

Psalm and Readings Tuesday 24th March 2026

Psalm 123

- 1 To you I lift up my eyes,
O you who are enthroned in the heavens!
- 2 As the eyes of servants
look to the hand of their master,
as the eyes of a maid to the hand of her
mistress,
so our eyes look to the Lord our God,
until he has mercy upon us.
- 3 Have mercy upon us, O Lord, have mercy
upon us, for we have had more than enough
of contempt.
- 4 Our soul has had more than its fill of the
scorn of those who are at ease,
of the contempt of the proud.

Exodus 8:20-end

Then the Lord said to Moses, 'Rise early in the morning and present yourself before Pharaoh, as he goes out to the water, and say to him, "Thus says the Lord: Let my people go, so that they may worship me. For if you will not let my people go, I will send swarms of flies on you, your officials, and your people, and into your houses; and the houses of the Egyptians shall be filled with swarms of flies; so also the land where they live. But on that day I will set apart the land of Goshen, where my people live, so that no swarms of flies shall be there, that you may know that I the Lord am in this land. Thus I will make a distinction between my people and your people. This sign shall appear tomorrow.'" The Lord did so, and great swarms of flies came into the house of Pharaoh and into his officials' houses; in all of Egypt the land was ruined because of the flies.

Then Pharaoh summoned Moses and Aaron, and said, 'Go, sacrifice to your God within the land.' But Moses said, 'It would not be right to do so; for the sacrifices that we offer to the Lord our God are offensive to the Egyptians. If we offer in the sight of the Egyptians sacrifices that are offensive to them, will they not stone us? We must go a three days' journey into the wilderness and sacrifice to the Lord our God as he commands us.' So Pharaoh said, 'I will let you go to sacrifice to the Lord your God in the wilderness, provided you do not go very far away. Pray for me.'

Then Moses said, 'As soon as I leave you, I will pray to the Lord that the swarms of flies may depart tomorrow from Pharaoh, from his officials, and from his people; only do not let Pharaoh again deal falsely by not letting the people go to sacrifice to the Lord.'

So Moses went out from Pharaoh and prayed to the Lord. And the Lord did as Moses asked: he removed the swarms of flies from Pharaoh, from his officials, and from his people; not one remained. But Pharaoh hardened his heart this time also, and would not let the people go.

Hebrews 11:32 – 12:2

And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets— who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented— of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground.

Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, without us, be made perfect.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

The Collect of the Day

Most merciful God,
who by the death and resurrection of your Son
Jesus Christ delivered and saved the world:
grant that by faith in him who suffered on the
cross we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.