

# Daily Office Readings, Year 1

## (Proper 11)

**MONDAY, JULY 21**

### Psalm 44

1 We have heard with our ears, O God,  
our forefathers have told us, \*  
the deeds you did in their days,  
in the days of old.

2 How with your hand you drove the peoples out  
and planted our forefathers in the land; \*  
how you destroyed nations and made your people  
flourish.

3 For they did not take the land by their sword,  
nor did their arm win the victory for them; \*  
but your right hand, your arm, and the light of your  
countenance, because you favored them.

4 You are my King and my God; \*  
you command victories for Jacob.

5 Through you we pushed back our adversaries; \*  
through your Name we trampled on those who rose  
up against us.

6 For I do not rely on my bow, \*  
and my sword does not give me the victory.

7 Surely, you gave us victory over our adversaries \*  
and put those who hate us to shame.

8 Every day we gloried in God, \*  
and we will praise your Name for ever.

9 Nevertheless, you have rejected and humbled us \*  
and do not go forth with our armies.

10 You have made us fall back before our  
adversary, \*  
and our enemies have plundered us.

11 You have made us like sheep to be eaten \*  
and have scattered us among the nations.

12 You are selling your people for a trifle \*  
and are making no profit on the sale of them.

13 You have made us the scorn of our neighbors, \*  
a mockery and derision to those around us.

14 You have made us a byword among the nations, \*  
a laughing-stock among the peoples.

15 My humiliation is daily before me, \*  
and shame has covered my face;

16 Because of the taunts of the mockers and  
blasphemers, \*  
because of the enemy and avenger.

17 All this has come upon us; \*  
yet we have not forgotten you,  
nor have we betrayed your covenant.

18 Our heart never turned back, \*  
nor did our footsteps stray from your path;

19 Though you thrust us down into a place of  
misery, \*  
and covered us over with deep darkness.

20 If we have forgotten the Name of our God, \*  
or stretched out our hands to some strange god,

21 Will not God find it out? \*  
for he knows the secrets of the heart.

22 Indeed, for your sake we are killed all the day  
long; \*  
we are accounted as sheep for the slaughter.

23 Awake, O Lord! why are you sleeping? \*  
Arise! do not reject us for ever.

24 Why have you hidden your face \*  
and forgotten our affliction and oppression?

25 We sink down into the dust; \*  
our body cleaves to the ground.

26 Rise up, and help us, \*  
and save us, for the sake of your steadfast love.

## 1 Samuel 24:1-22

When Saul returned from following the Philistines, he was told, 'David is in the wilderness of En-gedi.' Then Saul took three thousand chosen men out of all Israel, and went to look for David and his men in the direction of the Rocks of the Wild Goats. He came to the sheepfolds beside the road, where there was a cave; and Saul went in to relieve himself. Now David and his men were sitting in the innermost parts of the cave. The men of David said to him, 'Here is the day of which the Lord said to you, "I will give your enemy into your hand, and you shall do to him as it seems good to you."' Then David went and stealthily cut off a corner of Saul's cloak. Afterwards David was stricken to the heart because he had cut off a corner of Saul's cloak. He said to his men, 'The Lord forbid that I should do this thing to my lord, the Lord's anointed, to raise my hand against him; for he is the Lord's anointed.' So David scolded his men severely and did not permit them to attack Saul. Then Saul got up and left the cave, and went on his way.

Afterwards David also rose up and went out of the cave and called after Saul, 'My lord the king!' When Saul looked behind him, David bowed with his face to the ground, and did obeisance. David said to Saul, 'Why do you listen to the words of those who say, "David seeks to do you harm"? This very day your eyes have seen how the Lord gave you into my hand in the cave; and some urged me to kill you, but I spared you. I said, "I will not raise my hand against my lord; for he is the Lord's anointed." See, my father, see the corner of your cloak in my hand; for by the fact that I cut off the corner of your cloak, and did not kill you, you may know for certain that there is no wrong or treason in my hands. I have not sinned against you, though you are hunting me to take my life. May the Lord judge between me and you! May the Lord avenge me on you; but my hand shall not be against you. As the ancient proverb says, "Out of the wicked comes forth wickedness"; but my hand shall not be against you. Against whom has the king of Israel come out? Whom do you pursue? A dead dog? A single flea? May the Lord therefore be judge, and give sentence between me and you. May he see to

it, and plead my cause, and vindicate me against you.'

