

# Wednesday I

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Wednesday morning

In the name of the Father,  
of the Son and of the Holy Spirit.

## Psalm 33 (34)

2 I will praise Yahweh from my heart;  
let the humble hear and rejoice.

3 Proclaim with me the greatness of Yahweh,  
let us acclaim his name together.

4 I seek Yahweh and he answers me,  
frees me from all my fears.

5 Fix your gaze on Yahweh and your face will grow bright,  
you will never hang your head in shame.

6 A pauper calls out and Yahweh hears,  
saves him from all his troubles.

7 The angel of Yahweh encamps around those who fear him,  
and rescues them.

8 Taste and see that Yahweh is good.  
How blessed are those who take refuge in him.

9 Fear Yahweh, you his holy ones;  
those who fear him lack for nothing.

10 Young lions may go needy and hungry,  
but those who seek Yahweh lack nothing good.

11 Come, my children, listen to me,  
I will teach you the fear of Yahweh.

12 Who among you delights in life,  
longs for time to enjoy prosperity?

13 Guard your tongue from evil,  
your lips from any breath of deceit.

14 Turn away from evil and do good,  
seek peace and pursue it.

15 The eyes of Yahweh are on the upright,  
his ear turned to their cry.

16 But Yahweh's face is set against those who do evil,  
to cut off the memory of them from the earth.

17 They cry in anguish and Yahweh hears,  
and rescues them from all their troubles.

18 Yahweh is near to the broken-hearted,  
he helps those whose spirit is crushed.

19 Though hardships without number beset the upright,  
Yahweh brings rescue from them all.

20 Yahweh takes care of all their bones,  
not one of them will be broken.

21 But to the wicked evil brings death,  
those who hate the upright will pay the penalty.

22 Yahweh ransoms the lives of those who serve him,  
and there will be no penalty for those who take refuge in him.

## Gospel

### **Mark 16,15-18**

15 And he said to them, 'Go out to the whole world; proclaim the gospel to all creation.

16 Whoever believes and is baptised will be saved; whoever does not believe will be condemned.

17 These are the signs that will be associated with believers: in my name they will cast out devils; they will have the gift of tongues;

18 they will pick up snakes in their hands and be unharmed should they drink deadly poison; they will lay their hands on the sick, who will recover.'

Let us pray:

We give you thanks, Lord God, for having called us to your presence at the dawn of this new day. You grant us to understand that you have loved us first and that you continually call us to yourself. Grant us to remain in wonder and to realize that you precede us in everything. God, blessed now and for all ages of ages.

– Amen.