



St. Andrew's

Episcopal Church

Morning Prayer

Wednesday, March 1st

Psalm 49

1 Hear this, all you peoples; give ear, all inhabitants of the world,

2 both low and high, rich and poor together.

3 My mouth shall speak wisdom; the meditation of my heart shall be understanding.

4 I will incline my ear to a proverb; I will solve my riddle to the music of the harp.

5 Why should I fear in times of trouble, when the iniquity of my persecutors surrounds me,

6 those who trust in their wealth and boast of the abundance of their riches?

7 Truly, no ransom avails for one's life; there is no price one can give to God for it.

8 For the ransom of life is costly and can never suffice,

9 that one should live on forever and never see the Pit.

10 When we look at the wise, they die; fool and dolt perish together and leave their wealth to others.

11 Their graves are their homes forever, their dwelling places to all generations, though they named lands their own.

12 Mortals cannot abide in their pomp; they are like the animals that perish.

13 Such is the fate of the foolhardy, the end of those who are pleased with their lot.

14 Like sheep they are appointed for Sheol; Death shall be their shepherd; straight to the grave they descend, and their form shall waste away; Sheol shall be their home.

15 But God will ransom my soul from the power of Sheol, for he will receive me.

16 Do not be afraid when some become rich, when the wealth of their houses increases.

17 For when they die they will carry nothing away; their wealth will not go down after them.

18 Though in their lifetime they count themselves happy—for you are praised when you do well for yourself—

19 they will go to the company of their ancestors, who will never again see the light.

20 Mortals cannot abide in their pomp; they are like the animals that perish.

A reading from the letter to the Hebrews (Hebrews 12:1-14)

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus, the pioneer and perfecter of faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

Consider him who endured such hostility against himself from sinners, so that you may not grow weary in your souls or lose heart. In your struggle against sin you have not yet resisted to the point of shedding your blood. And you have forgotten the exhortation that addresses you as children—

“My child, do not regard lightly the discipline of the Lord or lose heart when you are punished by him, for the Lord disciplines those whom he loves and chastises every child whom he accepts.”

Endure trials for the sake of discipline. God is treating you as children, for what child is there whom a parent does not discipline? If you do not have that discipline in which all children share, then you are illegitimate and not his children. Moreover, we had human parents to discipline us, and we respected them. Should we not be even more willing to be subject to the Father of spirits and live? For they disciplined us for a short time as seemed best to them, but he disciplines us for our good, in order that we may share his holiness. Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Therefore lift your drooping hands and strengthen your weak knees and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed. Pursue peace with everyone and the holiness without which no one will see the Lord.

Reader: The Word of the Lord.

People: **Thanks be to God.**

A reading from the Gospel of John

(John 2:23-3:15)

When he was in Jerusalem during the Passover festival, many believed in his name because they saw the signs that he was doing. But Jesus on his part would not entrust himself to them, because he knew all people and needed no one to testify about anyone, for he himself knew what was in everyone.

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and

said to him, “Rabbi, we know that you are a teacher who has come from God, for no one can do these signs that you do unless God is with that person.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him, “Are you the teacher of Israel, and yet you do not understand these things?

“Very truly, I tell you, we speak of what we know and testify to what we have seen, yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

Reader: The Word of the Lord.

People: **Thanks be to God.**