



# St Paul's Cathedral

*Together transforming our City and Diocese*

## **Holy Communion (BCP)**

Fourth Sunday in Lent • Mothering Sunday

27 March 2022 • 8 am

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### **WELCOME**

Welcome to St Paul's Cathedral, the home church for Anglicans in Melbourne and Victoria. We are delighted that you are joining us this morning: worship with us again.

Our Cathedral stands on the sovereign Country of the Wurundjeri people of the Kulin Nation; land that was taken, not ceded. We give thanks for their ancestors, and acknowledge the ongoing right and responsibility of their elders to care for this Country. We are committed to work and pray towards a more just settlement for all Indigenous people and pay our respects to First Nations people here.

**Offerings** We rely entirely on your gift to support our ministry and work. Please be generous. You can also donate online via our website

**Safeguarding** We strongly condemn any form of abuse and are committed to safeguarding children and vulnerable people, and to speak out in opposition to intimate partner violence. All our staff and volunteers complete training and relevant checks. If you would like to raise any concerns, please contact the independent Professional Standards Body, Kooyoora. Tel. 1800 135 246. For advice in the case of family violence, ring 1800 737 732.

**Sustainability** St Paul's is an inaugural member of TAKE2, Victoria's Climate Change pledge. We are committed to reducing our net carbon footprint to fight climate change. Learn more and join us: [cathedral.org.au/climateaction](http://cathedral.org.au/climateaction)

**Communion** Please follow the directions given you by the vergers when coming forward to receive communion. You will be invited to form a line with 1.5m spacing between congregants in the centre aisle to receive the bread.

**SERVICE LEADERS** *Celebrant & Preacher:* The Revd Canon Dr Stephen Ames, Associate Priest;  
*Cantor:* Mr Philip Nicholls, Director of Music.

## ORDER OF SERVICE

*Please stand for the procession. Please join us in singing the hymn and saying those parts of the service printed in **bold** type.*

### THE LORD'S PRAYER

Our Father, which art in heaven, hallowed be thy Name. Thy Kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil. **Amen.**

### THE COLLECT FOR PURITY

**Almighty God, unto whom all hearts be open, all desires known, and from whom no secrets are hid; Cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee, and worthily magnify thy holy Name; through Christ our Lord. Amen.**

### THE SUMMARY OF THE LAW

Our Lord Jesus Christ said: Hear O Israel, The Lord our God is one Lord; and thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength. This is the first commandment. And the second is like, namely this: Thou shalt love thy neighbour as thyself. There is none other commandment greater than these. On these two commandments hang all the Law and the Prophets:

**Lord, have mercy upon us, and incline our hearts to keep this law.**

### THE COLLECT

Let us pray.

Grant, we beseech thee, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Saviour Jesus Christ. **Amen.**

*Please be seated for*

### THE FIRST READING

Numbers 9.1-5

*Read by Joy Burman*

A reading from the Book Numbers.

<sup>1</sup>The LORD spoke to Moses in the wilderness of Sinai, in the first month of the second year after they had come out of the land of Egypt, saying: <sup>2</sup>Let the Israelites keep the passover at its appointed time. <sup>3</sup>On the fourteenth day of this month, at twilight, you shall keep it at its appointed time; according to all its statutes and all its regulations you shall keep it. <sup>4</sup>So Moses told the Israelites that

they should keep the passover. <sup>5</sup>They kept the passover in the first month, on the fourteenth day of the month, at twilight, in the wilderness of Sinai. Just as the LORD had commanded Moses, so the Israelites did.

Hear the word of the Lord, **thanks be to God.**

FOR THE PSALM: THE MAGNIFICAT (SONG OF MARY)

Luke 1.47-55

Please join in saying the parts of the Magnificat printed in bold.

My soul proclaims the greatness of the Lord:  
my spirit rejoices in God my Saviour,

**Who has looked with favour on his lowly servant:  
from this day all generations will call me blessed;**

The Almighty has done great things for me:  
and holy is his name.

