

Monday 3rd May

Psalm 145

I will exalt you, my God the King;

I will praise your name for ever and ever.

² **Every day I will praise you**

and extol your name for ever and ever.

³ Great is the LORD and most worthy of praise;
his greatness no one can fathom.

⁴ **One generation commends your works to another;
they tell of your mighty acts.**

⁵ They speak of the glorious splendour of your majesty—
and I will meditate on your wonderful works.

⁶ **They tell of the power of your awesome works—
and I will proclaim your great deeds.**

⁷ They celebrate your abundant goodness
and joyfully sing of your righteousness.

⁸ **The LORD is gracious and compassionate,
slow to anger and rich in love.**

⁹ The LORD is good to all;
he has compassion on all he has made.

¹⁰ **All your works praise you, LORD;
your faithful people extol you.**

¹¹ They tell of the glory of your kingdom
and speak of your might,

¹² **so that all people may know of your mighty acts
and the glorious splendour of your kingdom.**

¹³ Your kingdom is an everlasting kingdom,
and your dominion endures through all generations.

The LORD is trustworthy in all he promises
and faithful in all he does. [c]

¹⁴ **The LORD upholds all who fall
and lifts up all who are bowed down.**

¹⁵ The eyes of all look to you,
and you give them their food at the proper time.

¹⁶ **You open your hand
and satisfy the desires of every living thing.**

¹⁷ The LORD is righteous in all his ways
and faithful in all he does.

¹⁸ **The LORD is near to all who call on him,
to all who call on him in truth.**

¹⁹ He fulfills the desires of those who fear him;
he hears their cry and saves them.

²⁰ **The LORD watches over all who love him,
but all the wicked he will destroy.**

²¹ My mouth will speak in praise of the LORD.

Let every creature praise his holy name for ever and ever.

1 Peter 1; 1-12

1 Peter, an apostle of Jesus Christ,

To God's elect, exiles scattered throughout the provinces of Pontus, Galatia, Cappadocia, Asia and Bithynia, ² who have been chosen according to the foreknowledge of God the Father, through the sanctifying work of the Spirit, to be obedient to Jesus Christ and sprinkled with his blood:

Grace and peace be yours in abundance.

³ Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴ and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, ⁵ who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. ⁶ In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷ These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. ⁸ Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, ⁹ for you are receiving the end result of your faith, the salvation of your souls.

¹⁰ Concerning this salvation, the prophets, who spoke of the grace that was to come to you, searched intently and with the greatest care, ¹¹ trying to find out the time and circumstances to which the Spirit of Christ in them was pointing when he predicted the sufferings of the Messiah and the glories that would follow. ¹² It was revealed to them that they were not serving themselves but you, when they spoke of the things that have now been told you by those who have preached the gospel to you by the Holy Spirit sent from heaven. Even angels long to look into these things.

Tuesday 4th May

Psalm 19

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

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

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

**⁴ Yet 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.

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

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

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

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

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

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

⁹ The fear of the LORD is pure, enduring forever.

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

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

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

¹² But who can discern their own errors?

Forgive my hidden faults.

¹³ Keep your servant also from wilful sins; may they not rule over me.
Then I will be blameless, innocent of great transgression.

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

1 Peter 1;13-end

¹³ Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. ¹⁴ As obedient children, do not conform to the evil desires you had when you lived in ignorance. ¹⁵ But just as he who called you is holy, so be holy in all you do; ¹⁶ for it is written: "Be holy, because I am holy."

¹⁷ Since you call on a Father who judges each person's work impartially, live out your time as foreigners here in reverent fear. ¹⁸ For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your ancestors, ¹⁹ but with the precious blood of Christ, a lamb without blemish or defect. ²⁰ He was chosen before the creation of the world, but was revealed in these last times for your sake. ²¹ Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God.

²² Now that you have purified yourselves by obeying the truth so that you have sincere love for each other, love one another deeply, from the heart. ²³ For you have been born again, not of perishable seed, but of imperishable, through the living and enduring word of God. ²⁴ For, "All people are like grass,
and all their glory is like the flowers of the field;

the grass withers and the flowers fall,

²⁵ but the word of the Lord endures forever."

And this is the word that was preached to you.

Wednesday 5th May

Psalm 30

I will exalt you, LORD, for you lifted me out of the depths
and did not let my enemies gloat over me.

**² LORD my God, I called to you for help,
and you healed me.**

**³ You, LORD, brought me up from the realm of the dead;
you spared me from going down to the pit.**

**⁴ Sing the praises of the LORD, you his faithful people;
praise his holy name.**

**⁵ For his anger lasts only a moment, but his favour lasts a lifetime;
weeping may stay for the night, but rejoicing comes in the morning.**

**⁶ When I felt secure, I said,
“I will never be shaken.”**

**⁷ LORD, when you favoured me, you made my royal mountain stand firm;
but when you hid your face, I was dismayed.**

**⁸ To you, LORD, I called;
to the Lord I cried for mercy:**

**⁹ “What is gained if I am silenced, if I go down to the pit?
Will the dust praise you? Will it proclaim your faithfulness?**

**¹⁰ Hear, LORD, and be merciful to me;
LORD, be my help.”**

**¹¹ You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,**

**¹² that my heart may sing your praises and not be silent.
LORD my God, I will praise you forever.**

1 Peter 2;1-10

2 Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. **2** Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, **3** now that you have tasted that the Lord is good.

