

Psalm 55

- <sup>1</sup> Hear my prayer, O God:  
and do not hide yourself from my petition.
- <sup>2</sup> **Give heed to me, and answer me:  
I am restless in my complaining.**
- <sup>3</sup> I am in turmoil at the voice of the enemy:  
at the onslaught of the wicked.
- <sup>4</sup> **For they bring down disaster upon me:  
they persecute me with bitter fury.**
- <sup>5</sup> My heart writhes within me:  
and the terrors of death have fallen upon me.
- <sup>6</sup> **Fear and trembling come upon me:  
and horror overwhelms me.**
- <sup>7</sup> And I said 'O for the wings of a dove:  
that I might fly away and find rest.
- <sup>8</sup> **'Then I would flee far off:  
and make my lodging in the wilderness.**
- <sup>9</sup> 'I would hasten to find me a refuge:  
out of the blast of slander,
- <sup>10</sup> **'Out of the tempest of their calumny, O Lord:  
and far from their double tongues.'**
- <sup>11</sup> For I have seen violence and strife in the city:  
day and night they go round it upon its walls.
- <sup>12</sup> **Evil and wickedness are within it:  
iniquity is within it, oppression and fraud  
do not depart from its streets.**
- <sup>13</sup> It was not an enemy that reviled me,  
or I might have borne it:  
it was not my foe that dealt so insolently with me,  
or I might have hidden myself from them;
- <sup>14</sup> **But it was you, a person like myself:  
my companion and my familiar friend.**
- <sup>15</sup> Together we enjoyed sweet fellowship:  
in the house of our God.
- <sup>16</sup> **Let them pass away in confusion:  
let death carry them to destruction;**
- <sup>17</sup> Let them go down alive to Sheol:  
for evil is among them in their dwellings.]
- <sup>18</sup> **But I will call to God:  
and the Lord my God will save me.**
- <sup>19</sup> At evening, at morning, and at noon-day:  
I complain and groan aloud.
- <sup>20</sup> **And he will hear my voice:  
and ransom my soul in peace,**
- <sup>21</sup> From those that bear down upon me:  
for there are many against me.
- <sup>22</sup> **God will hear and bring them low:  
he that is enthroned for ever.**
- <sup>23</sup> For they do not keep their word:  
and they have no fear of God.
- <sup>24</sup> **They lay violent hands  
on those that are at peace with them:**

**they break solemn covenants.**

<sup>25</sup> Their mouths are smooth as butter,  
but war is in their hearts:  
their words are softer than oil,  
yet they are drawn swords.

<sup>26</sup> **Cast your burden on the Lord, and he will sustain you:  
he will never suffer the righteous to stumble.**

<sup>27</sup> But as for them, you will bring them down, O God:  
even to the depths of the Pit.

<sup>28</sup> **The bloodthirsty and deceitful  
shall not live out half their days:  
but I will trust in you.**

*5 At the end of the (last) pause there may follow*

Almighty God, who wonderfully created us in your own image  
and yet more wonderfully restored us in your Son Jesus Christ:  
grant that, as he came to share our human nature, so we may be partakers in his divine glory;  
who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

**The Gospel of our Lord Jesus Christ according to John. [13.1-17]**

*Glory to you Lord Jesus Christ.*

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.'

This is the Gospel of the Lord

*Praise to you Lord Jesus Christ.*