

Psalm and Readings Thursday 16th April 2026

Psalm 28

- 1 To you, O Lord, I call;
my rock, do not refuse to hear me,
for if you are silent to me,
I shall be like those who go down to the Pit.
- 2 Hear the voice of my supplication,
as I cry to you for help, as I lift up my hands
towards your most holy sanctuary.
- 3 Do not drag me away with the wicked,
with those who are workers of evil,
who speak peace with their neighbours,
while mischief is in their hearts.
- 4 Repay them according to their work,
and according to the evil of their deeds;
repay them according to the work of their
hands; render them their due reward.
- 5 Because they do not regard the works of the
Lord, or the work of his hands, he will break
them down and build them up no more.
- 6 Blessed be the Lord,
for he has heard the sound of my pleadings.
- 7 The Lord is my strength and my shield;
in him my heart trusts;
so I am helped, and my heart exults,
and with my song I give thanks to him.
- 8 The Lord is the strength of his people;
he is the saving refuge of his anointed.
- 9 O save your people, and bless your heritage;
be their shepherd, and carry them for ever.

Exodus 17

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go.

I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

Then Amalek came and fought with Israel at Rephidim. Moses said to Joshua, 'Choose some men for us and go out; fight with Amalek. Tomorrow I will stand on the top of the hill with the staff of God in my hand.' So Joshua did as Moses told him, and fought with Amalek, while Moses, Aaron, and Hur went up to the top of the hill. Whenever Moses held up his hand, Israel prevailed; and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary; so they took a stone and put it under him, and he sat on it. Aaron and Hur held up his hands, one on one side, and the other on the other side; so his hands were steady until the sun set. And Joshua defeated Amalek and his people with the sword.

Then the Lord said to Moses, 'Write this as a reminder in a book and recite it in the hearing of Joshua: I will utterly blot out the remembrance of Amalek from under heaven.' And Moses built an altar and called it, The Lord is my banner. He said, 'A hand upon the banner of the Lord! The Lord will have war with Amalek from generation to generation.'

Colossians 2:16 – 3:11

Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. These are only a shadow of what is to come, but the substance belongs to Christ. Do not let anyone disqualify you, insisting on self-abasement and worship of angels, dwelling on visions, puffed up without cause by a human way of thinking, and not holding fast to the head, from whom the whole body, nourished and held together by its ligaments and sinews, grows with a growth that is from God.

If with Christ you died to the elemental spirits of the universe, why do you live as if you still belonged to the world? Why do you submit to regulations, 'Do not handle, Do not taste, Do not touch'? All these regulations refer to things that perish with use; they are simply human commands and teachings. These have indeed an appearance of wisdom in promoting self-imposed piety, humility, and severe treatment of the body, but they are of no value in checking self-indulgence.

So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory.

Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry). On account of these the wrath of God is coming on those who are disobedient. These are the ways you also once followed, when you were living that life. But now you must get rid of all such things—anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. In that renewal there is no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free; but Christ is all and in all!

The Collect of the Day

Almighty Father,
you have given your only Son to die for our sins
and to rise again for our justification:
grant us so to put away the leaven of malice and
wickedness that we may always serve you
in pureness of living and truth;
through the merits of your Son Jesus Christ our
Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.