

## Psalm and Readings Tuesday 10th February 2026

### Psalm 32

- 1 Happy are those whose transgression is forgiven, whose sin is covered.
- 2 Happy are those to whom the Lord imputes no iniquity, and in whose spirit there is no deceit.
- 3 While I kept silence, my body wasted away through my groaning all day long.
- 4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.
- 5 Then I acknowledged my sin to you, and I did not hide my iniquity; I said, 'I will confess my transgressions to the Lord', and you forgave the guilt of my sin.
- 6 Therefore let all who are faithful offer prayer to you; at a time of distress, the rush of mighty waters shall not reach them.
- 7 You are a hiding-place for me; you preserve me from trouble; you surround me with glad cries of deliverance.
- 8 I will instruct you and teach you the way you should go; I will counsel you with my eye upon you.
- 9 Do not be like a horse or a mule, without understanding, whose temper must be curbed with bit and bridle, else it will not stay near you.
- 10 Many are the torments of the wicked, but steadfast love surrounds those who trust in the Lord.
- 11 Be glad in the Lord and rejoice, O righteous, and shout for joy, all you upright in heart.

### Genesis 31:1-24

Now Jacob heard that the sons of Laban were saying, 'Jacob has taken all that was our father's; he has gained all this wealth from what belonged to our father.' And Jacob saw that Laban did not regard him as favourably as he did before. Then the Lord said to Jacob, 'Return to the land of your ancestors and to your kindred, and I will be with you.' So Jacob sent and called Rachel and Leah into the field where his flock was, and said to them, 'I see that your father does not regard me as favourably as he did before. But the God of my father has been with me.

You know that I have served your father with all my strength; yet your father has cheated me and changed my wages ten times, but God did not permit him to harm me. If he said, "The speckled shall be your wages", then all the flock bore speckled; and if he said, "The striped shall be your wages", then all the flock bore striped. Thus God has taken away the livestock of your father, and given them to me.

'During the mating of the flock I once had a dream in which I looked up and saw that the male goats that leaped upon the flock were striped, speckled, and mottled. Then the angel of God said to me in the dream, "Jacob," and I said, "Here I am!" And he said, "Look up and see that all the goats that leap on the flock are striped, speckled, and mottled; for I have seen all that Laban is doing to you. I am the God of Bethel, where you anointed a pillar and made a vow to me. Now leave this land at once and return to the land of your birth.'" Then Rachel and Leah answered him, 'Is there any portion or inheritance left to us in our father's house? Are we not regarded by him as foreigners? For he has sold us, and he has been using up the money given for us. All the property that God has taken away from our father belongs to us and to our children; now then, do whatever God has said to you.'

So Jacob arose, and set his children and his wives on camels; and he drove away all his livestock, all the property that he had gained, the livestock in his possession that he had acquired in Paddan-aram, to go to his father Isaac in the land of Canaan.

Now Laban had gone to shear his sheep, and Rachel stole her father's household gods. And Jacob deceived Laban the Aramean, in that he did not tell him that he intended to flee. So he fled with all that he had; starting out he crossed the Euphrates, and set his face towards the hill country of Gilead.

On the third day Laban was told that Jacob had fled. So he took his kinsfolk with him and pursued him for seven days until he caught up with him in the hill country of Gilead. But God came to Laban the Aramean in a dream by night, and said to him, 'Take heed that you say not a word to Jacob, either good or bad.'

## **2 Timothy 4:9-end**

Do your best to come to me soon, for Demas, in love with this present world, has deserted me and gone to Thessalonica; Crescens has gone to Galatia, Titus to Dalmatia. Only Luke is with me. Get Mark and bring him with you, for he is useful in my ministry. I have sent Tychicus to Ephesus. When you come, bring the cloak that I left with Carpus at Troas, also the books, and above all the parchments. Alexander the coppersmith did me great harm; the Lord will pay him back for his deeds. You also must beware of him, for he strongly opposed our message.

At my first defence no one came to my support, but all deserted me. May it not be counted against them! But the Lord stood by me and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. The Lord will rescue me from every evil attack and save me for his heavenly kingdom. To him be the glory for ever and ever. Amen.

Greet Prisca and Aquila, and the household of Onesiphorus. Erastus remained in Corinth; Trophimus I left ill in Miletus. Do your best to come before winter. Eubulus sends greetings to you, as do Pudens and Linus and Claudia and all the brothers and sisters.

The Lord be with your spirit. Grace be with you.

## **The Collect of the Day**

Almighty God,  
you have created the heavens and the earth  
and made us in your own image:  
teach us to discern your hand in all your works  
and your likeness in all your children;  
through Jesus Christ your Son our Lord,  
who with you and the Holy Spirit reigns supreme  
over all things,  
now and for ever.