

Psalm and Readings Thursday 22nd July 2021

Psalm 30

I will extol you, O Lord, for you have drawn me up,
and did not let my foes rejoice over me.
O Lord my God, I cried to you for help,
and you have healed me.
O Lord, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.
Sing praises to the Lord, O you his faithful ones,
and give thanks to his holy name.
For his anger is but for a moment;
his favour is for a lifetime.
Weeping may linger for the night,
but joy comes with the morning.
As for me, I said in my prosperity,
'I shall never be moved.'
By your favour, O Lord,
you had established me as a strong mountain;
you hid your face;
I was dismayed.
To you, O Lord, I cried,
and to the Lord I made supplication:
'What profit is there in my death,
if I go down to the Pit?
Will the dust praise you?
Will it tell of your faithfulness?
Hear, O Lord, and be gracious to me!
O Lord, be my helper!
You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,
so that my soul may praise you and not be silent.
O Lord my God, I will give thanks to you for ever.

1 Samuel 16:14-end

Now the spirit of the Lord departed from Saul, and an evil spirit from the Lord tormented him. And Saul's servants said to him, 'See now, an evil spirit from God is tormenting you. Let our lord now command the servants who attend you to look for someone who is skilful in playing the lyre; and when the evil spirit from God is upon you, he will play it, and you will feel better.' So Saul said to his servants, 'Provide for me someone who can play well, and bring him to me.' One of the young men answered, 'I have seen a son of Jesse the Bethlehemite who is skilful in playing, a man of valour, a warrior, prudent in speech, and a man of good presence; and the Lord is with him.' So Saul sent messengers to Jesse, and said, 'Send me your son David who is with the sheep.' Jesse took a donkey loaded with bread, a skin of wine, and a kid, and sent them by his son David to Saul. And David came to Saul, and entered his service. Saul loved him greatly, and he became his armour-bearer. Saul sent to Jesse, saying, 'Let David remain in my service, for he has found favour in my sight.' And whenever the evil spirit from God came upon Saul, David took the lyre and played it with his hand, and Saul would be relieved and feel better, and the evil spirit would depart from him.

Luke 8:1-3

Soon afterwards he went on through cities and villages, proclaiming and bringing the good news of the kingdom of God. The twelve were with him, as well as some women who had been cured of evil spirits and infirmities: Mary, called Magdalene, from whom seven demons had gone out, and Joanna, the wife of Herod's steward Chuza, and Susanna, and many others, who provided for them out of their resources.