

## Psalm and Readings Wednesday 11th February 2026

### Psalm 34

- 1 I will bless the Lord at all times;  
his praise shall continually be in my mouth.
- 2 My soul makes its boast in the Lord;  
let the humble hear and be glad.
- 3 O magnify the Lord with me,  
and let us exalt his name together.
- 4 I sought the Lord, and he answered me,  
and delivered me from all my fears.
- 5 Look to him, and be radiant;  
so your faces shall never be ashamed.
- 6 This poor soul cried, and was heard by the  
Lord, and was saved from every trouble.
- 7 The angel of the Lord encamps around those  
who fear him, and delivers them.
- 8 O taste and see that the Lord is good;  
happy are those who take refuge in him.
- 9 O fear the Lord, you his holy ones,  
for those who fear him have no want.
- 10 The young lions suffer want and hunger,  
but those who seek the Lord lack no good  
thing.
- 11 Come, O children, listen to me;  
I will teach you the fear of the Lord.
- 12 Which of you desires life,  
and covets many days to enjoy good?
- 13 Keep your tongue from evil,  
and your lips from speaking deceit.
- 14 Depart from evil, and do good;  
seek peace, and pursue it.
- 15 The eyes of the Lord are on the righteous,  
and his ears are open to their cry.
- 16 The face of the Lord is against evildoers,  
to cut off the remembrance of them from the  
earth.
- 17 When the righteous cry for help, the Lord  
hears, and rescues them from all their  
troubles.
- 18 The Lord is near to the broken-hearted,  
and saves the crushed in spirit.
- 19 Many are the afflictions of the righteous,  
but the Lord rescues them from them all.
- 20 He keeps all their bones;  
not one of them will be broken.
- 21 Evil brings death to the wicked, and those  
who hate the righteous will be condemned.
- 22 The Lord redeems the life of his servants;  
none of those who take refuge in him will be  
condemned.

### Genesis 31:25 – 32:2

Laban overtook Jacob. Now Jacob had pitched his tent in the hill country, and Laban with his kinsfolk camped in the hill country of Gilead. Laban said to Jacob, 'What have you done? You have deceived me, and carried away my daughters like captives of the sword. Why did you flee secretly and deceive me and not tell me? I would have sent you away with mirth and songs, with tambourine and lyre. And why did you not permit me to kiss my sons and my daughters farewell? What you have done is foolish. It is in my power to do you harm; but the God of your father spoke to me last night, saying, "Take heed that you speak to Jacob neither good nor bad." Even though you had to go because you longed greatly for your father's house, why did you steal my gods?' Jacob answered Laban, 'Because I was afraid, for I thought that you would take your daughters from me by force. But anyone with whom you find your gods shall not live. In the presence of our kinsfolk, point out what I have that is yours, and take it.' Now Jacob did not know that Rachel had stolen the gods.

So Laban went into Jacob's tent, and into Leah's tent, and into the tent of the two maids, but he did not find them. And he went out of Leah's tent, and entered Rachel's. Now Rachel had taken the household gods and put them in the camel's saddle, and sat on them. Laban felt all about in the tent, but did not find them. And she said to her father, 'Let not my lord be angry that I cannot rise before you, for the way of women is upon me.' So he searched, but did not find the household gods.

Then Jacob became angry, and upbraided Laban. Jacob said to Laban, 'What is my offence? What is my sin, that you have hotly pursued me? Although you have felt about through all my goods, what have you found of all your household goods? Set it here before my kinsfolk and your kinsfolk, so that they may decide between us two. These twenty years I have been with you; your ewes and your female goats have not miscarried, and I have not eaten the rams of your flocks. That which was torn by wild beasts I did not bring to you; I bore the loss of it myself; of my hand you required it, whether stolen by day or stolen by

night. It was like this with me: by day the heat consumed me, and the cold by night, and my sleep fled from my eyes. These twenty years I have been in your house; I served you for fourteen years for your two daughters, and six years for your flock, and you have changed my wages ten times. If the God of my father, the God of Abraham and the Fear of Isaac, had not been on my side, surely now you would have sent me away empty-handed. God saw my affliction and the labour of my hands, and rebuked you last night.'

Then Laban answered and said to Jacob, 'The daughters are my daughters, the children are my children, the flocks are my flocks, and all that you see is mine. But what can I do today about these daughters of mine, or about their children whom they have borne? Come now, let us make a covenant, you and I; and let it be a witness between you and me.' So Jacob took a stone, and set it up as a pillar. And Jacob said to his kinsfolk, 'Gather stones,' and they took stones, and made a heap; and they ate there by the heap. Laban called it Jegar-sahadutha: but Jacob called it Galeed. Laban said, 'This heap is a witness between you and me today.' Therefore he called it Galeed, and the pillar Mizpah, for he said, 'The Lord watch between you and me, when we are absent one from the other. If you ill-treat my daughters, or if you take wives in addition to my daughters, though no one else is with us, remember that God is witness between you and me.'

Then Laban said to Jacob, 'See this heap and see the pillar, which I have set between you and me. This heap is a witness, and the pillar is a witness, that I will not pass beyond this heap to you, and you will not pass beyond this heap and this pillar to me, for harm. May the God of Abraham and the God of Nahor'—the God of their father—'judge between us.' So Jacob swore by the Fear of his father Isaac, and Jacob offered a sacrifice on the height and called his kinsfolk to eat bread; and they ate bread and tarried all night in the hill country.

Early in the morning Laban rose up, and kissed his grandchildren and his daughters and blessed them; then he departed and returned home.

Jacob went on his way and the angels of God met him; and when Jacob saw them he said, 'This is God's camp!' So he called that place Mahanaim.

### **Titus 1**

Paul, a servant of God and an apostle of Jesus Christ, for the sake of the faith of God's elect and the knowledge of the truth that is in accordance with godliness, in the hope of eternal life that God, who never lies, promised before the ages began—in due time he revealed his word through the proclamation with which I have been entrusted by the command of God our Saviour,

To Titus, my loyal child in the faith we share:  
Grace and peace from God the Father and  
Christ Jesus our Saviour.

I left you behind in Crete for this reason, that you should put in order what remained to be done, and should appoint elders in every town, as I directed you: someone who is blameless, married only once, whose children are believers, not accused of debauchery and not rebellious. For a bishop, as God's steward, must be blameless; he must not be arrogant or quick-tempered or addicted to wine or violent or greedy for gain; but he must be hospitable, a lover of goodness, prudent, upright, devout, and self-controlled. He must have a firm grasp of the word that is trustworthy in accordance with the teaching, so that he may be able both to preach with sound doctrine and to refute those who contradict it.

There are also many rebellious people, idle talkers and deceivers, especially those of the circumcision; they must be silenced, since they are upsetting whole families by teaching for sordid gain what it is not right to teach. It was one of them, their very own prophet, who said,

'Cretans are always liars, vicious brutes, lazy gluttons.'

That testimony is true. For this reason rebuke them sharply, so that they may become sound in the faith, not paying attention to Jewish myths or to commandments of those who reject the truth. To the pure all things are pure, but to the corrupt and unbelieving nothing is pure. Their very minds and consciences are corrupted. They profess to know God, but they deny him by their actions. They are detestable, disobedient, unfit for any good work.

### **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.