

Psalm and Readings Wednesday 22nd April 2026

Psalm 34

- 1 I will bless the Lord at all times;
his praise shall continually be in my mouth.
- 2 My soul makes its boast in the Lord;
let the humble hear and be glad.
- 3 O magnify the Lord with me,
and let us exalt his name together.
- 4 I sought the Lord, and he answered me,
and delivered me from all my fears.
- 5 Look to him, and be radiant;
so your faces shall never be ashamed.
- 6 This poor soul cried, and was heard by the
Lord, and was saved from every trouble.
- 7 The angel of the Lord encamps around those
who fear him, and delivers them.
- 8 O taste and see that the Lord is good;
happy are those who take refuge in him.
- 9 O fear the Lord, you his holy ones,
for those who fear him have no want.
- 10 The young lions suffer want and hunger,
but those who seek the Lord lack no good
thing.
- 11 Come, O children, listen to me;
I will teach you the fear of the Lord.
- 12 Which of you desires life,
and covets many days to enjoy good?
- 13 Keep your tongue from evil,
and your lips from speaking deceit.
- 14 Depart from evil, and do good;
seek peace, and pursue it.
- 15 The eyes of the Lord are on the righteous,
and his ears are open to their cry.
- 16 The face of the Lord is against evildoers,
to cut off the remembrance of them from the
earth.
- 17 When the righteous cry for help, the Lord
hears,
and rescues them from all their troubles.
- 18 The Lord is near to the broken-hearted,
and saves the crushed in spirit.
- 19 Many are the afflictions of the righteous,
but the Lord rescues them from them all.
- 20 He keeps all their bones;
not one of them will be broken.
- 21 Evil brings death to the wicked, and those
who hate the righteous will be condemned.
- 22 The Lord redeems the life of his servants;
none of those who take refuge in him will be
condemned.

Exodus 24

Then he said to Moses, 'Come up to the Lord, you and Aaron, Nadab, and Abihu, and seventy of the elders of Israel, and worship at a distance. Moses alone shall come near the Lord; but the others shall not come near, and the people shall not come up with him.'

Moses came and told the people all the words of the Lord and all the ordinances; and all the people answered with one voice, and said, 'All the words that the Lord has spoken we will do.' And Moses wrote down all the words of the Lord. He rose early in the morning, and built an altar at the foot of the mountain, and set up twelve pillars, corresponding to the twelve tribes of Israel. He sent young men of the people of Israel, who offered burnt-offerings and sacrificed oxen as offerings of well-being to the Lord. Moses took half of the blood and put it in basins, and half of the blood he dashed against the altar. Then he took the book of the covenant, and read it in the hearing of the people; and they said, 'All that the Lord has spoken we will do, and we will be obedient.' Moses took the blood and dashed it on the people, and said, 'See the blood of the covenant that the Lord has made with you in accordance with all these words.'

Then Moses and Aaron, Nadab, and Abihu, and seventy of the elders of Israel went up, and they saw the God of Israel. Under his feet there was something like a pavement of sapphire stone, like the very heaven for clearness. God did not lay his hand on the chief men of the people of Israel; also they beheld God, and they ate and drank.

The Lord said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.' So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, 'Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.'

Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days;

on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

Luke 1:39–56

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth. When Elizabeth heard Mary's greeting, the child leapt in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, 'Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leapt for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord.'

And Mary said,

'My soul magnifies the Lord,
and my spirit rejoices in God my Saviour,
for he has looked with favour on the lowliness
of his servant.

Surely, from now on all generations will call me
blessed; for the Mighty One has done great
things for me, and holy is his name.

His mercy is for those who fear him
from generation to generation.

He has shown strength with his arm;
he has scattered the proud in the thoughts of
their hearts.

He has brought down the powerful from their
thrones, and lifted up the lowly;
he has filled the hungry with good things,
and sent the rich away empty.

He has helped his servant Israel,
in remembrance of his mercy,
according to the promise he made to our
ancestors,
to Abraham and to his descendants for ever.'

And Mary remained with her for about three months and then returned to her home.

The Collect of the Day

Almighty Father,
who in your great mercy gladdened the disciples
with the sight of the risen Lord:
give us such knowledge of his presence with us,
that we may be strengthened and sustained by
his risen life
and serve you continually in righteousness and
truth;
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.