

3rd Sunday in Lent

The Season of Lent

The Collect of the Day

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; 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 Exodus 20:1-17

And God spoke all these words, saying, ² "I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. ³ "You shall have no other gods before me. ⁴ "You shall not make for yourself a graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; ⁵ you shall not bow down to them or serve them; for I the LORD your God am a jealous God, visiting the iniquity of the fathers upon the children to the third and the fourth generation of those who hate me, ⁶ but showing steadfast love to thousands of those who love me and keep my commandments. ⁷ "You shall not take the name of the LORD your God in vain; for the LORD will not hold him guiltless who takes his name in vain. ⁸ "Remember the Sabbath day, to keep it holy. ⁹ Six days you shall labor, and do all your work; ¹⁰ but the seventh day is a Sabbath to the LORD your God; in it you shall not do any work, you, or your son, or your daughter, your manservant, or your maidservant, or your cattle, or the sojourner who is within your gates; ¹¹ for in six days the LORD made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the LORD blessed the Sabbath day and hallowed it. ¹² "Honor your father and your mother, that your days may be long in the

land which the LORD your God gives you. ¹³ "You shall not kill. ¹⁴
"You shall not commit adultery. ¹⁵ "You shall not steal. ¹⁶ "You
shall not bear false witness against your neighbor. ¹⁷ "You shall
not covet your neighbor's house; you shall not covet your
neighbor's wife, or his manservant, or his maidservant, or his ox,
or his ass, or anything that is your neighbor's."

Psalm 19:7-14

Caeli enarrant

- 7 The law of the LORD is perfect
and revives the soul; *
the testimony of the LORD is sure
and gives wisdom to the innocent.
- 8 The statutes of the LORD are just
and rejoice the heart; *
the commandment of the LORD is clear
and gives light to the eyes.
- 9 The fear of the LORD is clean
and endures for ever; *
the judgments of the LORD are true
and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold, *
sweeter far than honey,
than honey in the comb.
- 11 By them also is your servant enlightened, *
and in keeping them there is great reward.
- 12 Who can tell how often he offends? *
cleans me from my secret faults.
- 13 Above all, keep your servant from presumptuous sins;
let them not get dominion over me; *
then shall I be whole and sound,
and innocent of a great offense.

14 Let the words of my mouth and the meditation of my heart be acceptable in your sight, *
O LORD, my strength and my redeemer

A Reading from Romans 7:13-25

Did that which is good, then, bring death to me? By no means! It was sin, working death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure. ¹⁴ We know that the law is spiritual; but I am carnal, sold under sin. ¹⁵ 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 So then it is no longer I that do it, but sin which 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 which dwells within me. ²¹ 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.

The Holy Gospel of our Lord Jesus Christ according to St. John 2:13-22

The Passover of the Jews was at hand, and Jesus went up to Jerusalem. ¹⁴ In the temple he found those who were selling oxen and sheep and pigeons, and the money-changers at their business. ¹⁵ And making a whip of cords, he drove them all, with the sheep and oxen, out of the temple; and he poured out the coins of the money-changers and overturned their tables. ¹⁶ And he told those who sold the pigeons, "Take these things away; you

shall not make my Father's house a house of trade." ¹⁷ His disciples remembered that it was written, "Zeal for thy house will consume me." ¹⁸ The Jews then said to him, "What sign have you to show us for doing this?" ¹⁹ Jesus answered them, "Destroy this temple, and in three days I will raise it up." ²⁰ The Jews then said, "It has taken forty-six years to build this temple, and will you raise it up in three days?" ²¹ But he spoke of the temple of his body. ²² When therefore he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word which Jesus had spoken.