## Psalm 56

Be gracious to me, O God, for people trample on me; all day long foes oppress me; my enemies trample on me all day long, for many fight against me.

O Most High, when I am afraid, I put my trust in you.

In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me?

All day long they seek to injure my cause; all their thoughts are against me for evil. They stir up strife, they lurk,

they watch my steps.

As they hoped to have my life, so repay them for their crime; in wrath cast down the peoples, O God!

You have kept count of my tossings; put my tears in your bottle. Are they not in your record? Then my enemies will retreat on the day when I call.

This I know, that God is for me. In God, whose word I praise, in the Lord, whose word I praise, in God I trust; I am not afraid. What can a mere mortal do to me?

My vows to you I must perform, O God; I will render thank-offerings to you. For you have delivered my soul from death, and my feet from falling,

so that I may walk before God in the light of life.

## Isaiah 46

Bel bows down, Nebo stoops, their idols are on beasts and cattle;
these things you carry are loaded as burdens on weary animals.
They stoop, they bow down together; they cannot save the burden, but themselves go into captivity.

Listen to me, O house of Jacob, all the remnant of the house of Israel, who have been borne by me from your birth, carried from the womb; even to your old age I am he,

even when you turn grey I will carry you. I have made, and I will bear; I will carry and will save.

To whom will you liken me and make me equal, and compare me, as though we were alike? Those who lavish gold from the purse,

and weigh out silver in the scales—

they hire a goldsmith, who makes it into a god; then they fall down and worship!

They lift it to their shoulders, they carry it, they set it in its place, and it stands there; it cannot move from its place.

If one cries out to it, it does not answer or save anyone from trouble.

Remember this and consider, recall it to mind, you transgressors, remember the former things of old; for I am God, and there is no other; I am God, and there is no one like me, declaring the end from the beginning and from ancient times things not yet done, saying, 'My purpose shall stand, and I will fulfil my intention', calling a bird of prey from the east, the man for my purpose from a far country. I have spoken, and I will bring it to pass; I have planned, and I will do it.

Listen to me, you stubborn of heart, you who are far from deliverance:
I bring near my deliverance, it is not far off, and my salvation will not tarry;
I will put salvation in Zion, for Israel my glory.

## 1 Thessalonians 2:1-12

You yourselves know, brothers and sisters, that our coming to you was not in vain, but though we had already suffered and been shamefully maltreated at Philippi, as you know, we had courage in our God to declare to you the gospel of God in spite of great opposition. For our appeal does not spring from deceit or impure motives or trickery, but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. As you know and as God is our witness, we never came with words of flattery or with a pretext for greed; nor did we seek praise from mortals, whether from you or from others, though we might have made demands as apostles of Christ. But we were gentle among you, like a nurse tenderly caring for her own children. So deeply do we care for you that we are determined to share with you not only the gospel of God but also our own selves, because you have become very dear to us.

You remember our labour and toil, brothers and sisters; we worked night and day, so that we might not burden any of you while we proclaimed to you the gospel of God. You are witnesses, and God also, how pure, upright, and blameless our conduct was towards you believers. As you know, we dealt with each one of you like a father with his children, urging and encouraging you and pleading that you should lead a life worthy of God, who calls you into his own kingdom and glory.

## The Collect of the Day

O Lord, raise up, we pray, your power and come among us, and with great might succour us; that whereas, through our sins and wickedness we are grievously hindered in running the race that is set before us, your bountiful grace and mercy may speedily help and deliver us; through Jesus Christ your Son our Lord, to whom with you and the Holy Spirit, be honour and glory, now and for ever.