

Monday 31st May (*Visit of the Blessed Virgin Mary to Elizabeth*)

Psalm 85

You, LORD, showed favour to your land;
you restored the fortunes of Jacob.

**²You forgave the iniquity of your people
and covered all their sins.**

³You set aside all your wrath
and turned from your fierce anger.

**⁴Restore us again, God our Saviour,
and put away your displeasure towards us.**

⁵Will you be angry with us for ever?
Will you prolong your anger through all generations?

**⁶Will you not revive us again,
that your people may rejoice in you?**

⁷Show us your unfailing love, LORD,
and grant us your salvation.

**⁸I will listen to what God the LORD says;
he promises peace to his people, his faithful servants –
but let them not turn to folly.**

⁹Surely his salvation is near those who fear him,
that his glory may dwell in our land.

¹⁰Love and faithfulness meet together;
righteousness and peace kiss each other.

¹¹Faithfulness springs forth from the earth,
and righteousness looks down from heaven.

**¹²The LORD will indeed give what is good,
and our land will yield its harvest.**

¹³Righteousness goes before him
and prepares the way for his steps.

Mark 3; 31-end

³¹Then Jesus' mother and brothers arrived. Standing outside, they sent someone in to call him. ³²A crowd was sitting round him, and they told him, 'Your mother and brothers are outside looking for you.'

³³'Who are my mother and my brothers?' he asked.

³⁴Then he looked at those seated in a circle round him and said, 'Here are my mother and my brothers! ³⁵Whoever does God's will is my brother and sister and mother.'

Tuesday 1st June

Psalm 5

¹Listen to my words, LORD, consider my lament.

²Hear my cry for help, my King and my God, for to you I pray.

³In the morning, LORD, you hear my voice;
in the morning I lay my requests before you and wait expectantly.

**⁴For you are not a God who is pleased with wickedness;
with you, evil people are not welcome.**

⁵The arrogant cannot stand in your presence.

You hate all who do wrong;

**⁶you destroy those who tell lies. The bloodthirsty and deceitful
you, LORD, detest.**

⁷But I, by your great love, can come into your house;
in reverence I bow down towards your holy temple.

**⁸Lead me, LORD, in your righteousness because of my enemies –
make your way straight before me.**

⁹Not a word from their mouth can be trusted;
their heart is filled with malice. Their throat is an open grave;
with their tongues they tell lies.

**¹⁰Declare them guilty, O God! Let their intrigues be their downfall.
Banish them for their many sins, for they have rebelled against you.**

¹¹But let all who take refuge in you be glad; let them ever sing for joy.
Spread your protection over them,

that those who love your name may rejoice in you.

**¹²Surely, LORD, you bless the righteous;
you surround them with your favour as with a shield.**

Romans 4;13-end

¹³ It was not through the law that Abraham and his offspring received the promise that he would be heir of the world, but through the righteousness that comes by faith. ¹⁴ For if those who depend on the law are heirs, faith means nothing and the promise is worthless, ¹⁵ because the law brings wrath. And where there is no law there is no transgression.

¹⁶ Therefore, the promise comes by faith, so that it may be by grace and may be guaranteed to all Abraham's offspring – not only to those who are of the law but also to those who have the faith of Abraham. He is the father of us all. ¹⁷ As it is written: 'I have made you a father of many nations.' He is our father in the sight of God, in whom he believed – the God who gives life to the dead and calls into being things that were not.

¹⁸ Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, 'So shall your offspring be.'

¹⁹ Without weakening in his faith, he faced the fact that his body was as good as dead – since he was about a hundred years old – and that Sarah's womb was also dead. ²⁰ Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, ²¹ being fully persuaded that God had power to do what he had promised. ²² This is why 'it was credited to him as righteousness.' ²³ The words 'it was credited to him' were written not for him alone, ²⁴ but also for us, to whom God will credit righteousness – for us who believe in him who raised Jesus our Lord from the dead. ²⁵ He was delivered over to death for our sins and was raised to life for our justification.

Wednesday 2nd June

Psalm 119;1-32

Blessed are those whose ways are blameless,
who walk according to the law of the LORD.

² **Blessed are those who keep his statutes
and seek him with all their heart –**

³ they do no wrong but follow his ways.

