

Psalm and Readings Thursday 18th June 2026

Psalm 57

- 1 Be merciful to me, O God, be merciful to me,
for in you my soul takes refuge;
in the shadow of your wings I will take refuge,
until the destroying storms pass by.
- 2 I cry to God Most High,
to God who fulfils his purpose for me.
- 3 He will send from heaven and save me, he
will put to shame those who trample on me.
God will send forth his steadfast love and his
faithfulness.
- 4 I lie down among lions
that greedily devour human prey;
their teeth are spears and arrows,
their tongues sharp swords.
- 5 Be exalted, O God, above the heavens.
Let your glory be over all the earth.
- 6 They set a net for my steps;
my soul was bowed down.
They dug a pit in my path,
but they have fallen into it themselves.
- 7 My heart is steadfast, O God,
my heart is steadfast.
I will sing and make melody.
- 8 Awake, my soul!
Awake, O harp and lyre!
I will awake the dawn.
- 9 I will give thanks to you, O Lord, among the
peoples; I will sing praises to you among the
nations.
- 10 For your steadfast love is as high as the
heavens;
your faithfulness extends to the clouds.
- 11 Be exalted, O God, above the heavens.
Let your glory be over all the earth.

Judges 6:1-24

The Israelites did what was evil in the sight of the Lord, and the Lord gave them into the hand of Midian for seven years. The hand of Midian prevailed over Israel; and because of Midian the Israelites provided for themselves hiding-places in the mountains, caves and strongholds. For whenever the Israelites put in seed, the Midianites and the Amalekites and the people of the east would come up against them. They would encamp against them and destroy the produce of the land, as far as the neighbourhood

of Gaza, and leave no sustenance in Israel, and no sheep or ox or donkey. For they and their livestock would come up, and they would even bring their tents, as thick as locusts; neither they nor their camels could be counted; so they wasted the land as they came in. Thus Israel was greatly impoverished because of Midian; and the Israelites cried out to the Lord for help.

When the Israelites cried to the Lord on account of the Midianites, the Lord sent a prophet to the Israelites; and he said to them, 'Thus says the Lord, the God of Israel: I led you up from Egypt, and brought you out of the house of slavery; and I delivered you from the hand of the Egyptians, and from the hand of all who oppressed you, and drove them out before you, and gave you their land; and I said to you, "I am the Lord your God; you shall not pay reverence to the gods of the Amorites, in whose land you live." But you have not given heed to my voice.'

Now the angel of the Lord came and sat under the oak at Ophrah, which belonged to Joash the Abiezrite, as his son Gideon was beating out wheat in the wine press, to hide it from the Midianites. The angel of the Lord appeared to him and said to him, 'The Lord is with you, you mighty warrior.' Gideon answered him, 'But sir, if the Lord is with us, why then has all this happened to us? And where are all his wonderful deeds that our ancestors recounted to us, saying, "Did not the Lord bring us up from Egypt?" But now the Lord has cast us off, and given us into the hand of Midian.' Then the Lord turned to him and said, 'Go in this might of yours and deliver Israel from the hand of Midian; I hereby commission you.' He responded, 'But sir, how can I deliver Israel? My clan is the weakest in Manasseh, and I am the least in my family.' The Lord said to him, 'But I will be with you, and you shall strike down the Midianites, every one of them.' Then he said to him, 'If now I have found favour with you, then show me a sign that it is you who speak with me. Do not depart from here until I come to you, and bring out my present, and set it before you.' And he said, 'I will stay until you return.'

So Gideon went into his house and prepared a kid, and unleavened cakes from an ephah of flour; the meat he put in a basket, and the broth he put in a pot, and brought them to him under the oak

and presented them. The angel of God said to him, 'Take the meat and the unleavened cakes, and put them on this rock, and pour out the broth.' And he did so. Then the angel of the Lord reached out the tip of the staff that was in his hand, and touched the meat and the unleavened cakes; and fire sprang up from the rock and consumed the meat and the unleavened cakes; and the angel of the Lord vanished from his sight. Then Gideon perceived that it was the angel of the Lord; and Gideon said, 'Help me, Lord God! For I have seen the angel of the Lord face to face.' But the Lord said to him, 'Peace be to you; do not fear, you shall not die.' Then Gideon built an altar there to the Lord, and called it, The Lord is peace. To this day it still stands at Ophrah, which belongs to the Abiezrites.

Luke 14:1-11

On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the sabbath, they were watching him closely. Just then, in front of him, there was a man who had dropsy. And Jesus asked the lawyers and Pharisees, 'Is it lawful to cure people on the sabbath, or not?' But they were silent. So Jesus took him and healed him, and sent him away. Then he said to them, 'If one of you has a child or an ox that has fallen into a well, will you not immediately pull it out on a sabbath day?' And they could not reply to this.

When he noticed how the guests chose the places of honour, he told them a parable. 'When you are invited by someone to a wedding banquet, do not sit down at the place of honour, in case someone more distinguished than you has been invited by your host; and the host who invited both of you may come and say to you, "Give this person your place", and then in disgrace you would start to take the lowest place. But when you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you, "Friend, move up higher"; then you will be honoured in the presence of all who sit at the table with you. For all who exalt themselves will be humbled, and those who humble themselves will be exalted.'

The Collect of the Day

O Lord, who never failest to help and govern them whom thou dost bring up in thy steadfast fear and love; Keep us, we beseech thee, under the protection of thy good providence, and make us to have a perpetual fear and love of thy holy Name; through Jesus Christ our Lord.