**God has mercy on those who fear him:  
from generation to generation.**

The Lord has shown strength with his arm:  
and scattered the proud in their conceit,

**Casting down the mighty from their thrones:  
and lifting up the lowly.**

God has filled the hungry with good things:  
and sent the rich away empty.

He has come to the aid of his servant Israel:  
to remember the promise of mercy,

**The promise made to our forebears:  
to Abraham and his children for ever.**

THE SECOND READING

Philippians 3.7-11

A reading from the Epistle of the Apostle Paul to the Philippians.

<sup>7</sup> Yet whatever gains I had, these I have come to regard as loss because of Christ. <sup>8</sup> More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ <sup>9</sup> and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. <sup>10</sup> I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, <sup>11</sup> if somehow I may attain the resurrection from the dead.

Hear the word of the Lord, **thanks be to God.**

*Please stand for*

## THE HOLY GOSPEL

The Lord be with you.  
**And also with you.**

The Holy Gospel of our Lord Jesus Christ according to St Matthew: 16.21-28  
**Glory to you, Lord Jesus Christ.**

<sup>21</sup> From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. <sup>22</sup>And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' <sup>23</sup>But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.'

<sup>24</sup> Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. <sup>25</sup>For those who want to save their life will lose it, and those who lose their life for my sake will find it. <sup>26</sup>For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

<sup>27</sup> 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. <sup>28</sup>Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

For the Gospel of the Lord, **praise to you, Lord Jesus Christ.**

## THE SERMON

The Revd Canon Dr Stephen Ames

## THE NICENE CREED

We stand and together affirm the faith of the church as we say:

**I believe in one God the Father Almighty, Maker of heaven and earth, And of all things visible and invisible: And in one Lord Jesus Christ, the only-begotten son of God, Begotten of his Father before all worlds, God of God, Light of Light, Very God of very God, Begotten, not made, Being of one substance with the Father, By whom all things were made: Who for us men, and for our salvation came down from heaven, And was incarnate by the Holy Ghost of the Virgin Mary, And was made man, And was crucified also for us under Pontius Pilate. He suffered and was buried, And the third day he rose again according to the Scriptures, And ascended into heaven, And sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: Whose kingdom shall have no end. And I believe in the Holy Ghost, The Lord and giver of life, Who proceedeth from the Father and the Son, Who with the Father and the Son together is worshipped and glorified, Who spake**

**by the Prophets. And I believe one Catholick and Apostolick Church. I acknowledge one Baptism for the remission of sins. And I look for the Resurrection of the dead, And the life of the world to come. Amen.**

**THE OFFERTORY**

*We rely entirely on your gift. Please be generous.*

*You can also donate online via our website [www.cathedral.org.au/donate](http://www.cathedral.org.au/donate) or by EFT BSB: 083-088, Account: 53-728-8315.*



*The following sentences are read:*

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. *St Matthew 5.16.*

Lay not up for yourselves treasure upon the earth; where rust and moth doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven; where neither rust nor moth doth corrupt, and where thieves do not break through and steal. *St Matthew 6.19.*

Whatsoever ye would that men should do unto you, even so do unto them; for this is the Law and the Prophets. *St Matthew 7.12.*

Remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive. *Acts 20.35.*

*The people are seated as the altar is prepared and then kneel for*

## THE PRAYER FOR THE CHURCH

Let us pray for the whole state of Christ's Church:

Almighty and everliving God, who by thy holy Apostle hast taught us to make prayers, and supplications, and to give thanks, for all men; We humbly beseech thee most mercifully to receive these our prayers, which we offer unto thy Divine Majesty; beseeching thee to inspire continually the universal Church with the spirit of truth, unity, and concord: And grant, that all they that do confess thy holy name may agree in the truth of thy Holy Word, and live in unity, and godly love.

