicked.

14 For the Lord will not abandon his people, *
nor will he forsake his own.

15 For judgment will again be just, *
and all the true of heart will follow it.

16 Who rose up for me against the wicked? *
who took my part against the evildoers?

17 If the Lord had not come to my help, *
I should soon have dwelt in the land of silence.

18 As often as I said, "My foot has slipped," *
your love, O Lord, upheld me.

19 When many cares fill my mind, *
your consolations cheer my soul.

20 Can a corrupt tribunal have any part with you, *
one which frames evil into law?

21 They conspire against the life of the just *
and condemn the innocent to death.

22 But the Lord has become my stronghold, *
and my God the rock of my trust.

23 He will turn their wickedness back upon them
and destroy them in their own malice; *
the Lord our God will destroy them.

Genesis 49:29-50:14

Then he charged them, saying to them, ‘I am about to be gathered to my people. Bury me with my ancestors—in the cave in the field of Ephron the Hittite, in the cave in the field at Machpelah, near Mamre, in the land of Canaan, in the field that Abraham bought from Ephron the Hittite as a burial

site. There Abraham and his wife Sarah were buried; there Isaac and his wife Rebekah were buried; and there I buried Leah—the field and the cave that is in it were purchased from the Hittites.’ When Jacob ended his charge to his sons, he drew up his feet into the bed, breathed his last, and was gathered to his people.

Then Joseph threw himself on his father’s face and wept over him and kissed him. Joseph commanded the physicians in his service to embalm his father. So the physicians embalmed Israel; they spent forty days in doing this, for that is the time required for embalming. And the Egyptians wept for him for seventy days.

When the days of weeping for him were past, Joseph addressed the household of Pharaoh, ‘If now I have found favour with you, please speak to Pharaoh as follows: My father made me swear an oath; he said, “I am about to die. In the tomb that I hewed out for myself in the land of Canaan, there you shall bury me.” Now therefore let me go up, so that I may bury my father; then I will return.’ Pharaoh answered, ‘Go up, and bury your father, as he made you swear to do.’

So Joseph went up to bury his father. With him went up all the servants of Pharaoh, the elders of his household, and all the elders of the land of Egypt, as well as all the household of Joseph, his brothers, and his father’s household. Only their children, their flocks, and their herds were left in the land of Goshen. Both chariots and charioteers went up with him. It was a very great company. When they came to the threshing-floor of Atad, which is beyond the Jordan, they held there a very great and sorrowful lamentation; and he observed a time of mourning for his father for seven days. When the Canaanite inhabitants of the land saw the mourning on the threshing-floor of Atad, they said, ‘This is a grievous mourning on the part of the Egyptians.’ Therefore the place was named Abel-mizraim; it is beyond the Jordan. Thus his sons did for him as he had instructed them. They carried him to the land of Canaan and buried him in the cave of the field at Machpelah, the field near Mamre, which Abraham bought as a burial site from Ephron the Hittite. After he had buried his father, Joseph returned to

Egypt with his brothers and all who had gone up with him to bury his father.

1 Corinthians 11:17-34

Now in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. For, to begin with, when you come together as a church, I hear that there are divisions among you; and to some extent I believe it. Indeed, there have to be factions among you, for only so will it become clear who among you are genuine. When you come together, it is not really to eat the Lord’s supper. For when the time comes to eat, each of you goes ahead with your own supper, and one goes hungry and another becomes drunk. What! Do you not have homes to eat and drink in? Or do you show contempt for the church of God and humiliate those who have nothing? What should I say to you? Should I commend you? In this matter I do not commend you!

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, ‘This is my body that is for you. Do this in remembrance of me.’ In the same way he took the cup also, after supper, saying, ‘This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’ For as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without discerning the body, eat and drink judgement against themselves. For this reason many of you are weak and ill, and some have died. But if we judged ourselves, we would not be judged. But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.

So then, my brothers and sisters, when you come together to eat, wait for one another. If you are

hungry, eat at home, so that when you come together, it will not be for your condemnation. About the other things I will give instructions when I come.