When David had finished speaking these words to Saul, Saul said, 'Is that your voice, my son David?' Saul lifted up his voice and wept. He said to David, 'You are more righteous than I; for you have repaid me good, whereas I have repaid you evil. Today you have explained how you have dealt well with me, in that you did not kill me when the Lord put me into your hands. For who has ever found an enemy, and sent the enemy safely away? So may the Lord reward you with good for what you have done to me this day. Now I know that you shall surely be king, and that the kingdom of Israel shall be established in your hand. Swear to me therefore by the Lord that you will not cut off my descendants after me, and that you will not wipe out my name from my father's house.' So David swore this to Saul. Then Saul went home; but David and his men went up to the stronghold.

## Acts 13:44-52

The next sabbath almost the whole city gathered to hear the word of the Lord. But when the Jews saw the crowds, they were filled with jealousy; and blaspheming, they contradicted what was spoken by Paul. Then both Paul and Barnabas spoke out boldly, saying, 'It was necessary that the word of God should be spoken first to you. Since you reject it and judge yourselves to be unworthy of eternal life, we are now turning to the Gentiles. For so the Lord has commanded us, saying, "I have set you to be a light for the Gentiles, so that you may bring salvation to the ends of the earth."'

When the Gentiles heard this, they were glad and praised the word of the Lord; and as many as had been destined for eternal life became believers. Thus the word of the Lord spread throughout the region. But the Jews incited the devout women of high standing and the leading men of the city, and stirred up persecution against Paul and Barnabas, and drove them out of their region. So they shook the dust off their feet in protest against them, and went to Iconium. And the disciples were filled with joy and with the Holy Spirit.

## Mark 4:1-20

Again he began to teach beside the lake. Such a very large crowd gathered around him that he got into a boat on the lake and sat there, while the whole crowd was beside the lake on the land. He began to teach them many things in parables, and in his teaching he said to them: 'Listen! A sower went out to sow. And as he sowed, some seed fell on the path, and the birds came and ate it up. Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil. And when the sun rose, it was scorched; and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.' And he said, 'Let anyone with ears to hear listen!'

When he was alone, those who were around him along with the twelve asked him about the parables. And he said to them, 'To you has been given the secret of the kingdom of God, but for those outside, everything comes in parables; in order that "they may indeed look, but not perceive, and may indeed listen, but not understand; so that they may not turn again and be forgiven."' '

And he said to them, 'Do you not understand this parable? Then how will you understand all the parables? The sower sows the word. These are the ones on the path where the word is sown: when they hear, Satan immediately comes and takes away the word that is sown in them. And these are the ones sown on rocky ground: when they hear the word, they immediately receive it with joy. But they have no root, and endure only for a while; then, when trouble or persecution arises on account of the word, immediately they fall away. And others are those sown among the thorns: these are the ones who hear the word, but the cares of the world, and the lure of wealth, and the desire for other things come in and choke the word, and it yields nothing. And these are the ones sown on the good soil: they hear the word and accept it and bear fruit, thirty and sixty and a hundredfold.'

## TUESDAY, JULY 22

### *Saint Mary Magdalene*

#### Psalm 30

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 his; \*  
give thanks for the remembrance of his holiness.

5 For his wrath endures but the twinkling of an eye,\*  
his favor for a lifetime.

6 Weeping may spend the night, \*  
but joy comes in the morning.

7 While I felt secure, I said,  
"I shall never be disturbed. \*  
You, Lord, with your favor, made me as strong as  
the mountains."

8 Then you hid your face, \*  
and I was filled with fear.

9 I cried to you, O Lord; \*  
I pleaded with the Lord, saying,

10 "What profit is there in my blood, if I go down to  
the Pit? \*  
will the dust praise you or declare your faithfulness?

11 Hear, O Lord, and have mercy upon me; \*  
O Lord, be my helper."

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

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

## Psalm 149

1 Hallelujah!  
Sing to the Lord a new song; \*  
sing his praise in the congregation of the faithful.

2 Let Israel rejoice in his Maker; \*  
let the children of Zion be joyful in their King.

3 Let them praise his Name in the dance; \*  
let them sing praise to him with timbrel and harp.

4 For the Lord takes pleasure in his people \*  
and adorns the poor with victory.

5 Let the faithful rejoice in triumph; \*  
let them be joyful on their beds.

6 Let the praises of God be in their throat \*  
and a two-edged sword in their hand;

7 To wreak vengeance on the nations \*  
and punishment on the peoples;

8 To bind their kings in chains \*  
and their nobles with links of iron;

9 To inflict on them the judgment decreed; \*  
this is glory for all his faithful people.  
Hallelujah!

## Exodus 15:19-21

When the horses of Pharaoh with his chariots and his chariot drivers went into the sea, the Lord brought back the waters of the sea upon them; but the Israelites walked through the sea on dry ground.

