

## COLLECT

O God, the protector of all who trust in you,  
without whom nothing is strong,  
nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father,  
for our Lord Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## FIRST READING

### Zechariah 9:9-12

*A reading from the book of the prophet Zechariah.*

Rejoice greatly, O daughter Zion!  
Shout aloud, O daughter Jerusalem!  
Lo, your king comes to you;  
triumphant and victorious is he,  
humble and riding on a donkey, on  
a colt, the foal of a donkey. He will  
cut off the chariot from Ephraim  
and the war horse from Jerusalem;  
and the battle-bow shall be cut off,  
and he shall command peace to the  
nations; his dominion shall be from  
sea to sea, and from the River to  
the ends of the earth. As for you  
also, because of the blood of my  
covenant with you, I will set your  
prisoners free from the waterless  
pit. Return to your stronghold, O  
prisoners of hope; today I declare  
that I will restore to you double.

## PSALM Psalm 145:8-15

*R I will exalt you, O God my king,  
[and bless your name for ever].*

The Lord is gracious and full of  
compassion,  
slow to anger and of great kindness.  
The Lord is loving to everyone  
and his compassion is over all his  
works.  
All your works praise you, O Lord,  
and your faithful servants bless you. **R**

They make known the glory of your  
kingdom  
and speak of your power;  
That the peoples may know of your  
power  
and the glorious splendour of your  
kingdom.  
Your kingdom is an everlasting  
kingdom;  
your dominion endures throughout  
all ages. **R**

The Lord is faithful in all his words  
and merciful in all his deeds.  
The Lord upholds all those who fall;  
he lifts up those who are bowed  
down. **R**

## SECOND READING

### Romans 7:15-25a

*A reading from the letter of Paul to the Romans.*

I do not understand my own  
actions. For I do not do what I want,  
but I do the very thing I hate. Now  
if I do what I do not want, I agree  
that the law is good. But in fact  
it is no longer I that do it, but sin  
that dwells within me. For I know  
that nothing good dwells within  
me, that is, in my flesh. I can will  
what is right, but I cannot do it. For  
I do not do the good I want, but  
the evil I do not want is what I do.  
Now if I do what I do not want, it is  
no longer I that do it, but sin that  
dwells within me. So I find it to be a  
law that when I want to do what is  
good, evil lies close at hand. For  
I delight in the law of God in  
my inmost self, but I see in my  
members another law at war with  
the law of my mind, making me  
captive to the law of sin that dwells  
in my members. Wretched man that  
I am! Who will rescue me from this  
body of death? Thanks be to God  
through Jesus Christ our Lord!

## GOSPEL

### Matthew 11:16-19. 25-30

*Hear the gospel of our Lord Jesus  
Christ according to Matthew.*

At that time Jesus said, "To what  
will I compare this generation? It is  
like children sitting in the market-

places and calling to one another,  
'We played the flute for you, and  
you did not dance; we wailed,  
and you did not mourn.' For John  
came neither eating nor drinking,  
and they say, 'He has a demon';  
the Son of Man came eating and  
drinking, and they say, 'Look, a  
glutton and a drunkard, a friend  
of tax-collectors and sinners!' Yet  
wisdom is vindicated by her deeds.  
I thank you, Father, Lord of heaven  
and earth, because you have hidden  
these things from the wise and the  
intelligent and have revealed them  
to infants; yes, Father, for such  
was your gracious will. All things  
have been handed over to me by  
my Father; and no one knows the  
Son except the Father, and no  
one knows the Father except the  
Son and anyone to whom the Son  
chooses to reveal him. Come to  
me, all you that are weary and are  
carrying heavy burdens, and I will  
give you rest. Take my yoke upon  
you, and learn from me; for I am  
gentle and humble in heart, and  
you will find rest for your souls. For  
my yoke is easy, and my burden is  
light."

## POST COMMUNION

Eternal God,  
comfort of the afflicted and healer  
of the broken,  
you have fed us at the table of life  
and hope:  
teach us the ways of gentleness and  
peace,  
that all the world may acknowledge  
the kingdom of your Son Jesus  
Christ our Lord.