

Psalm and Readings Wednesday 15th April 2026

Psalm 30

- 1 I will extol you, O Lord, for you have drawn me up,
and did not let my foes rejoice over me.
- 2 O Lord my God, I cried to you for help,
and you have healed me.
- 3 O Lord, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.
- 4 Sing praises to the Lord, O you his faithful ones,
and give thanks to his holy name.
- 5 For his anger is but for a moment;
his favour is for a lifetime.
Weeping may linger for the night,
but joy comes with the morning.
- 6 As for me, I said in my prosperity,
'I shall never be moved.'
- 7 By your favour, O Lord,
you had established me as a strong mountain;
you hid your face; I was dismayed.
- 8 To you, O Lord, I cried,
and to the Lord I made supplication:
9 'What profit is there in my death,
if I go down to the Pit?
Will the dust praise you?
Will it tell of your faithfulness?
- 10 Hear, O Lord, and be gracious to me!
O Lord, be my helper!
- 11 You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,
- 12 So that my soul may praise you and not be silent.
O Lord my God, I will give thanks to you for ever.

Exodus 16:11–end

The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God."'

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat. This is what the Lord has commanded: "Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents.'" The Israelites did so, some gathering more, some less. But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed. And Moses said to them, 'Let no one leave any of it over until morning.' But they did not listen to Moses; some left part of it until morning, and it bred worms and became foul. And Moses was angry with them. Morning by morning they gathered it, as much as each needed; but when the sun grew hot, it melted.

On the sixth day they gathered twice as much food, two omers apiece. When all the leaders of the congregation came and told Moses, he said to them, 'This is what the Lord has commanded: "Tomorrow is a day of solemn rest, a holy sabbath to the Lord; bake what you want to bake and boil what you want to boil, and all that is left over put aside to be kept until morning.'" So they put it aside until morning, as Moses commanded them; and it did not become foul, and there were no worms in it. Moses said, 'Eat it today, for today is a sabbath to the Lord; today you will not find it in the field. For six days you shall gather it; but on the seventh day, which is a sabbath, there will be none.'

On the seventh day some of the people went out to gather, and they found none. The Lord said to Moses, 'How long will you refuse to keep my commandments and instructions? See! The Lord has given you the sabbath, therefore on the sixth day he gives you food for two days; each of you stay where you are; do not leave your place on the seventh day.' So the people rested on the seventh day.

The house of Israel called it manna; it was like coriander seed, white, and the taste of it was like wafers made with honey. Moses said, 'This is what the Lord has commanded: "Let an omer of it be kept throughout your generations, in order that they may see the food with which I fed you in the wilderness, when I brought you out of the land of Egypt."' And Moses said to Aaron, 'Take a jar, and put an omer of manna in it, and place it before the Lord, to be kept throughout your generations.' As the Lord commanded Moses, so Aaron placed it before the covenant, for safe-keeping. The Israelites ate manna for forty years, until they came to a habitable land; they ate manna, until they came to the border of the land of Canaan. An omer is a tenth of an ephah.

Colossians 2:1–15

For I want you to know how much I am struggling for you, and for those in Laodicea, and for all who have not seen me face to face. I want their hearts to be encouraged and united in love, so that they may have all the riches of assured understanding and have the knowledge of God's mystery, that is, Christ himself, in whom are hidden all the treasures of wisdom and knowledge. I am saying this so that no one may deceive you with plausible arguments. For though I am absent in body, yet I am with you in spirit, and I rejoice to see your morale and the firmness of your faith in Christ.

As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ;

when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal demands. He set this aside, nailing it to the cross. He disarmed the rulers and authorities and made a public example of them, triumphing over them in it.

The Collect of the Day

Almighty Father,
you have given your only Son to die for our sins
and to rise again for our justification:
grant us so to put away the leaven of malice and
wickedness that we may always serve you
in pureness of living and truth;
through the merits of your Son Jesus Christ our
Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.