

Sentence of Scripture

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

James 1.17

Prayer of the day

Cleanse our consciences, O Lord,
and enlighten our hearts
through the daily presence of your Son Jesus Christ,
that when he comes in glory to be our judge
we may be found undefiled and acceptable in his sight;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

Readings

Song of Solomon 2:8–13

⁸The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. ⁹My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. ¹⁰My beloved speaks and says to me: "Arise, my love, my fair one, and come away; ¹¹for now the winter is past, the rain is over and gone. ¹²The flowers appear on the earth; the time of singing has come, and the voice of the turtledove is heard in our land. ¹³The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away. (NRSV)

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

Psalm 45:1–2, 6–9

1 My heart is astir with fine phrases,
I make my song for a king:

my tongue is the pen of a ready writer.

2 You are the fairest of men,
grace flows from your lips:

therefore has God blessed you for ever and ever.

6 Your throne is the throne of God, it endures for ever:

and the sceptre of your kingdom is a righteous sceptre.

7 You have loved righteousness and hated evil:

**therefore God, your God, has anointed you
with the oil of gladness above your fellows.**

8 All your garments are fragrant
with myrrh, aloes and cassia:

music from ivory palaces makes you glad.

9 Kings' daughters are among your noble women:

the queen is at your right hand in gold of Ophir.

James 1:17–27

¹⁷ Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. He never changes or casts a shifting shadow. ¹⁸ He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.

¹⁹ Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry. ²⁰ Human anger does not produce the righteousness God desires. ²¹ So get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts, for it has the power to save your souls.

²² But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. ²³ For if you listen to the word and don't obey, it is like glancing at your face in a mirror.

²⁴ You see yourself, walk away, and forget what you look like. ²⁵ But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.

²⁶ If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless. ²⁷ Pure and genuine religion in the sight of God the Father means caring for orphans and widows in their distress and refusing to let the world corrupt you. (NLT)

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

Mark 7:1–8, 14–23

The Gospel of our Lord Jesus Christ **Glory to you Lord Jesus Christ.**

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, ² they noticed that some of his disciples were eating with defiled hands, that is, without washing them. ³ (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; ⁴ and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) ⁵ So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?"

⁶ He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honors me with their lips, but their hearts are far from me; ⁷ in vain do they worship me, teaching human precepts as doctrines.'

⁸ You abandon the commandment of God and hold to human tradition."

¹⁴ Then he called the crowd again and said to them, "Listen to me, all of you, and understand: ¹⁵ there is nothing outside a person that by going in can defile, but the things that come out are what defile."

¹⁷ When he had left the crowd and entered the house, his disciples asked him about the parable. ¹⁸ He said to them, "Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, ¹⁹ since it enters, not the heart but the stomach, and goes out into the sewer?" (Thus he declared all foods clean.) ²⁰ And he said, "It is what comes out of a person that defiles. ²¹ For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, ²² adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. ²³ All these evil things come from within, and they defile a person."

(NRSV)

This is the Gospel of our Lord, **praise to you Lord Jesus Christ.**