

Introit

Psalm 62:5–8; antiphon: v. 1

For God alone my soul waits in | silence;*
 from him comes my sal- | vation.
 For God alone, O my soul, wait in | silence,*
 for my hope is | from him.
 He only is my rock and my salvation, my | fortress;*
 I shall not be | shaken.
 On God rests my salvation and my | glory;*
 my mighty rock, my refuge | is God.
 Trust in him at all times, O people; pour out your heart be- | fore him;*
 God is a refuge | for us.
Glory be to the Father and | to the Son*
and to the Holy | Spirit;
as it was in the be- | ginning,*
is now, and will be forever. | Amen.
 For God alone my soul waits in | silence;*
 from him comes my sal- | vation.

Collect

Eternal God, Your Son Jesus Christ is our true Sabbath rest. Help us to keep each day holy by receiving His Word of comfort that we may find our rest in Him, who lives and reigns with You and the Holy Spirit, one God, now and forever.

Gradual

Psalm 145:3, 5b, 6b

Great is the LORD, and greatly | to be praised,*
 and his greatness is un- | searchable.
 On your wondrous works, I will | meditate,*
 and I will declare your | greatness.

Old Testament

Deuteronomy 5:12–15

¹²“Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. ¹³Six days you shall labor and do all your work, ¹⁴but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, you or your son or your daughter or your male servant or your female servant, or your ox or your donkey or any of your livestock, or the sojourner who is within your gates, that your male servant and your female servant may rest as well as you. ¹⁵You shall remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there with a mighty hand and an outstretched arm. Therefore the LORD your God commanded you to keep the Sabbath day.”

Epistle

2 Corinthians 4:5–12

⁵What we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. ⁶For God, who said, “Let light shine out of darkness,” has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

⁷But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. ¹¹For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. ¹²So death is at work in us, but life in you.

²³One Sabbath [Jesus] was going through the grainfields, and as they made their way, his disciples began to pluck heads of grain. ²⁴And the Pharisees were saying to him, “Look, why are they doing what is not lawful on the Sabbath?” ²⁵And he said to them, “Have you never read what David did, when he was in need and was hungry, he and those who were with him: ²⁶how he entered the house of God, in the time of Abiathar the high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and also gave it to those who were with him?” ²⁷And he said to them, “The Sabbath was made for man, not man for the Sabbath. ²⁸So the Son of Man is lord even of the Sabbath.”

¹Again he entered the synagogue, and a man was there with a withered hand. ²And they watched Jesus, to see whether he would heal him on the Sabbath, so that they might accuse him. ³And he said to the man with the withered hand, “Come here.” ⁴And he said to them, “Is it lawful on the Sabbath to do good or to do harm, to save life or to kill?” But they were silent. ⁵And he looked around at them with anger, grieved at their hardness of heart, and said to the man, “Stretch out your hand.” He stretched it out, and his hand was restored. ⁶The Pharisees went out and immediately held counsel with the Herodians against him, how to destroy him.