Then the prophet Miriam, Aaron's sister, took a tambourine in her hand; and all the women went out after her with tambourines and with dancing. And Miriam sang to them:  
'Sing to the Lord, for he has triumphed gloriously; horse and rider he has thrown into the sea.'

## 2 Corinthians 1:3-7

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

## WEDNESDAY, JULY 23

## Psalm 49

1 Hear this, all you peoples;  
hearken, all you who dwell in the world, \*  
you of high degree and low, rich and poor together.

2 My mouth shall speak of wisdom, \*  
and my heart shall meditate on understanding.

3 I will incline my ear to a proverb \*  
and set forth my riddle upon the harp.

4 Why should I be afraid in evil days, \*  
when the wickedness of those at my heels surrounds me,

5 The wickedness of those who put their trust in their goods, \*  
and boast of their great riches?

6 We can never ransom ourselves, \*  
or deliver to God the price of our life;

7 For the ransom of our life is so great, \*  
that we should never have enough to pay it,

8 In order to live for ever and ever, \*  
and never see the grave.

9 For we see that the wise die also;  
like the dull and stupid they perish \*  
and leave their wealth to those who come after  
them.

10 Their graves shall be their homes for ever,  
their dwelling places from generation to  
generation,\*  
though they call the lands after their own names.

11 Even though honored, they cannot live for ever;\*  
they are like the beasts that perish.

12 Such is the way of those who foolishly trust in  
themselves, \*  
and the end of those who delight in their own  
words.

13 Like a flock of sheep they are destined to die;  
Death is their shepherd; \*  
they go down straightway to the grave.

14 Their form shall waste away, \*  
and the land of the dead shall be their home.

15 But God will ransom my life; \*  
he will snatch me from the grasp of death.

16 Do not be envious when some become rich, \*  
or when the grandeur of their house increases;

17 For they will carry nothing away at their death, \*  
nor will their grandeur follow them.

18 Though they thought highly of themselves while  
they lived, \*  
and were praised for their success,

19 They shall join the company of their forebears, \*  
who will never see the light again.

20 Those who are honored, but have no  
understanding, \*  
are like the beasts that perish.

## 1 Samuel 25:23-44

When Abigail saw David, she hurried and alighted  
from the donkey, and fell before David on her face,  
bowing to the ground. She fell at his feet and said,  
‘Upon me alone, my lord, be the guilt; please let  
your servant speak in your ears, and hear the words  
of your servant. My lord, do not take seriously this  
ill-natured fellow Nabal; for as his name is, so is he;  
Nabal is his name, and folly is with him; but I, your  
servant, did not see the young men of my lord,  
whom you sent.

‘Now then, my lord, as the Lord lives, and as you  
yourself live, since the Lord has restrained you from  
blood-guilt and from taking vengeance with your  
own hand, now let your enemies and those who  
seek to do evil to my lord be like Nabal. And now  
let this present that your servant has brought to my  
lord be given to the young men who follow my lord.  
Please forgive the trespass of your servant; for the  
Lord will certainly make my lord a sure house,  
because my lord is fighting the battles of the Lord;  
and evil shall not be found in you as long as you  
live. If anyone should rise up to pursue you and to  
seek your life, the life of my lord shall be bound in  
the bundle of the living under the care of the Lord  
your God; but the lives of your enemies he shall  
sling out as from the hollow of a sling. When the  
Lord has done to my lord according to all the good  
that he has spoken concerning you, and has  
appointed you prince over Israel, my lord shall have  
no cause of grief, or pangs of conscience, for having  
shed blood without cause or for having saved  
himself. And when the Lord has dealt well with my  
lord, then remember your servant.’

David said to Abigail, ‘Blessed be the Lord, the  
God of Israel, who sent you to meet me today!  
Blessed be your good sense, and blessed be you,  
who have kept me today from blood-guilt and from  
avenging myself by my own hand! For as surely as  
the Lord the God of Israel lives, who has restrained  
me from hurting you, unless you had hurried and  
come to meet me, truly by morning there would not  
have been left to Nabal as much as one male.’ Then  
David received from her hand what she had brought  
him; he said to her, ‘Go up to your house in peace;

see, I have heeded your voice, and I have granted your petition.'