We beseech thee also to lead all nations in the way of righteousness and peace; and so to direct all kings and rulers, that under them thy people may be godly and quietly governed. And grant unto thy servant *Elizabeth* our Queen, and to all that are put in authority under her, that they may truly and impartially minister justice, to the punishment of wickedness and vice, and to the maintenance of thy true religion, and virtue.

Give grace, O heavenly Father, to all Bishops, Priests and Deacons, especially to thy servants *Justin*, Archbishop of Canterbury, *Geoff*, our Primate, *Philip*, our Archbishop, and *Andreas*, our Dean, that they may both by their life and doctrine set forth thy true and living Word and rightly and duly administer thy holy Sacraments.

Guide and prosper, we pray thee, those who are labouring for the spread of thy Gospel among the nations, and enlighten with thy Spirit all places of education and learning; that the whole world may be filled with the knowledge of thy truth.

And to all thy people give thy heavenly grace; and specially to this congregation here present; that, with meek heart and due reverence, they may hear, and receive thy Holy Word; truly serving thee in holiness and righteousness all the days of their life.

And we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity [*specific intercessions may be added here*]. And we commend to thy gracious keeping, O Lord, all thy servants departed this life in thy faith and fear, beseeching thee to grant them everlasting light and peace.

And here we give thee most high praise and hearty thanks for all thy Saints, who have been the chosen vessels of thy grace, and lights of the world in their several generations; and we pray, that rejoicing in their fellowship, and following their good examples, we may be partakers with them of thy heavenly kingdom.

Grant this, O Father, for Jesus Christ's sake, our only Mediator and Advocate; who liveth and reigneth with thee in the unity of the Holy Ghost, one God world without end. **Amen.**

## THE COMMUNION

### THE CONFESSION AND ABSOLUTION

Ye that do truly and earnestly repent you of your sins, and are in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from henceforth in his holy ways; Draw near with faith, and take this holy Sacrament to your comfort; and make your humble confession to Almighty God, meekly kneeling upon your knees.

**Almighty God, Father of our Lord Jesus Christ, Maker of all things, judge of all men; We acknowledge and bewail our manifold sins and wickedness, which we, from time to time, most grievously have committed, by thought, word, and deed, against thy Divine Majesty, provoking most justly thy wrath and indignation against us. We do earnestly repent, And are heartily sorry for these our misdoings; the remembrance of them is grievous unto us; The burden of them is intolerable. Have mercy upon us, Have mercy upon us, most merciful Father; for thy Son our Lord Jesus Christ's sake, Forgive us all that is past; and grant that we may ever hereafter Serve and please thee In newness of life, to the honour and glory of thy Name; through Jesus Christ our Lord. Amen.**

Almighty God, our heavenly Father, who of his great mercy hath promised forgiveness of sins to all them that with hearty repentance and true faith turn unto him; Have mercy upon you; pardon and deliver you from all your sins; confirm and strengthen you in all goodness; and bring you to everlasting life; through Jesus Christ our Lord. **Amen.**

### THE COMFORTABLE WORDS

Hear what comfortable words our Saviour Christ saith unto all that truly turn to him:

Come unto me all that travail and are heavy laden, and I will refresh you.

*St Matthew 11.28*

So God loved the world, that he gave his only-begotten Son, to the end that all that believe in him should not perish, but have everlasting life. *St John 3.16*

Hear also what Saint Paul saith. This is a true saying, and worthy of all men to be received, That Christ Jesus came into the world to save sinners. *1 Timothy 1.15*

Hear also what Saint John saith. If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the propitiation for our sins. *1 John 2.1*

## THE PREFACE

The Lord be with you. **And with thy spirit.**  
Lift up your hearts. **We lift them up unto the Lord.**  
Let us give thanks unto our Lord God.  
**It is meet and right so to do.**

It is very meet, right, and our bounden duty, that we should at all times, and in all places, give thanks unto thee, O Lord, Holy Father, Almighty, Everlasting God.