Mark 8:1-10

In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, 'I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. If I send them away hungry to their homes, they will faint on the way—and some of them have come from a great distance.' His disciples replied, 'How can one feed these people with bread here in the desert?' He asked them, 'How many loaves do you have?' They said, 'Seven.' Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. They had also a few small fish; and after blessing them, he ordered that these too should be distributed. They ate and were filled; and they took up the broken pieces left over, seven baskets full. Now there were about four thousand people. And he sent them away. And immediately he got into the boat with his disciples and went to the district of Dalmanutha.

WEDNESDAY, MARCH 18th

Psalm 119:121-144

121 I have done what is just and right; *
do not deliver me to my oppressors.

122 Be surety for your servant's good; *
let not the proud oppress me.

123 My eyes have failed from watching for your
salvation *
and for your righteous promise.

124 Deal with your servant according to your
loving-kindness *
and teach me your statutes.

125 I am your servant; grant me understanding, *
that I may know your decrees.

126 It is time for you to act, O Lord, *
for they have broken your law.

127 Truly, I love your commandments *
more than gold and precious stones.

128 I hold all your commandments to be right for
me; *
all paths of falsehood I abhor.

129 Your decrees are wonderful; *
therefore I obey them with all my heart.

130 When your word goes forth it gives light; *
it gives understanding to the simple.

131 I open my mouth and pant; *
I long for your commandments.

132 Turn to me in mercy, *
as you always do to those who love your Name.

133 Steady my footsteps in your word; *
let no iniquity have dominion over me.

134 Rescue me from those who oppress me, *
and I will keep your commandments.

135 Let your countenance shine upon your servant *
and teach me your statutes.

136 My eyes shed streams of tears, *
because people do not keep your law.

137 You are righteous, O Lord, *
and upright are your judgments.

138 You have issued your decrees *
with justice and in perfect faithfulness.

139 My indignation has consumed me, *
because my enemies forget your words.

140 Your word has been tested to the uttermost, *
and your servant holds it dear.

141 I am small and of little account, *
yet I do not forget your commandments.

142 Your justice is an everlasting justice *
and your law is the truth.

143 Trouble and distress have come upon me, *
yet your commandments are my delight.

144 The righteousness of your decrees is
everlasting; *
grant me understanding, that I may live.

Genesis 50:15-26

Realizing that their father was dead, Joseph's brothers said, 'What if Joseph still bears a grudge against us and pays us back in full for all the wrong that we did to him?' So they approached Joseph, saying, 'Your father gave this instruction before he died, "Say to Joseph: I beg you, forgive the crime of your brothers and the wrong they did in harming you." Now therefore please forgive the crime of the servants of the God of your father.' Joseph wept when they spoke to him. Then his brothers also wept, fell down before him, and said, 'We are here as your slaves.' But Joseph said to them, 'Do not be afraid! Am I in the place of God? Even though you intended to do harm to me, God intended it for good, in order to preserve a numerous people, as he is doing today. So have no fear; I myself will provide for you and your little ones.' In this way he reassured them, speaking kindly to them.

So Joseph remained in Egypt, he and his father's household; and Joseph lived for one hundred and ten years. Joseph saw Ephraim's children of the third generation; the children of Machir son of Manasseh were also born on Joseph's knees.

Then Joseph said to his brothers, 'I am about to die; but God will surely come to you, and bring you up out of this land to the land that he swore to Abraham, to Isaac, and to Jacob.' So Joseph made the Israelites swear, saying, 'When God comes to you, you shall carry up my bones from here.' And Joseph died, being one hundred and ten years old; he was embalmed and placed in a coffin in Egypt.

1 Corinthians 12:1-11

Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. You know that when you were pagans, you were enticed and led astray to idols that could not speak. Therefore I want you to understand that no one speaking by the Spirit of God ever says 'Let Jesus be cursed!' and no one can say 'Jesus is Lord' except by the Holy Spirit.

