

Today's Readings

9th July 2023

**5th Sunday after
Trinity**

THE COLLECT

Almighty God,
send down upon your
Church the riches of your
Spirit, and kindle in all who
minister the gospel your
countless gifts of grace;
through Jesus Christ our
Lord.

FIRST READING

Zechariah 9.9-12

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. ¹⁰ He will cut off
the chariot from Ephraim
and the warhorse 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. ¹¹ As for you also,
because of the blood of my

covenant with you, I will set
your prisoners free from the
waterless pit. ¹² Return to
your stronghold, O prisoners
of hope; today I declare that
I will restore to you double.

SECOND READING

Romans 7.15-25a

I do not understand my own
actions. For I do not do what
I want, but I do the very
thing I hate. ¹⁶ Now if I do
what I do not want, I agree
that the law is good. ¹⁷ But in
fact it is no longer I that do it,
but sin that dwells within
me. ¹⁸ 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. ¹⁹ For I do not do the
good I want, but the evil I do
not want is what I do. ²⁰ Now
if I do what I do not want, it
is no longer I that do it, but
sin that dwells within me.
²¹ So I find it to be a law that
when I want to do what is
good, evil lies close at
hand. ²² For I delight in the
law of God in my inmost
self, ²³ 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. ²⁴ Wretched man
that I am! Who will rescue
me from this body of
death? ²⁵ Thanks be to God
through Jesus Christ our
Lord!

THE GOSPEL

Matthew 11.16-19,25-30

'But to what will I compare
this generation? It is like
children sitting in the market-
places and calling to one
another,
¹⁷ "We played the flute for
you, and you did not dance;
we wailed, and you did
not mourn."
¹⁸ For John came neither
eating nor drinking, and they
say, "He has a demon";
¹⁹ 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.'
²⁵ At that time Jesus said, '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; ²⁶ yes,

Father, for such was your
gracious will. ²⁷ 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.

²⁸ 'Come to me, all you that
are weary and are carrying
heavy burdens, and I will
give you rest. ²⁹ 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.
³⁰ For my yoke is easy, and
my burden is light.'

POST COMMUNION PRAYER

Grant, O Lord, we beseech
you,
that the course of this world
may be so peaceably
ordered
by your governance,
that your Church may
joyfully serve you in all godly
quietness;
through Jesus Christ our
Lord.

PSALM 145.8-15

⁸ The LORD is gracious and
merciful,
slow to anger and
abounding in steadfast love.
⁹ The LORD is good to all,
and his compassion is
over all that he has made.
¹⁰ All your works shall give
thanks to you, O LORD,
and all your faithful shall
bless you.
¹¹ They shall speak of the
glory of your kingdom,
and tell of your power,
¹² to make known to all
people your mighty deeds,
and the glorious
splendour of your kingdom.
¹³ Your kingdom is an
everlasting kingdom,
and your dominion
endures throughout all
generations.
The LORD is faithful in all his
words,
and gracious in all his
deeds.
¹⁴ The LORD upholds all who
are falling,
and raises up all who are
bowed down.
¹⁵ The eyes of all look to
you,
and you give them their
food in due season.