Therefore with Angels and Archangels, and with all the company of heaven, we laud and magnify thy glorious Name; evermore praising thee, and saying,

**Holy, holy, holy, Lord God of hosts, heaven and earth are full of thy glory:  
Glory be to thee, O Lord most High.  
Blessed is he who cometh in the name of the Lord. Hosanna in the highest.**

## THE PRAYER OF HUMBLE ACCESS

**We do not presume to come to this thy Table, O merciful Lord, trusting in our own righteousness, but in thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under thy Table. But thou art the same Lord, whose property is always to have mercy: Grant us therefore, gracious Lord, so to eat the flesh of thy dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.**

## THE PRAYER OF CONSECRATION

Almighty God, our heavenly Father, who of thy tender mercy didst give thine only Son Jesus Christ to suffer death upon the Cross for our redemption; who made there (by his one oblation of himself once offered) a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and did institute, and in his holy Gospel command us to continue, a perpetual memory of that his precious death, until his coming again; Hear us, O merciful Father, we most humbly beseech thee; and grant that we receiving these thy creatures of bread and wine, according to thy Son our Saviour Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood: who, in the same night that he was betrayed, took Bread; and, when he had given thanks, he brake it, and gave it to his disciples, saying, Take, eat, this is my Body which is given for you: Do this in remembrance of me.

Likewise after supper he took the Cup; and, when he had given thanks, he gave it to them, saying, Drink ye all of this; for this is my Blood of the New Testament, which is shed for you and for many for the remission of sins: Do this, as oft as ye shall drink it, in remembrance of me. **Amen.**



## THE COMMUNION

The body of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life. Take and eat this in remembrance that Christ died for thee, and feed on him in thy heart by faith with thanksgiving.

The blood of our Lord Jesus Christ, which was given for thee, preserve thy body and soul unto everlasting life. Drink this in remembrance that Christ's Blood was shed for thee, and be thankful.

## THE HYMN

*During Communion please join in singing*

1 When I sur - vey the won - drous Cross on which the  
Prince of Glo - ry died, — my rich - est gain I  
count but loss, and pour con - tempt on all — my pride.

2  
Forbid it, Lord, that I should boast  
save in the Cross of Christ my God;  
all the vain things  
that charm me most,  
I sacrifice them to his Blood.

3  
See from his head, his hands,  
his feet,  
sorrow and love  
flow mingling down;  
did e'er such love and sorrow meet,  
or thorns compose so rich a crown.

4  
Were the whole realm of nature mine,  
that were an offering far too small:  
love so amazing, so divine,  
demands my soul, my life, my all.

Isaac Watts (1674-1748) alt.  
*Hymns Ancient and Modern Revised* 108

## THE LORD'S PRAYER

Our Father, which art in heaven, **Hallowed be thy Name. Thy kingdom come. Thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil: For thine is the kingdom, The power, and the glory, For ever and ever. Amen.**

## THE PRAYER AFTER COMMUNION

O Lord and heavenly Father, we thy humble servants entirely desire thy fatherly goodness mercifully to accept this our sacrifice of praise and thanksgiving; most humbly beseeching thee to grant, that by the merits and death of thy Son Jesus Christ, and through faith in his blood, we and all thy whole Church may obtain remission of our sins, and all other benefits of his passion. And here we offer and present unto thee, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and lively sacrifice unto thee; humbly beseeching thee, that all we, who are partakers of this holy Communion, may be fulfilled with thy grace and heavenly benediction. And although we be unworthy, through our manifold sins, to offer unto thee any sacrifice, yet we beseech thee to accept this our bounden duty and service; not weighing our merits, but pardoning our offences, through Jesus Christ our Lord; by whom, and with whom, in the unity of the Holy Ghost, all honour and glory be unto thee, O Father Almighty, world without end. **Amen.**

