



Prayer of the Day

O Lord, fully continue to purify and defend your Church. Since she cannot stand firmly without your power, govern her always by your grace; through Jesus Christ, your Son, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

First Reading: Deuteronomy 4:1-2, 6-9

¹{Moses said,} “Now, O Israel, listen to the statutes and the rules that I am teaching you, and do them, that you may live, and go in and take possession of the land that the LORD, the God of your fathers, is giving you. ²You shall not add to the word that I command you, nor take from it, that you may keep the commandments of the LORD your God that I command you.

⁶Keep them and do them, for that will be your wisdom and your understanding in the sight of the peoples, who, when they hear all these statutes, will say, ‘Surely this great nation is a wise and understanding people.’ ⁷For what great nation is there that has a god so near to it as the LORD our God is to us, whenever we call upon him? ⁸And what great nation is there, that has statutes and rules so righteous as all this law that I set before you today? ⁹Only take care, and keep your soul diligently, lest you forget the things that your eyes have seen, and lest they depart from your heart all the days of your life. Make them known to your children and your children’s children ...”.

Psalm 119:129-136

¹²⁹Your de- | crees are wonderful;*
therefore I obey them with | all my heart.

¹³⁰**When your word goes forth | it gives light;***
it gives understanding | to the simple.

¹³¹I open my | mouth and pant;*
I long for | your commandments.

¹³²**Turn to | me in mercy,***
as you always do to those who | love your name.

¹³³Steady my footsteps | in your word;*
let no iniquity have dominion | over me.

¹³⁴**Rescue me from those | who oppress me,***
and I will keep | your commandments.

¹³⁵Let your countenance shine up- | on your servant*
and teach | me your statutes.

¹³⁶**My eyes shed | streams of tears,***
because people do not | keep your law.

Second Reading: Ephesians 6:10-20

¹⁰Finally, be strong in the Lord and in the strength of his might. ¹¹Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹²For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. ¹⁴Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, ¹⁵and, as shoes for your feet, having put on the readiness given by the gospel of peace. ¹⁶In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; ¹⁷and take the helmet of salvation, and the sword of the Spirit, which is the word of God, ¹⁸praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, ¹⁹and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, ²⁰for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.

Gospel: Mark 7:14-23

¹⁴{Jesus} called the people to him again and said to them, “Hear me, all of you, and understand: ¹⁵There is nothing outside a person that by going into him can defile him, but the things that come out of a person are what defile him.” ¹⁷And when he had entered the house and left the people, his disciples asked him about the parable. ¹⁸And he said to them, “Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, ¹⁹since it enters not his heart but his stomach, and is expelled?” (Thus he declared all foods clean.) ²⁰And he said, “What comes out of a person is what defiles him. ²¹For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, ²²coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. ²³All these evil things come from within, and they defile a person.”

Lessons for Next Week: Isaiah 35:4-7a; Psalm 146;
James 2:1-10, 14-18; Mark 7:[24-30] 31-37

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