⁴ **You have laid down precept that are to be fully obeyed.**

⁵ Oh, that my ways were steadfast in obeying your decrees!

⁶ **Then I would not be put to shame when I consider all your commands.**

⁷ I will praise you with an upright heart as I learn your righteous laws.

⁸ **I will obey your decrees; do not utterly forsake me.**

⁹ How can a young person stay on the path of purity?

By living according to your word.

¹⁰ **I seek you with all my heart; do not let me stray from your commands.**

¹¹ I have hidden your word in my heart that I might not sin against you.

¹² **Praise be to you, LORD; teach me your decrees.**

¹³ With my lips I recount all the laws that come from your mouth.

¹⁴ **I rejoice in following your statutes as one rejoices in great riches.**

¹⁵ I meditate on your precepts and consider your ways.

¹⁶ **I delight in your decrees; I will not neglect your word.**

¹⁷ Be good to your servant while I live, that I may obey your word.

¹⁸ **Open my eyes that I may see wonderful things in your law.**

¹⁹ I am a stranger on earth; do not hide your commands from me.

²⁰ **My soul is consumed with longing for your laws at all times.**

²¹ You rebuke the arrogant, who are accursed,
those who stray from your commands.

²² **Remove from me scorn and contempt, for I keep your statutes.**

²³ Though rulers sit together and slander me,

your servant will meditate on your decrees.

²⁴ **Your statutes are my delight; they are my counsellors.**

²⁵ I am laid low in the dust; preserve my life according to your word.

²⁶ **I gave an account of my ways and you answered me;
teach me your decrees.**

²⁷ Cause me to understand the way of your precepts,
that I may meditate on your wonderful deeds.

²⁸ **My soul is weary with sorrow; strengthen me according to your word.**

²⁹ Keep me from deceitful ways; be gracious to me and teach me your law.

³⁰ **I have chosen the way of faithfulness;
I have set my heart on your laws.**

³¹ I hold fast to your statutes, LORD;
do not let me be put to shame.

³² **I run in the path of your commands,
for you have broadened my understanding.**

Romans 5;1-11

5 Therefore, since we have been justified through faith, we^[a] have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we^[b] boast in the hope of the glory of God. ³ Not only so, but we^[c] also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

⁶ You see, at just the right time, when we were still powerless, Christ died for the ungodly. ⁷ Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. ⁸ But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.

⁹ Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! ¹⁰ For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!

¹¹ Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Thursday 3rd June *(Corpus Christi)*

Psalm 147

Praise the LORD.

How good it is to sing praises to our God,
how pleasant and fitting to praise him!

² The LORD builds up Jerusalem; he gathers the exiles of Israel.

³ He heals the broken-hearted and binds up their wounds.

⁴ He determines the number of the stars and calls them each by name.

⁵ Great is our Lord and mighty in power; his understanding has no limit.

⁶ The LORD sustains the humble but casts the wicked to the ground.

⁷ Sing to the LORD with grateful praise; make music to our God on the harp.

**⁸ He covers the sky with clouds; he supplies the earth with rain
and makes grass grow on the hills.**

⁹ He provides food for the cattle
and for the young ravens when they call.

**¹⁰ His pleasure is not in the strength of the horse,
nor his delight in the legs of the warrior;**

¹¹ the LORD delights in those who fear him,
who put their hope in his unfailing love.

¹² Extol the LORD, Jerusalem; praise your God, Zion.

¹³ He strengthens the bars of your gates
and blesses your people within you.

**¹⁴ He grants peace to your borders
and satisfies you with the finest of wheat.**

¹⁵ He sends his command to the earth;
his word runs swiftly.

**¹⁶ He spreads the snow like wool
and scatters the frost like ashes.**

¹⁷ He hurls down hail like pebbles.
Who can withstand his icy blast?

**¹⁸ He sends his word and melts them;
he stirs up his breezes, and the waters flow.**

¹⁹ He has revealed his word to Jacob, his laws and decrees to Israel.

²⁰ He has done this for no other nation; they do not know his laws. ^[b]
Praise the LORD.