## THE NOTICES

## THE BLESSING

The Peace of God, which passeth all understanding, keep your hearts and minds in the knowledge and love of God, and of his son Jesus Christ our Lord: and the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be amongst you and remain with you always. **Amen.**

## PRAY WITH US

**THE WORLD** It has been alleged that Russian forces have committed war crimes in Ukraine, so we continue to pray fervently for the people of Ukraine, that in the face of these impossible circumstances, they would remember God has promised to be with his people always. For the great numbers of refugees, we can pray for their strength in the face of terrible conditions, and that, as God is the helper of the oppressed, they might find relief and safety in unexpected places given by caring people. In Myanmar, people who are disabled or elderly are facing greater risks during the military crackdown, without food and medicine as they flee from fighting. As this conflict deepens, and homelessness increases with 14 million in need of humanitarian aid, we pray for the fearful, the displaced and the needy that in finding solutions, they might recognise God's provision for them in their crises. In China, as paramilitary police and firefighters are deployed to the air crash site, we ask comfort for them and for family and friends of those whose lives have been lost. In Afghanistan, after a seven-month closure, girls' high schools have again been shut directly after re-opening, citing the necessity of a plan sympathetic to Afghan culture and Islamic practice. Our prayers go out to girls above grade six who had anticipated resuming their secondary education.

**OUR CITY & STATE** We are thankful for the further relaxation of restrictions around management of COVID and its variants. Give us grace never to take for granted our rights ahead of our responsibilities to others in our community. We pray for and support businesses trying to survive

current difficulties, and hope the current bid to host the 2026 Commonwealth Games might bring fresh encouragement.

**THE ANGLICAN COMMUNION** The Church of the Province of Myanmar (Burma)

**THE AUSTRALIAN ANGLICAN CHURCH** Ministry with the Aboriginal people of Australia (Bp Chris McLeod, National Aboriginal Bishop, Aboriginal Clergy & People)

**DIOCESE OF MELBOURNE** Trinity Grammar School (Adrian Farrer, Principal; Bryn Jones, James Hale, Chaplains); St Stephen's Gardenvale (Paul Carr).

**OUR CATHEDRAL** Our Canon Pastor, the Revd Canon Jane Window; our Seniors Group; pastoral ministry to the congregation; those preparing for Baptism, Confirmation and Marriage.

**THOSE IN SICKNESS OR NEED** Joan Woodhouse, Sara, Ibrahim, Ishaq and Ishmael, Robyn Forbes, Judy Clift, Andrew, Janet Marsden, Henri-Felix Vinson, Monique, Trina Zhou, Tess & Lassy, Betty Harrop, Teresa Devine, Lorraine Fredricks, April Morrison, Luke, Cecilia Cheng.

**RECENTLY DIED** **Martin Devine**

#### YEAR'S MINDS

- 27 Evan Laurie Burge (Priest, Canon, Warden of Trinity College) 2003
- 28 Alfred Wheeler (Priest, 2<sup>nd</sup> Precentor) 1949
- 30 Laurence Langley Nash (Priest, Canon) 1965
- 31 John David McKie (Coadjutor Bishop) 1994  
Howard Charles Hollis (Priest, Cathedral Canon, Asst. Cathedral Organist) 2008
- Apr 1 Leslie Cheung (Congregation) 2003  
Richard Scott (Congregation) 2014
- 2 Geoffrey Bainbridge (1989)

## NOTICES

**Welcome! We are delighted you have joined our service.** If you have any questions and would like to speak to a staff member, phone the office 9653 4333 during office hours or get in touch via our website: [www.cathedral.org.au](http://www.cathedral.org.au). Due to current Covid restrictions, we are unable to offer post-service hospitality, but we encourage you to join others in fellowship at a local cafe.

If you are worshiping for the first time with us, please fill out a *Welcome Card* available from our friendly welcomers or staff, so we can keep in touch with you.

