

4th Sunday after Pentecost

Proper 9

Year A

The Collect of the Day

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen

A Reading from the Book of Zechariah 9:9-12

Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on an ass, on a colt the foal of an ass. 10 I 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. 11 As for you also, because of the blood of my covenant with you, I will set your captives free from the waterless pit. 12 Return to your stronghold, O prisoners of hope; today I declare that I will restore to you double.

Psalm 145:8-14

Exaltabo te, Deus

The Lord is gracious and full of compassion, *
slow to anger and of great kindness.

9 The Lord is loving to everyone *
and his compassion is over all his works.

10 All your works praise you, O Lord, *
and your faithful servants bless you.

11 They make known the glory of your kingdom *
and speak of your power;

12 That the peoples may know of your power *
and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom; *
your dominion endures throughout all ages.

14 The Lord is faithful in all his words *
and merciful in all his deeds.

A Reading from Romans 7:21-8:6

So I find it to be a law that when I want to do right, 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 and making me captive to the law of sin which dwells in my members. ²⁴ Wretched man that I am! Who will deliver me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord! So then, I of myself serve the law of God with my mind, but with my flesh I serve the law of sin.

8:1 There is therefore now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death. ³ For God has done what the law, weakened by the flesh, could not do: sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, ⁴ in order that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

A Reading from the Gospel according to St. Matthew 11:25-30

At that time Jesus declared, "I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes; ²⁶ yea, Father, for

such was thy gracious will. ²⁷ All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light."