

THE OLD TESTAMENT — Jeremiah 31:23–25

The LORD Refreshes Us

Thus says the LORD of hosts, the God of Israel: “They shall again use this speech in the land of Judah and in its cities, when I bring back their captivity: ‘The LORD bless you, O home of justice, and mountain of holiness!’ And there shall dwell in Judah itself, and in all its cities together, farmers and those going out with flocks. For I have satiated the weary soul, and I have replenished every sorrowful soul.” ^(NKJV)

GRADUAL

P: Come, you children, listen to me;

C: I will teach you the fear of the LORD.

P: They looked to Him and were radiant,

C: And their faces were not ashamed.

P: O, clap your hands, all you peoples!

C: Shout to God with the voice of triumph.

P: Your Word is a lamp to my feet

C: And a light to my path.

THE EPISTLE — Romans 6:19–23

Free from Sin, Slaves to God

I speak in human terms because of the weakness of your flesh. For just as you presented your members as slaves of uncleanness, and of lawlessness leading to more lawlessness, so now present your members as slaves of righteousness for holiness. For when you were slaves of sin, you were free in regard to righteousness. What fruit did you have then in the things of which you are now ashamed? For the end of those things is death. But now having been set free from sin, and having become slaves of God, you have your fruit to holiness, and the end, everlasting life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. ^(NKJV)

THE HOLY GOSPEL — St. Mark 8:1–9

The Feeding of the Four Thousand

In those days, the multitude being very great and having nothing to eat, Jesus called His disciples to Him and said to them, “I have compassion on the multitude, because they have now continued with Me three days and have nothing to eat. And if I send them away hungry to their own houses, they will faint on the way; for some of them have come from afar.” Then His disciples answered Him, “How can one satisfy these people with bread here in the wilderness?” He asked them, “How many loaves do you have?” And they said, “Seven.” So He commanded the multitude to sit down on the ground. And He took the seven loaves and gave thanks, broke them and gave them to His disciples to set before them; and they set them before the multitude. They also had a few small fish; and having blessed them, He said to set them also before them. So they ate and were filled, and they took up seven large baskets of leftover fragments. Now those who had eaten were about four thousand. And He sent them away. ^(NKJV)