

Psalm and Readings Thursday 18th September 2025

Psalm 143

Hear my prayer, O Lord;
give ear to my supplications in your
faithfulness;
answer me in your righteousness.
Do not enter into judgement with your servant,
for no one living is righteous before you.

For the enemy has pursued me,
crushing my life to the ground,
making me sit in darkness like those long dead.
Therefore my spirit faints within me;
my heart within me is appalled.

I remember the days of old,
I think about all your deeds,
I meditate on the works of your hands.
I stretch out my hands to you;
my soul thirsts for you like a parched land.

Answer me quickly, O Lord;
my spirit fails.
Do not hide your face from me,
or I shall be like those who go down to the Pit.
Let me hear of your steadfast love in the morning,
for in you I put my trust.
Teach me the way I should go,
for to you I lift up my soul.

Save me, O Lord, from my enemies;
I have fled to you for refuge.
Teach me to do your will,
for you are my God.
Let your good spirit lead me
on a level path.

For your name's sake, O Lord, preserve my life.
In your righteousness bring me out of trouble.
In your steadfast love cut off my enemies,
and destroy all my adversaries,
for I am your servant.

Proverbs 27:1–22

Do not boast about tomorrow,
for you do not know what a day may bring.
Let another praise you, and not your own
mouth—
a stranger, and not your own lips.

A stone is heavy, and sand is weighty,
but a fool's provocation is heavier than both.
Wrath is cruel, anger is overwhelming,
but who is able to stand before jealousy?
Better is open rebuke
than hidden love.
Well meant are the wounds a friend inflicts,
but profuse are the kisses of an enemy.
The sated appetite spurns honey,
but to a ravenous appetite even the bitter is
sweet.
Like a bird that strays from its nest
is one who strays from home.
Perfume and incense make the heart glad,
but the soul is torn by trouble.
Do not forsake your friend or the friend of your
parent;
do not go to the house of your kindred on the
day of your calamity.
Better is a neighbour who is nearby
than kindred who are far away.
Be wise, my child, and make my heart glad,
so that I may answer whoever reproaches me.
The clever see danger and hide;
but the simple go on, and suffer for it.
Take the garment of one who has given surety for
a stranger;
seize the pledge given as surety for foreigners.
Whoever blesses a neighbour with a loud voice,
rising early in the morning,
will be counted as cursing.
A continual dripping on a rainy day
and a contentious wife are alike;
to restrain her is to restrain the wind
or to grasp oil in the right hand.
Iron sharpens iron,
and one person sharpens the wits of another.
Anyone who tends a fig tree will eat its fruit,
and anyone who takes care of a master will be
honoured.
Just as water reflects the face,
so one human heart reflects another.
Sheol and Abaddon are never satisfied,
and human eyes are never satisfied.
The crucible is for silver, and the furnace is for
gold,
so a person is tested by being praised.
Crush a fool in a mortar with a pestle
along with crushed grain,
but the folly will not be driven out.

Mark 9:2–13

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them any more, but only Jesus. As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this rising from the dead could mean. Then they asked him, 'Why do the scribes say that Elijah must come first?' He said to them, 'Elijah is indeed coming first to restore all things. How then is it written about the Son of Man, that he is to go through many sufferings and be treated with contempt? But I tell you that Elijah has come, and they did to him whatever they pleased, as it is written about him.'

The Collect of the Day

Almighty God,
who called your Church to bear witness
that you were in Christ reconciling the world to
yourself:
help us to proclaim the good news of your love,
that all who hear it may be drawn to you;
through him who was lifted up on the cross,
and reigns with you in the unity of the Holy Spirit,
one God, now and for ever.