

Psalm and Readings Wednesday 10th December 2025

Psalm 62

For God alone my soul waits in silence;
from him comes my salvation.

He alone is my rock and my salvation,
my fortress; I shall never be shaken.

How long will you assail a person,
will you batter your victim, all of you,
as you would a leaning wall, a tottering fence?
Their only plan is to bring down a person of
prominence.

They take pleasure in falsehood;
they bless with their mouths,
but inwardly they curse.

For God alone my soul waits in silence,
for my hope is from him.
He alone is my rock and my salvation,
my fortress; I shall not be shaken.
On God rests my deliverance and my honour;
my mighty rock, my refuge is in God.

Trust in him at all times, O people;
pour out your heart before him;
God is a refuge for us.

Those of low estate are but a breath,
those of high estate are a delusion;
in the balances they go up;
they are together lighter than a breath.
Put no confidence in extortion,
and set no vain hopes on robbery;
if riches increase, do not set your heart on
them.

Once God has spoken;
twice have I heard this:
that power belongs to God,
and steadfast love belongs to you, O Lord.
For you repay to all
according to their work.

Isaiah 31

Alas for those who go down to Egypt for help
and who rely on horses,
who trust in chariots because they are many
and in horsemen because they are very strong,
but do not look to the Holy One of Israel
or consult the Lord!

Yet he too is wise and brings disaster;
he does not call back his words,
but will rise against the house of the evildoers,
and against the helpers of those who work
iniquity.
The Egyptians are human, and not God;
their horses are flesh, and not spirit.
When the Lord stretches out his hand,
the helper will stumble, and the one helped will
fall,
and they will all perish together.

For thus the Lord said to me,
As a lion or a young lion growls over its prey,
and—when a band of shepherds is called out
against it—
is not terrified by their shouting
or daunted at their noise,
so the Lord of hosts will come down
to fight upon Mount Zion and upon its hill.
Like birds hovering overhead, so the Lord of hosts
will protect Jerusalem;
he will protect and deliver it,
he will spare and rescue it.

Turn back to him whom you have deeply
betrayed, O people of Israel. For on that day all of
you shall throw away your idols of silver and idols
of gold, which your hands have sinfully made for
you.

‘Then the Assyrian shall fall by a sword, not of
mortals;
and a sword, not of humans, shall devour him;
he shall flee from the sword,
and his young men shall be put to forced
labour.
His rock shall pass away in terror,
and his officers desert the standard in panic,’
says the Lord, whose fire is in Zion,
and whose furnace is in Jerusalem.

Matthew 15:1-20

Then Pharisees and scribes came to Jesus from
Jerusalem and said, ‘Why do your disciples break
the tradition of the elders? For they do not wash
their hands before they eat.’ He answered them,
‘And why do you break the commandment of God
for the sake of your tradition? For God said,

“Honour your father and your mother,” and,
“Whoever speaks evil of father or mother must surely die.” But you say that whoever tells father or mother, “Whatever support you might have had from me is given to God”, then that person need not honour the father. So, for the sake of your tradition, you make void the word of God. You hypocrites! Isaiah prophesied rightly about you when he said:

“This people honours me with their lips,
but their hearts are far from me;
in vain do they worship me,
teaching human precepts as doctrines.”

Then he called the crowd to him and said to them, ‘Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.’ Then the disciples approached and said to him, ‘Do you know that the Pharisees took offence when they heard what you said?’ He answered, ‘Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.’ But Peter said to him, ‘Explain this parable to us.’ Then he said, ‘Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.’

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.