

Psalm and Readings Tuesday 31st March 2026

Psalm 27

- 1 The Lord is my light and my salvation;
whom shall I fear?
The Lord is the stronghold of my life;
of whom shall I be afraid?
- 2 When evildoers assail me
to devour my flesh—
my adversaries and foes—
they shall stumble and fall.
- 3 Though an army encamp against me,
my heart shall not fear;
though war rise up against me,
yet I will be confident.
- 4 One thing I asked of the Lord,
that will I seek after:
to live in the house of the Lord
all the days of my life, to behold the beauty of
the Lord, and to inquire in his temple.
- 5 For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his
tent; he will set me high on a rock.
- 6 Now my head is lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the Lord.
- 7 Hear, O Lord, when I cry aloud,
be gracious to me and answer me!
- 8 'Come,' my heart says, 'seek his face!'
Your face, Lord, do I seek.
- 9 Do not hide your face from me.
Do not turn your servant away in anger,
you who have been my help.
Do not cast me off, do not forsake me,
O God of my salvation!
- 10 If my father and mother forsake me,
the Lord will take me up.
- 11 Teach me your way, O Lord, and lead me on a
level path because of my enemies.
- 12 Do not give me up to the will of my
adversaries,
for false witnesses have risen against me,
and they are breathing out violence.
- 13 I believe that I shall see the goodness of the
Lord in the land of the living.
- 14 Wait for the Lord;
be strong, and let your heart take courage;
wait for the Lord!

Lamentations 3:1-18

I am one who has seen affliction
under the rod of God's wrath;
he has driven and brought me
into darkness without any light;
against me alone he turns his hand,
again and again, all day long.

He has made my flesh and my skin waste away,
and broken my bones;
he has besieged and enveloped me
with bitterness and tribulation;
he has made me sit in darkness
like the dead of long ago.

He has walled me about so that I cannot escape;
he has put heavy chains on me;
though I call and cry for help,
he shuts out my prayer;
he has blocked my ways with hewn stones,
he has made my paths crooked.

He is a bear lying in wait for me,
a lion in hiding;
he led me off my way and tore me to pieces;
he has made me desolate;
he bent his bow and set me
as a mark for his arrow.

He shot into my vitals
the arrows of his quiver;
I have become the laughing-stock of all my
people,
the object of their taunt-songs all day long.
He has filled me with bitterness,
he has glutted me with wormwood.

He has made my teeth grind on gravel,
and made me cower in ashes;
my soul is bereft of peace;
I have forgotten what happiness is;
so I say, 'Gone is my glory,
and all that I had hoped for from the Lord.'

Luke 22:39-53

He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place, he said to them, 'Pray that you may not come into the time of trial.' Then he withdrew from them about a stone's throw, knelt down, and prayed, 'Father, if you are willing, remove this cup from me; yet, not my will but yours be done.' [[Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.]] When he got up from prayer, he came to the disciples and found them sleeping because of grief, and he said to them, 'Why are you sleeping? Get up and pray that you may not come into the time of trial.'

While he was still speaking, suddenly a crowd came, and the one called Judas, one of the twelve, was leading them. He approached Jesus to kiss him; but Jesus said to him, 'Judas, is it with a kiss that you are betraying the Son of Man?' When those who were around him saw what was coming, they asked, 'Lord, should we strike with the sword?' Then one of them struck the slave of the high priest and cut off his right ear. But Jesus said, 'No more of this!' And he touched his ear and healed him. Then Jesus said to the chief priests, the officers of the temple police, and the elders who had come for him, 'Have you come out with swords and clubs as if I were a bandit? When I was with you day after day in the temple, you did not lay hands on me. But this is your hour, and the power of darkness!'

The Collect of the Day

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his
patience and humility,
and also be made partakers of his resurrection;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.