

Psalm and Readings Tuesday 16th June 2026

Psalm 48

- 1 Great is the Lord and greatly to be praised
in the city of our God.
- 2 His holy mountain, beautiful in elevation,
is the joy of all the earth,
Mount Zion, in the far north,
the city of the great King.
- 3 Within its citadels God
has shown himself a sure defence.
- 4 Then the kings assembled,
they came on together.
- 5 As soon as they saw it, they were astounded;
they were in panic, they took to flight;
- 6 Trembling took hold of them there,
pains as of a woman in labour,
- 7 As when an east wind shatters
the ships of Tarshish.
- 8 As we have heard, so have we seen
in the city of the Lord of hosts,
in the city of our God,
which God establishes for ever.
- 9 We ponder your steadfast love, O God,
in the midst of your temple.
- 10 Your name, O God, like your praise,
reaches to the ends of the earth.
Your right hand is filled with victory.
- 11 Let Mount Zion be glad,
let the towns of Judah rejoice
because of your judgements.
- 12 Walk about Zion, go all around it,
count its towers,
- 13 Consider well its ramparts;
go through its citadels,
that you may tell the next generation
- 14 That this is God, our God for ever and ever.
He will be our guide for ever.

Judges 4:1-23

The Israelites again did what was evil in the sight of the Lord, after Ehud died. So the Lord sold them into the hand of King Jabin of Canaan, who reigned in Hazor; the commander of his army was Sisera, who lived in Harosheth-ha-goiim. Then the Israelites cried out to the Lord for help; for he had nine hundred chariots of iron, and had oppressed the Israelites cruelly for twenty years.

At that time Deborah, a prophetess, wife of Lappidoth, was judging Israel. She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim; and the Israelites came up to her for judgement. She sent and summoned Barak son of Abinoam from Kedesh in Naphtali, and said to him, 'The Lord, the God of Israel, commands you, "Go, take position at Mount Tabor, bringing ten thousand from the tribe of Naphtali and the tribe of Zebulun. I will draw out Sisera, the general of Jabin's army, to meet you by the Wadi Kishon with his chariots and his troops; and I will give him into your hand.'" Barak said to her, 'If you will go with me, I will go; but if you will not go with me, I will not go.' And she said, 'I will surely go with you; nevertheless, the road on which you are going will not lead to your glory, for the Lord will sell Sisera into the hand of a woman.' Then Deborah got up and went with Barak to Kedesh. Barak summoned Zebulun and Naphtali to Kedesh; and ten thousand warriors went up behind him; and Deborah went up with him.

Now Heber the Kenite had separated from the other Kenites, that is, the descendants of Hobab the father-in-law of Moses, and had encamped as far away as Elon-bezaananim, which is near Kedesh.

When Sisera was told that Barak son of Abinoam had gone up to Mount Tabor, Sisera called out all his chariots, nine hundred chariots of iron, and all the troops who were with him, from Harosheth-ha-goiim to the Wadi Kishon. Then Deborah said to Barak, 'Up! For this is the day on which the Lord has given Sisera into your hand. The Lord is indeed going out before you.' So Barak went down from Mount Tabor with ten thousand warriors following him. And the Lord threw Sisera and all his chariots and all his army into a panic before Barak; Sisera got down from his chariot and fled away on foot, while Barak pursued the chariots and the army to Harosheth-ha-goiim. All the army of Sisera fell by the sword; no one was left.

Now Sisera had fled away on foot to the tent of Jael wife of Heber the Kenite; for there was peace between King Jabin of Hazor and the clan of Heber the Kenite. Jael came out to meet Sisera, and said to him,

‘Turn aside, my lord, turn aside to me; have no fear.’ So he turned aside to her into the tent, and she covered him with a rug. Then he said to her, ‘Please give me a little water to drink; for I am thirsty.’ So she opened a skin of milk and gave him a drink and covered him. He said to her, ‘Stand at the entrance of the tent, and if anybody comes and asks you, “Is anyone here?” say, “No.”’ But Jael wife of Heber took a tent-peg, and took a hammer in her hand, and went softly to him and drove the peg into his temple, until it went down into the ground—he was lying fast asleep from weariness—and he died. Then, as Barak came in pursuit of Sisera, Jael went out to meet him, and said to him, ‘Come, and I will show you the man whom you are seeking.’ So he went into her tent; and there was Sisera lying dead, with the tent-peg in his temple.

So on that day God subdued King Jabin of Canaan before the Israelites.

Luke 13:10-21

Now he was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, ‘Woman, you are set free from your ailment.’ When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, ‘There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.’ But the Lord answered him and said, ‘You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?’ When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

He said therefore, ‘What is the kingdom of God like? And to what should I compare it? It is like a mustard seed that someone took and sowed in the garden; it grew and became a tree, and the birds of the air made nests in its branches.’

And again he said, ‘To what should I compare the kingdom of God? It is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.’

The Collect of the Day

Most merciful redeemer,
who gave to your bishop Richard a love of
learning,
a zeal for souls and a devotion to the poor:
grant that, encouraged by his example,
we may know you more clearly,
love you more dearly,
and follow you more nearly, day by day,
who with the Father and the Holy Spirit are alive
and reign, one God, now and for ever.