

Psalm and Readings Thursday 30th April 2026

Psalm 56

- 1 Be gracious to me, O God, for people trample on me; all day long foes oppress me;
- 2 My enemies trample on me all day long, for many fight against me.
- 3 O Most High, when I am afraid, I put my trust in you.
- 4 In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me?
- 5 All day long they seek to injure my cause; all their thoughts are against me for evil.
- 6 They stir up strife, they lurk, they watch my steps.
As they hoped to have my life,
- 7 So repay them for their crime; in wrath cast down the peoples, O God!
- 8 You have kept count of my tossings; put my tears in your bottle.
Are they not in your record?
- 9 Then my enemies will retreat on the day when I call.
This I know, that God is for me.
- 10 In God, whose word I praise, in the Lord, whose word I praise,
- 11 In God I trust; I am not afraid.
What can a mere mortal do to me?
- 12 My vows to you I must perform, O God; I will render thank-offerings to you.
- 13 For you have delivered my soul from death, and my feet from falling, so that I may walk before God in the light of life.
Praise the Lord!

Exodus 34:1–10, 27–end

The Lord said to Moses, 'Cut two tablets of stone like the former ones, and I will write on the tablets the words that were on the former tablets, which you broke. Be ready in the morning, and come up in the morning to Mount Sinai and present yourself there to me, on the top of the mountain. No one shall come up with you, and do not let anyone be seen throughout all the mountain; and do not let flocks or herds graze in front of that mountain.'

So Moses cut two tablets of stone like the former ones; and he rose early in the morning and went up on Mount Sinai, as the Lord had commanded him, and took in his hand the two tablets of stone. The Lord descended in the cloud and stood with him there, and proclaimed the name, 'The Lord.' The Lord passed before him, and proclaimed,

'The Lord, the Lord,
a God merciful and gracious,
slow to anger,
and abounding in steadfast love and faithfulness,
keeping steadfast love for the thousandth generation,
forgiving iniquity and transgression and sin,
yet by no means clearing the guilty,
but visiting the iniquity of the parents
upon the children
and the children's children,
to the third and the fourth generation.'

And Moses quickly bowed his head towards the earth, and worshipped. He said, 'If now I have found favour in your sight, O Lord, I pray, let the Lord go with us. Although this is a stiff-necked people, pardon our iniquity and our sin, and take us for your inheritance.'

He said: I hereby make a covenant. Before all your people I will perform marvels, such as have not been performed in all the earth or in any nation; and all the people among whom you live shall see the work of the Lord; for it is an awesome thing that I will do with you.

The Lord said to Moses: Write these words; in accordance with these words I have made a covenant with you and with Israel. He was there with the Lord for forty days and forty nights; he neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the ten commandments.

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him.

But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterwards all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Luke 4:1–13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."'

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."'

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."'

Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

The Collect of the Day

Almighty God,
whose Son Jesus Christ is the resurrection and the life: raise us, who trust in him,
from the death of sin to the life of righteousness,
that we may seek those things which are above,
where he reigns with you
in the unity of the Holy Spirit,
one God, now and for ever.