



Prayer of the Day

Stand watch over your family, O Lord, that we who depend entirely on your heavenly grace may always be protected in the mighty fortress of your love; through Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

First Reading: Isaiah 40:21-31

²¹Do you not know? Do you not hear? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? ²²It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to dwell in; ²³who brings princes to nothing, and makes the rulers of the earth as emptiness. ²⁴Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows on them, and they wither, and the tempest carries them off like stubble. ²⁵To whom then will you compare me, that I should be like him? says the Holy One. ²⁶Lift up your eyes on high and see: who created these? He who brings out their host by number, calling them all by name; by the greatness of his might and because he is strong in power, not one is missing. ²⁷Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"? ²⁸Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. ²⁹He gives power to the faint, and to him who has no might he increases strength. ³⁰Even youths shall faint and be weary, and young men shall fall exhausted; ³¹but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Psalms 147:1-12*

¹Hallelujah! How good it is to sing praises | to our God!*

how pleasant it is to honor | him with praise!

²The LORD re- | builds Jerusalem;*
he gathers the ex- | iles of Israel.

³He heals the | brokenhearted*
and binds | up their wounds.

⁴He counts the number | of the stars*
and calls them all | by their names.

⁵Great is our LORD and migh- | ty in power;*
there is no limit | to his wisdom.

⁶The LORD lifts | up the lowly,*
but casts the wicked | to the ground.

⁷Sing to the LORD | with thanksgiving;*
make music to our God up- | on the harp.

⁸He covers the heav- | ens with clouds*
and prepares rain | for the earth;

⁹He makes grass to grow up- | on the mountains*

and green plants to | serve mankind.

¹⁰He provides food for | flocks and herds*
and for the young ravens | when they cry.

¹¹He is not impressed by the might | of a horse;*
he has no pleasure in the strength | of a man;

¹²But the LORD has pleasure in | those who fear him,*
in those who await his | gracious favor.

Second Reading: 1 Corinthians 9:16-27

¹⁶For if I preach the gospel, that gives me no ground for boasting. For necessity is laid upon me. Woe to me if I do not preach the gospel! ¹⁷For if I do this of my own will, I have a reward, but if not of my own will, I am still entrusted with a stewardship. ¹⁸What then is my reward? That in my preaching I may present the gospel free of charge, so as not to make full use of my right in the gospel. ¹⁹For though I am free from all, I have made myself a servant to all, that I might win more of them. ²⁰To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though not being myself under the law) that I might win those under the law. ²¹To those outside the law I became as one outside the law (not being outside the law of God but under the law of Christ) that I might win those outside the law. ²²To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some. ²³I do it all for the sake of the gospel, that I may share with them in its blessings. ²⁴Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. ²⁵Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. ²⁶So I do not run aimlessly; I do not box as one beating the air. ²⁷But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

Gospel: Mark 1:29-39

²⁹Immediately {Jesus} left the synagogue and entered the house of Simon and Andrew, with James and John. ³⁰Now Simon's mother-in-law lay ill with a fever, and immediately they told him about her. ³¹And he came and took her by the hand and lifted her up, and the fever left her, and she began to serve them. ³²That evening at sundown they brought to him all who were sick or oppressed by demons. ³³And the whole city was gathered together at the door. ³⁴And he healed many who were sick with various diseases, and cast out many demons. And he would not permit the demons to speak, because they knew him. ³⁵And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. ³⁶And Simon and those who were with him searched for him, ³⁷and they found him and said to him, "Everyone is looking for you." ³⁸And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." ³⁹And he went throughout all Galilee, preaching in their synagogues and casting out demons.

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* — Some psalms within the Book of Common Prayer psalter, which the Sola lectionary uses, are numbered differently than the psalms in the psalter of the English Standard Version Bible, on which the lectionary calendar is based. To account for this difference, today's psalm reading ends at verse 12 (the ESV reading will end at verse 11).