

## Psalm 146

- 1 Alleluia.  
Praise the Lord, O my soul:  
while I live will I praise the Lord;  
as long as I have any being,  
I will sing praises to my God.
- 2 Put not your trust in princes,  
nor in any human power,  
for there is no help in them.
- 3 When their breath goes forth, they return to the earth;  
on that day all their thoughts perish.
- 4 Happy are those who have the God of Jacob for their help,  
whose hope is in the Lord their God;
- 5 Who made heaven and earth,  
the sea and all that is in them;  
who keeps his promise for ever;
- 6 Who gives justice to those that suffer wrong  
and bread to those who hunger.
- 7 The Lord looses those that are bound;  
the Lord opens the eyes of the blind;
- 8 The Lord lifts up those who are bowed down;  
the Lord loves the righteous;
- 9 The Lord watches over the stranger in the land;  
he upholds the orphan and widow;  
but the way of the wicked he turns upside down.
- 10 The Lord shall reign for ever,  
your God, O Zion, throughout all generations.  
Alleluia.

## Matthew 22 v 34-40

<sup>34</sup> When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together, <sup>35</sup> and one of them, a lawyer, asked him a question to test him.

<sup>36</sup> "Teacher, which commandment in the law is the greatest?"

<sup>37</sup> Jesus said to him,

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind." <sup>38</sup> This is the greatest and first commandment. <sup>39</sup> And a second is like it: 'You shall love your neighbour as yourself.' <sup>40</sup> On these two commandments hang all the law and the prophets."