

COLLECT: (*Remain Standing*)

Almighty God, we praise your Name for your bishop and martyr Ignatius of Antioch, who offered himself as grain to be ground by the teeth of wild beasts that he might present to you the pure bread of sacrifice. Accept, we pray, the willing tribute of our lives and give us a share in the pure and spotless offering of your Son Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

First Reading: Lamentations 1:1-12 (*Please be seated*)

Reader: A reading from the book of Lamentations.

How lonely sits the city
that once was full of people!
How like a widow she has become,
she that was great among the nations!
She that was a princess among the provinces
has become a vassal.
She weeps bitterly in the night,
with tears on her cheeks;
among all her lovers
she has no one to comfort her;
all her friends have dealt treacherously with her,
they have become her enemies.
Judah has gone into exile with suffering
and hard servitude;
she lives now among the nations,
and finds no resting-place;
her pursuers have all overtaken her
in the midst of her distress.
The roads to Zion mourn,
for no one comes to the festivals;
all her gates are desolate,
her priests groan;
her young girls grieve,
and her lot is bitter.
Her foes have become the masters,
her enemies prosper,
because the LORD has made her suffer
for the multitude of her transgressions;
her children have gone away,
captives before the foe.
From daughter Zion has departed
all her majesty.
Her princes have become like stags
that find no pasture;
they fled without strength
before the pursuer.
Jerusalem remembers,

in the days of her affliction and wandering,
all the precious things
that were hers in days of old.
When her people fell into the hand of the foe,
and there was no one to help her,
the foe looked on mocking
over her downfall.
Jerusalem sinned grievously,
so she has become a mockery;
all who honoured her despise her,
for they have seen her nakedness;
she herself groans,
and turns her face away.
Her uncleanness was in her skirts;
she took no thought of her future;
her downfall was appalling,
with none to comfort her.
'O LORD, look at my affliction,
for the enemy has triumphed!'
Enemies have stretched out their hands
over all her precious things;
she has even seen the nations
invade her sanctuary,
those whom you forbade
to enter your congregation.
All her people groan
as they search for bread;
they trade their treasures for food
to revive their strength.
Look, O LORD, and see
how worthless I have become.
Is it nothing to you, all you who pass by?
Look and see
if there is any sorrow like my sorrow,
which was brought upon me,
which the LORD inflicted
on the day of his fierce anger.

Psalm

Reader: Let us pray together the words of **Psalm 26**.

1 Give judgment for me, O Lord,
for I have lived with integrity; *
I have trusted in the Lord and have not faltered.

2 Test me, O Lord, and try me; *
examine my heart and my mind.

3 For your love is before my eyes; *
I have walked faithfully with you.

4 I have not sat with the worthless, *
nor do I consort with the deceitful.

5 I have hated the company of evildoers; *
I will not sit down with the wicked.

6 I will wash my hands in innocence, O Lord, *
that I may go in procession round your altar,

7 Singing aloud a song of thanksgiving *
and recounting all your wonderful deeds.

8 Lord, I love the house in which you dwell *
and the place where your glory abides.

9 Do not sweep me away with sinners, *
nor my life with those who thirst for blood,
10 Whose hands are full of evil plots, *
and their right hand full of bribes.

11 As for me, I will live with integrity; *
redeem me, O Lord, and have pity on me.

12 My foot stands on level ground; *
in the full assembly I will bless the Lord.

1st Corinthians 15:41-50 *(Please be seated)*

Reader: A reading from the book of 1st Corinthians.

There is one glory of the sun, and another glory of the moon, and another glory of the stars; indeed, star differs from star in glory.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, 'The first man, Adam, became a living being'; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven.

What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

Reader: The Word of the Lord.

People: Thanks be to God.

Matthew 11:25-30 *(Please stand as you are able)*

Priest: The Holy Gospel of our Lord Jesus Christ according to Matthew.

People: Glory to you, Lord Christ.

At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Deacon or Priest: The Gospel of the Lord. **All: Praise to you, Lord Christ**