Abigail came to Nabal; he was holding a feast in his house, like the feast of a king. Nabal's heart was merry within him, for he was very drunk; so she told him nothing at all until the morning light. In the morning, when the wine had gone out of Nabal, his wife told him these things, and his heart died within him; he became like a stone. About ten days later the Lord struck Nabal, and he died.

When David heard that Nabal was dead, he said, 'Blessed be the Lord who has judged the case of Nabal's insult to me, and has kept back his servant from evil; the Lord has returned the evildoing of Nabal upon his own head.' Then David sent and wooed Abigail, to make her his wife. When David's servants came to Abigail at Carmel, they said to her, 'David has sent us to you to take you to him as his wife.' She rose and bowed down, with her face to the ground, and said, 'Your servant is a slave to wash the feet of the servants of my lord.' Abigail got up hurriedly and rode away on a donkey; her five maids attended her. She went after the messengers of David and became his wife.

David also married Ahinoam of Jezreel; both of them became his wives. Saul had given his daughter Michal, David's wife, to Palti son of Laish, who was from Gallim.

## Acts 14:19-28

But Jews came there from Antioch and Iconium and won over the crowds. Then they stoned Paul and dragged him out of the city, supposing that he was dead. But when the disciples surrounded him, he got up and went into the city. The next day he went on with Barnabas to Derbe.

After they had proclaimed the good news to that city and had made many disciples, they returned to Lystra, then on to Iconium and Antioch. There they strengthened the souls of the disciples and encouraged them to continue in the faith, saying, 'It is through many persecutions that we must enter the kingdom of God.' And after they had appointed elders for them in each church, with prayer and

fasting they entrusted them to the Lord in whom they had come to believe.

Then they passed through Pisidia and came to Pamphylia. When they had spoken the word in Perga, they went down to Attalia. From there they sailed back to Antioch, where they had been commended to the grace of God for the work that they had completed. When they arrived, they called the church together and related all that God had done with them, and how he had opened a door of faith for the Gentiles. And they stayed there with the disciples for some time.

## Mark 4:35-41

On that day, when evening had come, he said to them, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

## THURSDAY, JULY 24

### Psalm 8

1 O Lord our Governor, \*  
how exalted is your Name in all the world!

2 Out of the mouths of infants and children \*  
your majesty is praised above the heavens.

3 You have set up a stronghold against your  
adversaries, \*  
to quell the enemy and the avenger.

4 When I consider your heavens, the work of your

fingers, \*  
the moon and the stars you have set in their courses,

5 What is man that you should be mindful of him? \*  
the son of man that you should seek him out?

6 You have made him but little lower than the  
angels; \*  
you adorn him with glory and honor;

7 You give him mastery over the works of your  
hands; \*  
you put all things under his feet:

8 All sheep and oxen, \*  
even the wild beasts of the field,

9 The birds of the air, the fish of the sea, \*  
and whatsoever walks in the paths of the sea.

10 O Lord our Governor, \*  
how exalted is your Name in all the world!

## Psalm 84

1 How dear to me is your dwelling, O Lord of  
hosts! \*  
My soul has a desire and longing for the courts of  
the Lord;  
my heart and my flesh rejoice in the living God.

2 The sparrow has found her a house  
and the swallow a nest where she may lay her  
young; \*  
by the side of your altars, O Lord of hosts,  
my King and my God.

3 Happy are they who dwell in your house! \*  
they will always be praising you.

4 Happy are the people whose strength is in you! \*  
whose hearts are set on the pilgrims' way.

5 Those who go through the desolate valley will  
find it a place of springs, \*  
for the early rains have covered it with pools of  
water.

6 They will climb from height to height, \*  
and the God of gods will reveal himself in Zion.

7 Lord God of hosts, hear my prayer; \*  
hearken, O God of Jacob.

8 Behold our defender, O God; \*  
and look upon the face of your Anointed.

9 For one day in your courts is better than a  
thousand in my own room, \*  
and to stand at the threshold of the house of my God  
than to dwell in the tents of the wicked.

10 For the Lord God is both sun and shield; \*  
he will give grace and glory;

11 No good thing will the Lord withhold \*  
from those who walk with integrity.

12 O Lord of hosts, \*  
happy are they who put their trust in you!

## 1 Samuel 28:3-20

Now Samuel had died, and all Israel had mourned  
for him and buried him in Ramah, his own city.  
Saul had expelled the mediums and the wizards  
from the land. The Philistines assembled, and came  
and encamped at Shunem. Saul gathered all Israel,  
and they encamped at Gilboa. When Saul saw the  
army of the Philistines, he was afraid, and his heart  
trembled greatly. When Saul inquired of the Lord,  
the Lord did not answer him, not by dreams, nor by  
Urim, nor by prophets. Then Saul said to his  
servants, 'Seek out for me a woman who is a  
medium, so that I may go to her and inquire of her.'  
His servants said to him, 'There is a medium at  
Endor.'