The Living Stone and a Chosen People

4 As you come to him, the living Stone—rejected by humans but chosen by God and precious to him— **5** you also, like living stones, are being built into

a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ. **6** For in Scripture it says:

“See, I lay a stone in Zion,
a chosen and precious cornerstone,
and the one who trusts in him
will never be put to shame.”

7 Now to you who believe, this stone is precious. But to those who do not believe,

“The stone the builders rejected
has become the cornerstone,”

8 and,

“A stone that causes people to stumble
and a rock that makes them fall.”

They stumble because they disobey the message—which is also what they were destined for.

9 But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. **10** Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy.

Thursday 6th May

Psalm 57

1 Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.

**2 I cry out to God Most High,
to God, who vindicates me.**

3 He sends from heaven and saves me,
rebuking those who hotly pursue me—
God sends forth his love and his faithfulness.

**4 I am in the midst of lions; I am forced to dwell among ravenous beasts—
men whose teeth are spears and arrows, whose tongues are sharp
swords.**

5 Be exalted, O God, above the heavens; let your glory be over all the earth.

**⁶ They spread a net for my feet—I was bowed down in distress.
They dug a pit in my path— but they have fallen into it themselves.**

⁷ My heart, O God, is steadfast, my heart is steadfast;
I will sing and make music.

**⁸ Awake, my soul! Awake, harp and lyre!
I will awaken the dawn.**

⁹ I will praise you, Lord, among the nations;
I will sing of you among the peoples.

**¹⁰ For great is your love, reaching to the heavens;
your faithfulness reaches to the skies.**

¹¹ Be exalted, O God, above the heavens;
let your glory be over all the earth.

1 Peter 2; 11-end

¹¹ Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. ¹² Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.

¹³ Submit yourselves for the Lord's sake to every human authority: whether to the emperor, as the supreme authority, ¹⁴ or to governors, who are sent by him to punish those who do wrong and to commend those who do right. ¹⁵ For it is God's will that by doing good you should silence the ignorant talk of foolish people. ¹⁶ Live as free people, but do not use your freedom as a cover-up for evil; live as God's slaves. ¹⁷ Show proper respect to everyone, love the family of believers, fear God, honour the emperor.

¹⁸ Slaves, in reverent fear of God submit yourselves to your masters, not only to those who are good and considerate, but also to those who are harsh. ¹⁹ For it is commendable if someone bears up under the pain of unjust suffering because they are conscious of God. ²⁰ But how is it to your credit if you receive a beating for doing wrong and endure it? But if you suffer for doing good and you endure it, this is commendable before God. ²¹ To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps.

²² "He committed no sin, and no deceit was found in his mouth."

²³ When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly. ²⁴ "He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." ²⁵ For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.

Friday 7th May

Psalm 138

I will praise you, LORD, with all my heart;
before the "gods" I will sing your praise.

**² I will bow down toward your holy temple and will praise your name
for your unfailing love and your faithfulness,
for you have so exalted your solemn decree that it surpasses your fame.**

³ When I called, you answered me;
you greatly emboldened me.

**⁴ May all the kings of the earth praise you, LORD,
when they hear what you have decreed.**

⁵ May they sing of the ways of the LORD,
for the glory of the LORD is great.

**⁶ Though the LORD is exalted, he looks kindly on the lowly;
though lofty, he sees them from afar.**

⁷ Though I walk in the midst of trouble, you preserve my life.
You stretch out your hand against the anger of my foes;
with your right hand you save me.

**⁸ The LORD will vindicate me; your love, LORD, endures forever—
do not abandon the works of your hands.**

1 Peter 3;1-12

³ Wives, in the same way submit yourselves to your own husbands so that, if any of them do not believe the word, they may be won over without words by the behaviour of their wives, ² when they see the purity and reverence of your lives. ³ Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewellery or fine clothes. ⁴ Rather, it should be that of your inner self, the unfading

beauty of a gentle and quiet spirit, which is of great worth in God's sight. ⁵ For this is the way the holy women of the past who put their hope in God used to adorn themselves. They submitted themselves to their own husbands, ⁶ like Sarah, who obeyed Abraham and called him her lord. You are her daughters if you do what is right and do not give way to fear.

⁷ Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers.

Suffering for Doing Good

⁸ Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. ⁹ Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. ¹⁰ For,

“Whoever would love life
and see good days
must keep their tongue from evil
and their lips from deceitful speech.

¹¹ They must turn from evil and do good;
they must seek peace and pursue it.

¹² For the eyes of the Lord are on the righteous
and his ears are attentive to their prayer,
but the face of the Lord is against those who do evil.”^[a]