

Psalm and Readings Tuesday 3rd February 2026

Psalm 5

- 1 Give ear to my words, O Lord;
give heed to my sighing.
- 2 Listen to the sound of my cry,
my King and my God, for to you I pray.
- 3 O Lord, in the morning you hear my voice;
in the morning I plead my case to you, and
watch.
- 4 For you are not a God who delights in
wickedness; evil will not sojourn with you.
- 5 The boastful will not stand before your eyes;
you hate all evildoers.
- 6 You destroy those who speak lies;
the Lord abhors the bloodthirsty and
deceitful.
- 7 But I, through the abundance of your
steadfast love, will enter your house,
I will bow down towards your holy temple
in awe of you.
- 8 Lead me, O Lord, in your righteousness
because of my enemies;
make your way straight before me.
- 9 For there is no truth in their mouths;
their hearts are destruction;
their throats are open graves;
they flatter with their tongues.
- 10 Make them bear their guilt, O God;
let them fall by their own counsels;
because of their many transgressions cast
them out, for they have rebelled against you.
- 11 But let all who take refuge in you rejoice;
let them ever sing for joy.
Spread your protection over them, so that
those who love your name may exult in you.
- 12 For you bless the righteous, O Lord;
you cover them with favour as with a shield.

Genesis 24:29-end

Rebekah had a brother whose name was Laban; and Laban ran out to the man, to the spring. As soon as he had seen the nose-ring, and the bracelets on his sister's arms, and when he heard the words of his sister Rebekah, 'Thus the man spoke to me', he went to the man; and there he was, standing by the camels at the spring. He said, 'Come in, O blessed of the Lord. Why do you stand outside when I have prepared the house and a place for the camels?' So the man came

into the house; and Laban unloaded the camels, and gave him straw and fodder for the camels, and water to wash his feet and the feet of the men who were with him. Then food was set before him to eat; but he said, 'I will not eat until I have told my errand.' He said, 'Speak on.'

So he said, 'I am Abraham's servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son." I said to my master, "Perhaps the woman will not follow me." But he said to me, "The Lord, before whom I walk, will send his angel with you and make your way successful. You shall get a wife for my son from my kindred, from my father's house. Then you will be free from my oath, when you come to my kindred; even if they will not give her to you, you will be free from my oath."

'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son."

'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had

led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.'

Then Laban and Bethuel answered, 'The thing comes from the Lord; we cannot speak to you anything bad or good. Look, Rebekah is before you; take her and go, and let her be the wife of your master's son, as the Lord has spoken.'

When Abraham's servant heard their words, he bowed himself to the ground before the Lord. And the servant brought out jewellery of silver and of gold, and garments, and gave them to Rebekah; he also gave to her brother and to her mother costly ornaments. Then he and the men who were with him ate and drank, and they spent the night there. When they rose in the morning, he said, 'Send me back to my master.' Her brother and her mother said, 'Let the girl remain with us a while, at least ten days; after that she may go.' But he said to them, 'Do not delay me, since the Lord has made my journey successful; let me go, that I may go to my master.' They said, 'We will call the girl, and ask her.' And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her,

'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.'

Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

1 Timothy 6:11-end

But as for you, man of God, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness. Fight the good fight of the faith; take hold of the eternal life, to which you were called and for which you made the good confession in the presence of many witnesses. In the presence of God, who gives life to all things, and of Christ Jesus, who in his testimony before Pontius Pilate made the good confession, I charge you to keep the commandment without spot or blame until the manifestation of our Lord Jesus Christ, which he will bring about at the right time—he who is the blessed and only Sovereign, the King of kings and Lord of lords. It is he alone who has immortality and dwells in unapproachable light, whom no one has ever seen or can see; to him be honour and eternal dominion. Amen.

As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment. They are to do good, to be rich in good works, generous, and ready to share, thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.

Timothy, guard what has been entrusted to you. Avoid the profane chatter and contradictions of what is falsely called knowledge; by professing it some have missed the mark as regards the faith.

Grace be with you.

The Collect of the Day

God of grace and might,
who sent your servant Anskar
to spread the gospel to the Nordic peoples:
raise up, we pray, in our generation
messengers of your good news
and heralds of your kingdom
that the world may come to know
the immeasurable riches of our Saviour Jesus
Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.