

Sunday 5th February

2023

3rd Sunday before Lent

Special Prayer for the day

Eternal God,
whose Son went among the
crowds
and brought healing with his
touch:

help us to show his love,
in your Church as we gather
together,

and by our lives as they are
transformed
into the image of Christ our
Lord.

Amen

First Reading

Isaiah 58:1–12

[1] “Cry aloud; do not
hold back; lift up your voice
like a trumpet; declare to
my people their transgres-
sion, to the house of Jacob
their sins.

[2] Yet they seek me
daily and delight to know
my ways, as if they were a
nation that did righteousness
and did not forsake the
judgment of their God; they
ask of me righteous judg-
ments; they delight to
draw near to God.

[3] ‘Why have we
fasted, and you see it not?
Why have we humbled
ourselves, and you take no
knowledge of it?’ Behold, in
the day of your fast you
seek your own pleasure, and
oppress all your workers.

[4] Behold, you fast
only to quarrel and to fight

and to hit with a wicked fist.
Fasting like yours this day
will not make your voice to
be heard on high.

[5] Is such the fast
that I choose, a day for a
person to humble himself?
Is it to bow down his head
like a reed, and to spread
sackcloth and ashes under
him? Will you call this a
fast, and a day acceptable to
the LORD?

[6] “Is not this the
fast that I choose: to loose
the bonds of wickedness, to
undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?

[7] Is it not to share
your bread with the hungry
and bring the homeless poor
into your house; when you
see the naked, to cover him,
and not to hide yourself
from your own flesh?

[8] Then shall your
light break forth like the
dawn, and your healing
shall spring up speedily;
your righteousness shall go
before you; the glory of the
LORD shall be your rear
guard.

[9] Then you shall
call, and the LORD will an-
swer; you shall cry, and he
will say, ‘Here I am.’ If you
take away the yoke from
your midst, the pointing of
the finger, and speaking
wickedness,

[10] if you pour your-
self out for the hungry and
satisfy the desire of the af-
flicted, then shall your light
rise in the darkness and your
gloom be as the noonday.

[11] And the LORD
will guide you continually
and satisfy your desire in
scorched places and make
your bones strong; and you
shall be like a watered
garden, like a spring of wa-
ter, whose waters do not
fail.

[12] And your ancient
ruins shall be rebuilt;
you shall raise up the found-
ations of many generations;
you shall be called the re-
pairer of the breach, the re-
storer of streets to dwell in.
(ESV)

This is the word of the Lord
Thanks be to God

Second Reading

1 Corinthians 2:1–12

[1] And I, when I came to
you, brothers, did not come
proclaiming to you the testi-
mony of God with lofty
speech or wisdom. [2] For I
decided to know nothing
among you except Jesus
Christ and him crucified. [3]
And I was with you in
weakness and in fear and
much trembling, [4] and my
speech and my message
were not in plausible words
of wisdom, but in demon-
stration of the Spirit and of
power, [5] so that your faith
might not rest in the wisdom
of men but in the power of
God.

[6] Yet among the mature
we do impart wisdom, al-
though it is not a wisdom of

this age or of the rulers of this age, who are doomed to pass away. [7] But we impart a secret and hidden wisdom of God, which God decreed before the ages for our glory. [8] None of the rulers of this age understood this, for if they had, they would not have crucified the Lord of glory. [9] But, as it is written,

“What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him”—

[10] these things God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God. [11] For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. [12] Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. [13] And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.

[14] The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually

discerned. [15] The spiritual person judges all things, but is himself to be judged by no one. [16] “For who has understood the mind of the Lord so as to instruct him?” But we have the mind of Christ. (ESV)

This is the word of the Lord
Thanks be to God

Gospel Reading **Matthew 5:13–20**

Hear the gospel of our Lord according to Matthew
Glory to you or Lord.

[13] “You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

[14] “You are the light of the world. A city set on a hill cannot be hidden. [15] Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. [16] In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

[17] “Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them. [18] For truly, I say to you, until

heaven and earth pass away, not an iota, not a dot, will pass from the Law until all is accomplished. [19] Therefore whoever relaxes one of the least of these commandments and teaches others to do the same will be called least in the kingdom of heaven, but whoever does them and teaches them will be called great in the kingdom of heaven. [20] For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. (ESV)

This is the gospel of the Lord.

Praise to you, O Christ.

Final Prayer

Merciful Father,
who gave Jesus Christ to be for us the bread of life,
that those who come to him should never hunger:
draw us to the Lord in faith and love,
that we may eat and drink with him
at his table in the kingdom,
where he is alive and reigns,
now and for ever.

Amen.

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