

Sunday 14 July - Seventh Sunday after Trinity

The Collect

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

First Reading: 2 Samuel 6:1-5, 12b-19

¹David again gathered all the chosen men of Israel, thirty thousand. ²David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the LORD of hosts who is enthroned on the cherubim. ³They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart ⁴with the ark of God; and Ahio went in front of the ark. ⁵David and all the house of Israel were dancing before the LORD with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

¹²So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; ¹³and when those who bore the ark of the LORD had gone six paces, he sacrificed an ox and a fatling. ¹⁴David danced before the LORD with all his might; David was girded with a linen ephod. ¹⁵So David and all the house of Israel brought up the ark of the LORD with shouting, and with the sound of the trumpet.

¹⁶As the ark of the LORD came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the LORD; and she despised him in her heart.

¹⁷They brought in the ark of the LORD, and set it in its place, inside the tent that David had pitched for it; and David offered burnt offerings and offerings of well-being before the LORD. ¹⁸When David had finished offering the burnt offerings and the offerings of well-being, he blessed the people in the name

of the LORD of hosts, ¹⁹and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

Psalm 24

The earth is the Lord's and all that fills it, *
the compass of the world and all who dwell therein.

For he has founded it upon the seas *and set it firm upon the rivers of the deep.

'Who shall ascend the hill of the Lord, *or who can rise up in his holy place?'

'Those who have clean hands and a pure heart, *
who have not lifted up their soul to an idol, nor sworn an oath to a lie;

'They shall receive a blessing from the Lord, *a just reward from the God of their salvation.'

Such is the company of those who seek him, *of those who seek your face,
O God of Jacob.

Lift up your heads, O gates; be lifted up, you everlasting doors; *
and the King of glory shall come in.

'Who is the King of glory?' *'The Lord, strong and mighty, the Lord who is mighty in battle.'

Lift up your heads, O gates; be lifted up, you everlasting doors; *
and the King of glory shall come in.

'Who is this King of glory?' *'The Lord of hosts, he is the King of glory.'

Second Reading: Ephesians 1:3-14

³Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ ⁴before the foundation of the world to be holy and

blameless before him in love. ⁵He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, ⁶to the praise of his glorious grace that he freely bestowed on us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses according to the riches of his grace ⁸that he lavished on us. With all wisdom and insight ⁹he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, ¹⁰as a plan for the fullness of time, to gather up all things in Christ, things in heaven and things on earth. ¹¹In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, ¹²so that we, who were the first to set our hope on Christ, might live for the praise of his glory. ¹³In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; ¹⁴this is the pledge of our inheritance towards redemption as God's own people to the praise of his glory.

Gospel: Mark 6:14-29

¹⁴King Herod heard of the healings and other miracles, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' ¹⁵But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' ¹⁶But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

¹⁷For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. ¹⁸For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' ¹⁹And Herodias had a grudge against him, and wanted to kill him. But she could not, ²⁰for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. ²¹But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. ²²When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' ²³And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' ²⁴She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the Baptist.' ²⁵Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John

the Baptizer on a platter.’²⁶The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her.²⁷Immediately the king sent a soldier of the guard with orders to bring John’s head. He went and beheaded him in the prison,²⁸brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother.²⁹When his disciples heard about it, they came and took his body, and laid it in a tomb.