

Psalm and Readings Thursday 4th June 2026

Psalm 147

- 1 Praise the Lord! How good it is to sing praises to our God; for he is gracious, and a song of praise is fitting.
- 2 The Lord builds up Jerusalem; he gathers the outcasts of Israel.
- 3 He heals the broken-hearted, and binds up their wounds.
- 4 He determines the number of the stars; he gives to all of them their names.
- 5 Great is our Lord, and abundant in power; his understanding is beyond measure.
- 6 The Lord lifts up the downtrodden; he casts the wicked to the ground.
- 7 Sing to the Lord with thanksgiving; make melody to our God on the lyre.
- 8 He covers the heavens with clouds, prepares rain for the earth, makes grass grow on the hills.
- 9 He gives to the animals their food, and to the young ravens when they cry.
- 10 His delight is not in the strength of the horse, nor his pleasure in the speed of a runner;
- 11 But the Lord takes pleasure in those who fear him, in those who hope in his steadfast love.
- 12 Praise the Lord, O Jerusalem!
Praise your God, O Zion!
- 13 For he strengthens the bars of your gates; he blesses your children within you.
- 14 He grants peace within your borders; he fills you with the finest of wheat.
- 15 He sends out his command to the earth; his word runs swiftly.
- 16 He gives snow like wool; he scatters frost like ashes.
- 17 He hurls down hail like crumbs—
who can stand before his cold?
- 18 He sends out his word, and melts them; he makes his wind blow, and the waters flow.
- 19 He declares his word to Jacob, his statutes and ordinances to Israel.
- 20 He has not dealt thus with any other nation; they do not know his ordinances.
Praise the Lord!

Deuteronomy 8:2-16

Remember the long way that the Lord your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments. He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord. The clothes on your back did not wear out and your feet did not swell these forty years. Know then in your heart that as a parent disciplines a child so the Lord your God disciplines you. Therefore keep the commandments of the Lord your God, by walking in his ways and by fearing him. For the Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land where you may eat bread without scarcity, where you will lack nothing, a land whose stones are iron and from whose hills you may mine copper. You shall eat your fill and bless the Lord your God for the good land that he has given you.

Take care that you do not forget the Lord your God, by failing to keep his commandments, his ordinances, and his statutes, which I am commanding you today. When you have eaten your fill and have built fine houses and live in them, and when your herds and flocks have multiplied, and your silver and gold is multiplied, and all that you have is multiplied, then do not exalt yourself, forgetting the Lord your God, who brought you out of the land of Egypt, out of the house of slavery, who led you through the great and terrible wilderness, an arid waste-land with poisonous snakes and scorpions. He made water flow for you from flint rock, and fed you in the wilderness with manna that your ancestors did not know, to humble you and to test you, and in the end to do you good.

1 Corinthians 10:1-17

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, 'The people sat down to eat and drink, and they rose up to play.' We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Therefore, my dear friends, flee from the worship of idols. I speak as to sensible people; judge for yourselves what I say. The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

The Collect of the Day

Lord Jesus Christ,
we thank you that in this wonderful sacrament
you have given us the memorial of your passion:
grant us so to reverence the sacred mysteries
of your body and blood
that we may know within ourselves
and show forth in our lives
the fruits of your redemption;
for you are alive and reign with the Father
in the unity of the Holy Spirit,
one God, now and for ever.