**Face masks** are no longer required to be worn inside, although they remain highly recommended in all indoor settings.

**Mothers' Union Lady Day Choral Eucharist • Today 4pm** All welcome to join this Annual Service for members of the Mothers' Union. Bishop Genieve Blackwell will preach, and the Dean is presiding.

**Discipleship Study** Our Lent Discipleship Study group continues today, looking at hearing the word of God and sharing in the Eucharist. Groups meet at 9.00am (with Canon Stephen) and 11.15am (with Canon Robert) both in the Barbara Darling Room. Study Materials will be provided. A simple English study group will be led by Tony McCutcheon, in the small meeting room at 11.15am

**Wednesday Lunchtime Concert • 1pm** This week concert features Antoni Grzyb performing solo piano pieces from his current album, and other introspective improvisations. Antoni's music is Neo-classical, and he will choose pieces to play that particularly suit the great ambience of St Paul's.

**Services for Holy Week & Easter** Full details of services and events taking place during Holy Week & Easter can be found on our website: [www.cathedral.org.au/Easter](http://www.cathedral.org.au/Easter) or pick up a copy of

our Term Card or Flyer. Please consider supporting our services by getting involved with one or more of the following:

- **Welcoming at Services** Volunteers are needed to assist as welcomers for services over Holy Week & Easter. If you're available to assist at any of the services or able to commit to welcoming on one Sunday a month, please contact Andrew Victorsen (avictorsen@stpaulscathedral.org.au)
- **Easter Vigil Breakfast** Volunteers are needed to help serve food and tea & coffee and clean up after the breakfast on Easter Day. If you are available to assist, please contact Canon Christopher (ccarolane@stpaulscathedral.org.au)
- **Cleaning Bee** will be held on Saturday 9 April from 10am - 1pm to prepare the Cathedral for Holy Week & Easter. If you are available to assist, please let Laurie Mahoney or Andrew Victorsen know.

**Donations for the Easter Flowers** You are welcome to make a donation towards the Easter Day Flower arrangements in memory of a loved one. Please give your donation in an envelope marked 'Easter Flowers' with you loved one's name on it to one of the clergy, or arrange a direct transfer with a note labelling it as a flower donation and email Andrew Victorsen avictorsen@stpaulscathedral.org.au with your loved one's name.

**Luke Jerram's - Gaia** We're thrilled to be hosting this spectacular sculpture of Earth measuring seven metres in diameter, from late April to the end of June this year. If you haven't heard about it yet - please have a look on our website. We're seeking volunteers to be 'greeters' to welcome the many visitors we expect to come and see the sculpture - for many it will be their first visit to the Cathedral. If you are interested in offering some time each week, please contact Andrew Victorsen.

**English Conversation Class** continues tomorrow and next Monday from 2-3.15pm on Zoom, before the Easter Holiday Break. Classes are free of charge, and open to anyone wishing to learn to converse in English. For more information on our ECC classes, visit our website or contact Canon Robert at [rvun@stpaulscathedral.org.au](mailto:rvun@stpaulscathedral.org.au). Classes will resume in person from Term 2.

**Next Sunday's Preachers** 8am, 10am, & 1pm: Canon Robert; 4pm: Canon Jane.

## READ THE BIBLE WITH US

You may like to use these readings, which the Cathedral Clergy and staff use for daily prayer, as part of your personal devotions throughout the week.

**Monday:** Ps 71; Heb 12.1-11

**Tuesday:** Ps 69.1-16; Heb. 12.12-24

**Wednesday:** Pss 72; Heb. 12.25-29

**Thursday:** Ps 39; Heb. 13.1-6

**Friday:** Ps 74; Heb. 13.7-17

**Saturday:** Ps 77; Heb. 13.18-25

*Next Sunday: Isaiah 1:10-19, P 126, Philippians 4:8-9, Matthew 5:1-16*

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