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

Mark 8:11-26

The Pharisees came and began to argue with him, asking him for a sign from heaven, to test him. And he sighed deeply in his spirit and said, 'Why does this generation ask for a sign? Truly I tell you, no sign will be given to this generation.' And he left them, and getting into the boat again, he went across to the other side.

Now the disciples had forgotten to bring any bread; and they had only one loaf with them in the boat. And he cautioned them, saying, 'Watch out—beware of the yeast of the Pharisees and the yeast of Herod.' They said to one another, 'It is because we have no bread.' And becoming aware of it, Jesus said to them, 'Why are you talking about having no bread? Do you still not perceive or understand? Are your hearts hardened? Do you have eyes, and fail to see? Do you have ears, and fail to hear? And do you not remember? When I broke the five loaves for the

five thousand, how many baskets full of broken pieces did you collect?' They said to him, 'Twelve.' 'And the seven for the four thousand, how many baskets full of broken pieces did you collect?' And they said to him, 'Seven.' Then he said to them, 'Do you not yet understand?'

They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, 'Can you see anything?' And the man looked up and said, 'I can see people, but they look like trees, walking.' Then Jesus laid his hands on his eyes again; and he looked intently and his sight was restored, and he saw everything clearly. Then he sent him away to his home, saying, 'Do not even go into the village.'

THURSDAY, MARCH 19th

SAINT JOSEPH

34 *Benedicam Dominum*

1 I will bless the Lord at all times; *
his praise shall ever be in my mouth.

2 I will glory in the Lord; *
let the humble hear and rejoice.

3 Proclaim with me the greatness of the Lord; *
let us exalt his Name together.

4 I sought the Lord, and he answered me *
and delivered me out of all my terror.

5 Look upon him and be radiant, *
and let not your faces be ashamed.

6 I called in my affliction and the Lord heard me *
and saved me from all my troubles.

7 The angel of the Lord encompasses those who
fear him, *
and he will deliver them.

8 Taste and see that the Lord is good; *
happy are they who trust in him!

9 Fear the Lord, you that are his saints, *
for those who fear him lack nothing.

10 The young lions lack and suffer hunger, *
but those who seek the Lord lack nothing that is
good.

11 Come, children, and listen to me; *
I will teach you the fear of the Lord.

12 Who among you loves life *
and desires long life to enjoy prosperity?

13 Keep your tongue from evil-speaking *
and your lips from lying words.

14 Turn from evil and do good; *
seek peace and pursue it.

15 The eyes of the Lord are upon the righteous, *
and his ears are open to their cry.

16 The face of the Lord is against those who do
evil, *
to root out the remembrance of them from the earth.

17 The righteous cry, and the Lord hears them *
and delivers them from all their troubles.

18 The Lord is near to the brokenhearted *
and will save those whose spirits are crushed.

19 Many are the troubles of the righteous, *
but the Lord will deliver him out of them all.

20 He will keep safe all his bones; *
not one of them shall be broken.

21 Evil shall slay the wicked, *
and those who hate the righteous will be punished.

22 The Lord ransoms the life of his servants, *
and none will be punished who trust in him.

2 Chronicles 6:12-17

Then Solomon stood before the altar of the Lord in the presence of the whole assembly of Israel, and spread out his hands. Solomon had made a bronze platform five cubits long, five cubits wide, and three cubits high, and had set it in the court; and he stood on it. Then he knelt on his knees in the presence of the whole assembly of Israel, and spread out his hands towards heaven. He said, ‘O Lord, God of Israel, there is no God like you, in heaven or on earth, keeping covenant in steadfast love with your servants who walk before you with all their heart—you who have kept for your servant, my father David, what you promised to him. Indeed, you promised with your mouth and this day have fulfilled with your hand. Therefore, O Lord, God of Israel, keep for your servant, my father David, that which you promised him, saying, “There shall never fail you a successor before me to sit on the throne of Israel, if only your children keep to their way, to walk in my law as you have walked before me.” Therefore, O Lord, God of Israel, let your word be confirmed, which you promised to your servant David.

Ephesians 3:14-21

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.