1 Corinthians 10;1-17

¹⁰ For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. ² They were all baptised into Moses in the cloud and in the sea. ³ They all ate the same spiritual food ⁴ and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. ⁵ Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness.

⁶ Now these things occurred as examples to keep us from setting our hearts on evil things as they did. ⁷ Do not be idolaters, as some of them were; as it is written: 'The people sat down to eat and drink and got up to indulge in revelry.' ⁸ We should not commit sexual immorality, as some of

them did – and in one day twenty-three thousand of them died. ⁹We should not test Christ, as some of them did – and were killed by snakes.

¹⁰And do not grumble, as some of them did – and were killed by the destroying angel.

¹¹These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. ¹²So, if you think you are standing firm, be careful that you don't fall! ¹³No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

¹⁴Therefore, my dear friends, flee from idolatry. ¹⁵I speak to sensible people; judge for yourselves what I say. ¹⁶Is not the cup of thanksgiving for which we give thanks a participation in the blood of Christ? And is not the bread that we break a participation in the body of Christ? ¹⁷Because there is one loaf, we, who are many, are one body, for we all share the one loaf.

Friday 4th June

Psalm 19

The heavens declare the glory of God;
the skies proclaim the work of his hands.

**²Day after day they pour forth speech;
night after night they reveal knowledge.**

³They have no speech, they use no words; no sound is heard from them.

⁴Yet their voice goes out into all the earth, their words to the ends of the world. In the heavens God has pitched a tent for the sun.

⁵It is like a bridegroom coming out of his chamber,
like a champion rejoicing to run his course.

**⁶It rises at one end of the heavens and makes its circuit to the other;
nothing is deprived of its warmth.**

⁷The law of the LORD is perfect, refreshing the soul.

The statutes of the LORD are trustworthy, making wise the simple.

⁸The precepts of the LORD are right, giving joy to the heart.

The commands of the LORD are radiant, giving light to the eyes.

⁹The fear of the LORD is pure, enduring for ever.

The decrees of the LORD are firm, and all of them are righteous.

**¹⁰They are more precious than gold, than much pure gold;
they are sweeter than honey, than honey from the honeycomb.**

¹¹By them your servant is warned; in keeping them there is great reward.

¹²But who can discern their own errors? Forgive my hidden faults.

¹³Keep your servant also from wilful sins; may they not rule over me.

Then I will be blameless, innocent of great transgression.

**¹⁴May these words of my mouth and this meditation of my heart
be pleasing in your sight, LORD, my Rock and my Redeemer.**

Romans 6;1-14

⁶What shall we say, then? Shall we go on sinning, so that grace may increase? ²By no means! We are those who have died to sin; how can we live in it any longer? ³Or don't you know that all of us who were baptised into Christ Jesus were baptised into his death? ⁴We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

⁵For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. ⁶For we know that our old self was crucified with him so that the body ruled by sin might be done away with,^[a] that we should no longer be slaves to sin – ⁷because anyone who has died has been set free from sin.

⁸Now if we died with Christ, we believe that we will also live with him.

⁹For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him. ¹⁰The death he died, he died to sin once for all; but the life he lives, he lives to God.

¹¹In the same way, count yourselves dead to sin but alive to God in Christ Jesus. ¹²Therefore do not let sin reign in your mortal body so that you obey its evil desires. ¹³Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. ¹⁴For sin shall no longer be your master, because you are not under the law, but under grace.

Optional

Saturday 5th June

Psalm 23

The LORD is my shepherd, I lack nothing.

² He makes me lie down in green pastures,
he leads me beside quiet waters,

³ he refreshes my soul.

He guides me along the right paths
for his name's sake.

⁴ Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies.

You anoint my head with oil;
my cup overflows.

⁶ Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the LORD
for ever.

Romans 6;15-end

¹⁵ What then? Shall we sin because we are not under the law but under grace? By no means! ¹⁶ Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey – whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? ¹⁷ But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance. ¹⁸ You have been set free from sin and have become slaves to righteousness. ¹⁹ I am using an example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now

offer yourselves as slaves to righteousness leading to holiness. ²⁰ When you were slaves to sin, you were free from the control of righteousness.

²¹ What benefit did you reap at that time from the things you are now ashamed of? Those things result in death! ²² But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. ²³ For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.