So Saul disguised himself and put on other clothes  
and went there, he and two men with him. They  
came to the woman by night. And he said, 'Consult  
a spirit for me, and bring up for me the one whom I  
name to you.' The woman said to him, 'Surely you  
know what Saul has done, how he has cut off the  
mediums and the wizards from the land. Why then

are you laying a snare for my life to bring about my death?’ But Saul swore to her by the Lord, ‘As the Lord lives, no punishment shall come upon you for this thing.’ Then the woman said, ‘Whom shall I bring up for you?’ He answered, ‘Bring up Samuel for me.’ When the woman saw Samuel, she cried out with a loud voice; and the woman said to Saul, ‘Why have you deceived me? You are Saul!’ The king said to her, ‘Have no fear; what do you see?’ The woman said to Saul, ‘I see a divine being coming up out of the ground.’ He said to her, ‘What is his appearance?’ She said, ‘An old man is coming up; he is wrapped in a robe.’ So Saul knew that it was Samuel, and he bowed with his face to the ground, and did obeisance.

Then Samuel said to Saul, ‘Why have you disturbed me by bringing me up?’ Saul answered, ‘I am in great distress, for the Philistines are warring against me, and God has turned away from me and answers me no more, either by prophets or by dreams; so I have summoned you to tell me what I should do.’ Samuel said, ‘Why then do you ask me, since the Lord has turned from you and become your enemy? The Lord has done to you just as he spoke by me; for the Lord has torn the kingdom out of your hand, and given it to your neighbour David. Because you did not obey the voice of the Lord, and did not carry out his fierce wrath against Amalek, therefore the Lord has done this thing to you today. Moreover, the Lord will give Israel along with you into the hands of the Philistines; and tomorrow you and your sons shall be with me; the Lord will also give the army of Israel into the hands of the Philistines.’

Immediately Saul fell full length on the ground, filled with fear because of the words of Samuel; and there was no strength in him, for he had eaten nothing all day and all night.

## Acts 15:1-11

Then certain individuals came down from Judea and were teaching the brothers, ‘Unless you are circumcised according to the custom of Moses, you cannot be saved.’ And after Paul and Barnabas had no small dissension and debate with them, Paul and Barnabas and some of the others were appointed to go up to Jerusalem to discuss this question with the

apostles and the elders. So they were sent on their way by the church, and as they passed through both Phoenicia and Samaria, they reported the conversion of the Gentiles, and brought great joy to all the believers. When they came to Jerusalem, they were welcomed by the church and the apostles and the elders, and they reported all that God had done with them. But some believers who belonged to the sect of the Pharisees stood up and said, ‘It is necessary for them to be circumcised and ordered to keep the law of Moses.’

The apostles and the elders met together to consider this matter. After there had been much debate, Peter stood up and said to them, ‘My brothers, you know that in the early days God made a choice among you, that I should be the one through whom the Gentiles would hear the message of the good news and become believers. And God, who knows the human heart, testified to them by giving them the Holy Spirit, just as he did to us; and in cleansing their hearts by faith he has made no distinction between them and us. Now therefore why are you putting God to the test by placing on the neck of the disciples a yoke that neither our ancestors nor we have been able to bear? On the contrary, we believe that we will be saved through the grace of the Lord Jesus, just as they will.’

## Mark 5:1-20

They came to the other side of the lake, to the country of the Gerasenes. And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him. He lived among the tombs; and no one could restrain him any more, even with a chain; for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. When he saw Jesus from a distance, he ran and bowed down before him; and he shouted at the top of his voice, ‘What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.’ For he had said to him, ‘Come out of the man, you unclean spirit!’ Then Jesus asked him, ‘What is your name?’ He replied,



‘My name is Legion; for we are many.’ He begged him earnestly not to send them out of the country. Now there on the hillside a great herd of swine was feeding; and the unclean spirits begged him, ‘Send us into the swine; let us enter them.’ So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the lake, and were drowned in the lake.

The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid. Those who had seen what had happened to the demoniac and to the swine reported it. Then they began to beg Jesus to leave their neighbourhood. As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him. But Jesus refused, and said to him, ‘Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.’ And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and everyone was amazed.