

## Psalm and Readings Tuesday 16th December 2025

### Psalm 70

Be pleased, O God, to deliver me.  
O Lord, make haste to help me!  
Let those be put to shame and confusion  
who seek my life.  
Let those be turned back and brought to  
dishonour  
who desire to hurt me.  
Let those who say, 'Aha, Aha!'  
turn back because of their shame.  
  
Let all who seek you  
rejoice and be glad in you.  
Let those who love your salvation  
say evermore, 'God is great!'  
But I am poor and needy;  
hasten to me, O God!  
You are my help and my deliverer;  
O Lord, do not delay!

### Isaiah 38: 9-20

A writing of King Hezekiah of Judah, after he had  
been sick and had recovered from his sickness:

I said: In the noontide of my days  
I must depart;  
I am consigned to the gates of Sheol  
for the rest of my years.  
I said, I shall not see the Lord  
in the land of the living;  
I shall look upon mortals no more  
among the inhabitants of the world.  
My dwelling is plucked up and removed from me  
like a shepherd's tent;  
like a weaver I have rolled up my life;  
he cuts me off from the loom;  
from day to night you bring me to an end;  
I cry for help until morning;  
like a lion he breaks all my bones;  
from day to night you bring me to an end.  
  
Like a swallow or a crane I clamour,  
I moan like a dove.  
My eyes are weary with looking upwards.  
O Lord, I am oppressed; be my security!  
But what can I say? For he has spoken to me,  
and he himself has done it.  
All my sleep has fled  
because of the bitterness of my soul.

O Lord, by these things people live,  
and in all these is the life of my spirit.  
O restore me to health and make me live!  
Surely it was for my welfare  
that I had great bitterness;  
but you have held back my life  
from the pit of destruction,  
for you have cast all my sins  
behind your back.  
For Sheol cannot thank you,  
death cannot praise you;  
those who go down to the Pit cannot hope  
for your faithfulness.  
The living, the living, they thank you,  
as I do this day;  
fathers make known to children  
your faithfulness.

The Lord will save me,  
and we will sing to stringed instruments  
all the days of our lives,  
at the house of the Lord.

### Matthew 17:1-13

Six days later, Jesus took with him Peter and  
James and his brother John and led them up a  
high mountain, by themselves. And he was  
transfigured before them, and his face shone like  
the sun, and his clothes became dazzling white.  
Suddenly there appeared to them Moses and  
Elijah, talking with him. Then Peter said to Jesus,  
'Lord, it is good for us to be here; if you wish, I  
will make three dwellings here, one for you, one  
for Moses, and one for Elijah.' While he was still  
speaking, suddenly a bright cloud overshadowed  
them, and from the cloud a voice said, 'This is my  
Son, the Beloved; with him I am well pleased;  
listen to him!' When the disciples heard this, they  
fell to the ground and were overcome by fear. But  
Jesus came and touched them, saying, 'Get up  
and do not be afraid.' And when they looked up,  
they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus  
ordered them, 'Tell no one about the vision until  
after the Son of Man has been raised from the  
dead.' And the disciples asked him, 'Why, then,  
do the scribes say that Elijah must come first?' He  
replied, 'Elijah is indeed coming and will restore

all things; but I tell you that Elijah has already come, and they did not recognize him, but they did to him whatever they pleased. So also the Son of Man is about to suffer at their hands.' Then the disciples understood that he was speaking to them about John the Baptist.

### **The Collect of the Day**

O Lord Jesus Christ,  
who at your first coming sent your messenger  
to prepare your way before you:  
grant that the ministers and stewards of your  
mysteries may likewise so prepare and make  
ready your way  
by turning the hearts of the disobedient to the  
wisdom of the just,  
that at your second coming to judge the world  
we may be found an acceptable people in your  
sight;  
for you are alive and reign with the Father  
in the unity of the Holy Spirit,  
one God, now and for ever.