

## Psalm and Readings Wednesday 18th March 2026

### Psalm 63

- 1 O God, you are my God, I seek you,  
my soul thirsts for you;  
my flesh faints for you, as in a dry and weary  
land where there is no water.
- 2 So I have looked upon you in the sanctuary,  
beholding your power and glory.
- 3 Because your steadfast love is better than  
life, my lips will praise you.
- 4 So I will bless you as long as I live;  
I will lift up my hands and call on your name.
- 5 My soul is satisfied as with a rich feast,  
and my mouth praises you with joyful lips
- 6 When I think of you on my bed, and meditate  
on you in the watches of the night;
- 7 For you have been my help,  
and in the shadow of your wings I sing for joy.
- 8 My soul clings to you;  
your right hand upholds me.
- 9 But those who seek to destroy my life  
shall go down into the depths of the earth;
- 10 They shall be given over to the power of the  
sword, they shall be prey for jackals.
- 11 But the king shall rejoice in God;  
all who swear by him shall exult,  
for the mouths of liars will be stopped.

### Exodus 4:1-23

Then Moses answered, 'But suppose they do not believe me or listen to me, but say, "The Lord did not appear to you."' The Lord said to him, 'What is that in your hand?' He said, 'A staff.' And he said, 'Throw it on the ground.' So he threw the staff on the ground, and it became a snake; and Moses drew back from it. Then the Lord said to Moses, 'Reach out your hand, and seize it by the tail'—so he reached out his hand and grasped it, and it became a staff in his hand— 'so that they may believe that the Lord, the God of their ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you.'

Again, the Lord said to him, 'Put your hand inside your cloak.' He put his hand into his cloak; and when he took it out, his hand was leprous, as white as snow. Then God said, 'Put your hand back into your cloak'—so he put his hand back into his cloak, and when he took it out,

it was restored like the rest of his body— 'If they will not believe you or heed the first sign, they may believe the second sign. If they will not believe even these two signs or heed you, you shall take some water from the Nile and pour it on the dry ground; and the water that you shall take from the Nile will become blood on the dry ground.'

But Moses said to the Lord, 'O my Lord, I have never been eloquent, neither in the past nor even now that you have spoken to your servant; but I am slow of speech and slow of tongue.' Then the Lord said to him, 'Who gives speech to mortals? Who makes them mute or deaf, seeing or blind? Is it not I, the Lord? Now go, and I will be with your mouth and teach you what you are to speak.' But he said, 'O my Lord, please send someone else.' Then the anger of the Lord was kindled against Moses and he said, 'What of your brother Aaron the Levite? I know that he can speak fluently; even now he is coming out to meet you, and when he sees you his heart will be glad. You shall speak to him and put the words in his mouth; and I will be with your mouth and with his mouth, and will teach you what you shall do. He indeed shall speak for you to the people; he shall serve as a mouth for you, and you shall serve as God for him. Take in your hand this staff, with which you shall perform the signs.'

Moses went back to his father-in-law Jethro and said to him, 'Please let me go back to my kindred in Egypt and see whether they are still living.' And Jethro said to Moses, 'Go in peace.' The Lord said to Moses in Midian, 'Go back to Egypt; for all those who were seeking your life are dead.' So Moses took his wife and his sons, put them on a donkey, and went back to the land of Egypt; and Moses carried the staff of God in his hand.

And the Lord said to Moses, 'When you go back to Egypt, see that you perform before Pharaoh all the wonders that I have put in your power; but I will harden his heart, so that he will not let the people go. Then you shall say to Pharaoh, "Thus says the Lord: Israel is my firstborn son. I said to you, 'Let my son go that he may worship me.' But you refused to let him go; now I will kill your firstborn son."'

## Hebrews 10:1-18

Since the law has only a shadow of the good things to come and not the true form of these realities, it can never, by the same sacrifices that are continually offered year after year, make perfect those who approach. Otherwise, would they not have ceased being offered, since the worshippers, cleansed once for all, would no longer have any consciousness of sin? But in these sacrifices there is a reminder of sin year after year. For it is impossible for the blood of bulls and goats to take away sins. Consequently, when Christ came into the world, he said,

‘Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt-offerings and sin-offerings you have taken no pleasure. Then I said, “See, God, I have come to do your will, O God” (in the scroll of the book it is written of me).’

When he said above, ‘You have neither desired nor taken pleasure in sacrifices and offerings and burnt-offerings and sin-offerings’ (these are offered according to the law), then he added, ‘See, I have come to do your will.’ He abolishes the first in order to establish the second. And it is by God’s will that we have been sanctified through the offering of the body of Jesus Christ once for all.

And every priest stands day after day at his service, offering again and again the same sacrifices that can never take away sins. But when Christ had offered for all time a single sacrifice for sins, ‘he sat down at the right hand of God’, and since then has been waiting ‘until his enemies would be made a footstool for his feet.’ For by a single offering he has perfected for all time those who are sanctified. And the Holy Spirit also testifies to us, for after saying,

‘This is the covenant that I will make with them after those days, says the Lord: I will put my laws in their hearts, and I will write them on their minds’,

he also adds, ‘I will remember their sins and their lawless deeds no more.’

Where there is forgiveness of these, there is no longer any offering for sin.

## The Collect of the Day

Merciful Lord,  
absolve your people from their offences,  
that through your bountiful goodness  
we may all be delivered from the chains of those  
sins which by our frailty we have committed;  
grant this, heavenly Father,  
for Jesus Christ’s sake, our blessed Lord and  
Saviour,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.