

# Psalm 119:129-136

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<sup>129</sup> Your statutes are wonderful;  
therefore I obey them.

<sup>130</sup> The unfolding of your words gives light;  
it gives understanding to the simple.

<sup>131</sup> I open my mouth and pant,  
longing for your commands.

<sup>132</sup> Turn to me and have mercy on me,  
as you always do to those who love your name.

<sup>133</sup> Direct my footsteps according to your word;  
let no sin rule over me.

<sup>134</sup> Redeem me from human oppression,  
that I may obey your precepts.

<sup>135</sup> Make your face shine on your servant  
and teach me your decrees.

<sup>136</sup> Streams of tears flow from my eyes,  
for your law is not obeyed.

## Old Testament Reading - Deuteronomy 4:1-2, 6-9

### Obedience Commanded

<sup>4</sup> Now, Israel, hear the decrees and laws I am about to teach you. Follow them so that you may live and may go in and take possession of the land the LORD, the God of your ancestors, is giving you. <sup>2</sup> Do not add to what I command you and do not subtract from it, but keep the commands of the LORD your God that I give you. ...<sup>6</sup> Observe them carefully, for this will show your wisdom and understanding to the nations, who will hear about all these decrees and say, "Surely this great nation is a wise and understanding people." <sup>7</sup> What other nation is so great as to have their gods near them the way the LORD our God is near us whenever we pray to him? <sup>8</sup> And what other nation is so great as to have such righteous decrees and laws as this body of laws I am setting before you today?

<sup>9</sup> Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them.

# Epistle Reading - Ephesians 6:10-20

## The Armor of God

<sup>10</sup> Finally, be strong in the Lord and in his mighty power. <sup>11</sup> Put on the full armor of God, so that you can take your stand against the devil's schemes. <sup>12</sup> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <sup>13</sup> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <sup>14</sup> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <sup>15</sup> and with your feet fitted with the readiness that comes from the gospel of peace. <sup>16</sup> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation and the sword of the Spirit, which is the word of God.

<sup>18</sup> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. <sup>19</sup> Pray also for me, that whenever I speak, words may be given me so that I will fearlessly make known the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains. Pray that I may declare it fearlessly, as I should.

## Gospel Reading - Mark 7:14-23

<sup>14</sup> Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. <sup>15</sup> Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them. <sup>16</sup> If anyone has ears to hear, let them hear."

<sup>17</sup> After he had left the crowd and entered the house, his disciples asked him about this parable. <sup>18</sup> "Are you so dull?" he asked. "Don't you see that nothing that enters a person from the outside can defile them? <sup>19</sup> For it doesn't go into their heart but into their stomach, and then out of the body." (In saying this, Jesus declared all foods clean.)

<sup>20</sup> He went on: "What comes out of a person is what defiles them. <sup>21</sup> For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, <sup>22</sup> adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. <sup>23</sup> All these evils come from inside and defile a person."