

**COLLECT**

Almighty Lord and everlasting God,  
we beseech you to direct, sanctify and govern  
both our hearts and bodies  
in the ways of your laws  
and the works of your commandments;  
that through your most mighty protection,  
both here and ever,  
we may be preserved in body and soul;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**FIRST READING**                      **Isaiah 55.1–5**

The LORD says this:  
1 Everyone who thirsts, come to the waters;  
and you that have no money, come, buy and eat!  
Come, buy wine and milk  
without money and without price.  
2 Why do you spend your money for that which is not  
bread, and your labour for that which does not satisfy?  
Listen carefully to me, and eat what is good,  
and delight yourselves in rich food.  
3 Incline your ear, and come to me;  
listen, so that you may live.  
I will make with you an everlasting covenant,  
my steadfast, sure love for David.  
4 See, I made him a witness to the peoples,  
a leader and commander for the peoples.  
5 See, you shall call nations that you do not know,  
and nations that do not know you shall run to you,  
because of the LORD your God, the Holy One of Israel,  
for he has glorified you.

**PSALM**                                      **145.8–9, 15–22**

**R You open wide your hand, O Lord,  
[and satisfy the needs of every creature].**  
8 The Lord is gracious and full of compassion,  
slow to anger and of great kindness.  
9 The Lord is loving to everyone  
and his compassion is over all his works. R  
15 The Lord upholds all those who fall;  
he lifts up those who are bowed down.  
16 The eyes of all wait upon you, O Lord,  
and you give them their food in due season.  
17 You open wide your hand  
and satisfy the needs of every living creature. R  
18 The Lord is righteous in all his ways  
and loving in all his works.  
19 The Lord is near to those who call upon him,  
to all who call upon him faithfully.

20 He fulfils the desire of those who fear him,  
he hears their cry and helps them. R  
21 The Lord preserves all those who love him,  
but he destroys all the wicked.  
22 My mouth shall speak the praise of the Lord;  
let all flesh bless his holy name for ever and ever. R

**SECOND READING**                      **Romans 9.1–5**

1 I am speaking the truth in Christ. I am not lying;  
my conscience confirms it by the Holy Spirit.  
2 I have great sorrow and unceasing anguish in my heart.  
3 For I could wish that I myself were accursed and cut  
off from Christ for the sake of my own people, my  
kindred according to the flesh. 4 They are Israelites,  
and to them belong the adoption, the glory, the  
covenants, the giving of the law, the worship, and the  
promises; 5 to them belong the patriarchs, and from  
them, according to the flesh, comes the Messiah,  
who is over all, God blessed for ever. Amen.

**GOSPEL**                                      **Matthew 14.13–21**

13 When Jesus heard that Herod had beheaded John the  
Baptist, he withdrew in a boat to a deserted place by  
himself. But when the crowds heard it,  
they followed him on foot from the towns.  
14 When he went ashore, he saw a great crowd;  
and he had compassion for them and cured their sick.  
15 When it was evening, the disciples came to him and  
said, ‘This is a deserted place, and the hour is now late;  
send the crowds away so that they may go into the  
villages and buy food for themselves.’  
16 Jesus said to them, ‘They need not go away;  
you give them something to eat.’  
17 They replied, ‘We have nothing here but five loaves  
and two fish.’  
18 And he said, ‘Bring them here to me.’  
19 Then he ordered the crowds to sit down on the grass.  
Taking the five loaves and the two fish,  
he looked up to heaven,  
and blessed and broke the loaves,  
and gave them to the disciples,  
and the disciples gave them to the crowds.  
20 And all ate and were filled; and they took up what was  
left over of the broken pieces, twelve baskets full.  
21 And those who ate were about five thousand men,  
besides women and children.