

## Readings – The Fifth Sunday after Epiphany 04-02-2024

### Sentence

Those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles. Isaiah 40.31

### Collect

Saving God,  
whose Son, Jesus Christ, healed the sick  
and brought them wholeness of body and mind:  
inspire us, his disciples,  
so that we may constantly proclaim his gospel  
by our words  
and by the dedication and integrity of our lives;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

## Isaiah 40: 21-31

Our first reading is taken from Isaiah, chapter 40 beginning at verse 21

<sup>21</sup> Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? <sup>22</sup> It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; <sup>23</sup> who brings princes to naught, and makes the rulers of the earth as nothing. <sup>24</sup> Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. <sup>25</sup> To whom then will you compare me, or who is my equal? says the Holy One. <sup>26</sup> Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. <sup>27</sup> Why do you say, O Jacob, and speak, O Israel, 'My way is hidden from the LORD , and my right is disregarded by my God'? <sup>28</sup> Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable.

<sup>29</sup> He gives power to the faint, and strengthens the powerless.

<sup>30</sup> Even youths will faint and be weary, and the young will fall exhausted; <sup>31</sup> but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Hear the word of the Lord.

**Thanks be to God.**

## Psalm 147: 1-11

Our Psalm today comes from Psalm 147. I will read one verse, and I invite you to respond with the next verse,

<sup>1</sup> O praise the Lord, for it is good to sing praises to our God:  
and to praise him is joyful and right.

<sup>2</sup> **The Lord is rebuilding Jerusalem: he is gathering  
together the scattered outcasts of Israel.**

<sup>3</sup> He heals the broken in spirit: and binds up their wounds.

<sup>4</sup> **He counts the number of the stars: and calls them all by  
name.**

<sup>5</sup> Great is our Lord, and great is his power: there is no  
measuring his understanding.

<sup>6</sup> **The Lord restores the humble: but he brings down the  
wicked to the dust.**

<sup>7</sup> O sing to the Lord a song of thanksgiving: sing praises to our  
God upon the harp.

<sup>8</sup> **He covers the heavens with cloud, and prepares rain for  
the earth: and makes the grass to sprout upon the  
mountains.**

<sup>9</sup> He gives the cattle their food: and feeds the young ravens that  
call to him.

<sup>10</sup> **He takes no pleasure in the strength of a horse: nor does  
he delight in anyone's legs,**

<sup>11</sup> But the Lord's delight is in those that fear him: who wait in  
hope for his mercy.

## **1 Corinthians 9: 16-23**

Our second reading is taken from 1 Corinthians, chapter 9, beginning at verse 16

<sup>16</sup> If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe betide me if I do not proclaim the gospel! <sup>17</sup> For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. <sup>18</sup> What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. <sup>19</sup> For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. <sup>20</sup> To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. <sup>21</sup> To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. <sup>22</sup> To the weak I became weak, so that I might win the weak. I have become all things to all people, so that I might by any means save some. <sup>23</sup> I do it all for the sake of the gospel, so that I may share in its blessings.

Hear the word of the Lord.

**Thanks be to God.**

## **Mark 1: 29-39**

The Lord be with you. **And also with you.**

The Gospel of our Lord Jesus Christ according to Mark, chapter 1, beginning at verse 29,  
**Glory to you Lord Jesus Christ.**

<sup>29</sup> As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. <sup>30</sup> Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. <sup>31</sup> He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. <sup>32</sup> That evening, at sunset, they brought to him all who were sick or possessed with demons. <sup>33</sup> And the whole city was gathered around the door. <sup>34</sup> And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. <sup>35</sup> In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. <sup>36</sup> And Simon and his companions hunted for him. <sup>37</sup> When they found him, they said to him, 'Everyone is searching for you.' <sup>38</sup> He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' <sup>39</sup> And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

This is the Gospel of the Lord,

**Praise to you Lord Jesus Christ.**