

## Psalm and Readings Wednesday 28th January 2026

### Psalm 46

- 1 God is our refuge and strength,  
a very present help in trouble.
- 2 Therefore we will not fear, though the earth  
should change, though the mountains shake  
in the heart of the sea;
- 3 Though its waters roar and foam,  
though the mountains tremble with its  
tumult.
- 4 There is a river whose streams make glad the  
city of God,  
the holy habitation of the Most High.
- 5 God is in the midst of the city; it shall not be  
moved;  
God will help it when the morning dawns.
- 6 The nations are in an uproar, the kingdoms  
totter; he utters his voice, the earth melts.
- 7 The Lord of hosts is with us;  
the God of Jacob is our refuge.
- 8 Come, behold the works of the Lord;  
see what desolations he has brought on the  
earth.
- 9 He makes wars cease to the end of the earth;  
he breaks the bow, and shatters the spear;  
he burns the shields with fire.
- 10 'Be still, and know that I am God!  
I am exalted among the nations,  
I am exalted in the earth.'
- 11 The Lord of hosts is with us;  
the God of Jacob is our refuge.

### Genesis 14

In the days of King Amraphel of Shinar, King Arioch of Ellasar, King Chedorlaomer of Elam, and King Tidal of Goiim, these kings made war with King Bera of Sodom, King Birsha of Gomorrah, King Shinab of Admah, King Shemeber of Zeboiim, and the king of Bela (that is, Zoar). All these joined forces in the Valley of Siddim (that is, the Dead Sea). For twelve years they had served Chedorlaomer, but in the thirteenth year they rebelled. In the fourteenth year Chedorlaomer and the kings who were with him came and subdued the Rephaim in Ashteroth-karnaim, the Zuzim in Ham, the Emim in Shaveh-kiriathaim, and the Horites in the hill country of Seir as far as El-paran on the edge of the wilderness;

then they turned back and came to En-mishpat (that is, Kadesh), and subdued all the country of the Amalekites, and also the Amorites who lived in Hazazon-tamar. Then the king of Sodom, the king of Gomorrah, the king of Admah, the king of Zeboiim, and the king of Bela (that is, Zoar) went out, and they joined battle in the Valley of Siddim with King Chedorlaomer of Elam, King Tidal of Goiim, King Amraphel of Shinar, and King Arioch of Ellasar, four kings against five. Now the Valley of Siddim was full of bitumen pits; and as the kings of Sodom and Gomorrah fled, some fell into them, and the rest fled to the hill country. So the enemy took all the goods of Sodom and Gomorrah, and all their provisions, and went their way; they also took Lot, the son of Abram's brother, who lived in Sodom, and his goods, and departed.

Then one who had escaped came and told Abram the Hebrew, who was living by the oaks of Mamre the Amorite, brother of Eshcol and of Aner; these were allies of Abram. When Abram heard that his nephew had been taken captive, he led forth his trained men, born in his house, three hundred and eighteen of them, and went in pursuit as far as Dan. He divided his forces against them by night, he and his servants, and routed them and pursued them to Hobah, north of Damascus. Then he brought back all the goods, and also brought back his nephew Lot with his goods, and the women and the people.

After his return from the defeat of Chedorlaomer and the kings who were with him, the king of Sodom went out to meet him at the Valley of Shaveh (that is, the King's Valley). And King Melchizedek of Salem brought out bread and wine; he was priest of God Most High. He blessed him and said,

'Blessed be Abram by God Most High,  
maker of heaven and earth;  
and blessed be God Most High,  
who has delivered your enemies into your  
hand!'

And Abram gave him one-tenth of everything. Then the king of Sodom said to Abram, 'Give me the people, but take the goods for yourself.' But Abram said to the king of Sodom,

'I have sworn to the Lord, God Most High, maker of heaven and earth, that I would not take a thread or a sandal-thong or anything that is yours, so that you might not say, "I have made Abram rich." I will take nothing but what the young men have eaten, and the share of the men who went with me—Aner, Eshcol, and Mamre. Let them take their share.'

#### **Matthew 26:36-46**

Then Jesus went with them to a place called Gethsemane; and he said to his disciples, 'Sit here while I go over there and pray.' He took with him Peter and the two sons of Zebedee, and began to be grieved and agitated. Then he said to them, 'I am deeply grieved, even to death; remain here, and stay awake with me.' And going a little farther, he threw himself on the ground and prayed, 'My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.' Then he came to the disciples and found them sleeping; and he said to Peter, 'So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak.' Again he went away for the second time and prayed, 'My Father, if this cannot pass unless I drink it, your will be done.' Again he came and found them sleeping, for their eyes were heavy. So leaving them again, he went away and prayed for the third time, saying the same words. Then he came to the disciples and said to them, 'Are you still sleeping and taking your rest? See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Get up, let us be going. See, my betrayer is at hand.'

#### **The Collect of the Day**

Eternal God,  
who enriched your Church with the learning and holiness of your servant Thomas Aquinas:  
give to all who seek you  
a humble mind and a pure heart  
that they may know your Son Jesus Christ  
as the way, the truth and the life;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.