

**MASS PROPERS: SATURDAY AFTER THE 1ST SUNDAY IN LENT
(EMBER SATURDAY – Longer Form)**

MASS *Intret oratio* (violet)

(This longer form of the Mass is applied to conventional Masses and to the Mass where Holy Orders are conferred. In other Masses it is possible to use the shorter form.)

INTROIT Psalms 87: 3

Intret oratio mea in conspéctu tuo: inclína aurem tuam ad precem meam, Dómine. (Ps. 87: 2) Dómine, Deus salútis meæ: in die clamávi, et nocte coram te. Glória Patri et Fílio et Spíritui Sancto, sicut erat in princípío, et nunc, et semper, et in sæcula sæculórum. Amen. Intret oratio mea in conspéctu tuo: inclína aurem tuam ad precem meam, Dómine.

(After the Kýrie, eléison, the following is said.)

Orémus.
Flectámus génua.
Leváte.

COLLECT

Pópulum tuum, quæsumus, Dómine, propítius réspice: atque ab eo flagélla tuæ iracúndiæ cleménter avérte. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

(The preceding Collect is used for the commemoration of Ember Saturday.)

LESSON1 Deuteronomy 26: 12-19

Léctio libri Deuteronomíi -
In diébus illis: Locútus est Móyses ad pópulum, dicens: Quando compléveris décimam cunctárum frugum tuárum, loquéris in conspéctu Dómini, Dei tui: Ábstuli, quod sanctificátum est de domo mea, et dedi illud levítæ et ádvenæ et pupílló ac víduæ, sicut

Let my prayers come in before Thee: incline Thine ear to my petition, O Lord. (Ps. 87: 2) O Lord, the God of my salvation: I have cried in the day and in the night before Thee. Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen. Let my prayers come in before Thee: incline Thine ear to my petition, O Lord.

Let us pray.
Let us kneel.
Arise.

Look down graciously upon Thy people, we beseech Thee, O Lord; and mercifully turn away from them the scourge of Thy wrath. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

In those days Moses spoke to the people, saying: When thou hast made an end of tithing all thy fruits, in the third year of tithes thou shalt give it to the Levite, and to the stranger, and to the fatherless, and to the widow, that they may eat within thy gates, and be filled: And thou shalt speak thus in the

jussisti mihi: non præterivi mandata tua, nec sum oblitus impèrii tui. Obedivi voci Dómini, Dei mei, et feci ómnia, sicut præcepisti mihi. Réspice de sanctuário tuo et de excélsu cælórum habitáculo, et bénedic pópulo tuo Israël, et terræ, quam dedisti nobis, sicut jurásti pátribus nostris, terræ lacte et melle manánti. Hódie Dóminus, Deus tuus, præcépit tibi, ut fácias mandata hæc atque judícia: et custódias et ímpleas ex toto corde tuo et ex tota ánima tua. Dóminum elegisti hódie, ut sit tibi Deus, et ámbules in viis ejus, et custódias cæremónias illius et mandata atque judícia, et obédias ejus império. Et Dóminus elégit te hódie, ut sis ei pópulus peculiáris, sicut locútus est tibi, et custódias ómnia præcépta illius: et fáciat te excelsiórem cunctis géntibus, quas creávit in laudem et nomen et glóriam suam: ut sis pópulus sanctus Dómini, Dei tui, sicut locútus est.

GRADUAL Psalms 78: 9-10

Propítius esto, Dómine, peccátis nostris: ne quando dicant gentes: Ubi est Deus eórum? Ádjuva nos, Deus, salutáris noster: et propter honórem nóminis tui, Dómine, líbera nos.

Orémus.
Flectámus génuá.
Leváte.

COLLECT

Protéctor noster, áspice, Deus: ut, qui malórum nostrórum póndere

sight of the Lord thy God: I have taken that which was sanctified out of my house, and I have given it to the Levite, and to the stranger, and to the fatherless, and to the widow, as Thou hast commanded me: I have not transgressed thy commandments nor forgotten thy precepts. I have obeyed the voice of the Lord my God, and have done all things as Thou hast commanded me. Look from Thy sanctuary, and Thy high habitation of heaven, and bless Thy people Israel, and the land which Thou hast given us, as Thou didst swear to our fathers, a land flowing with milk and honey. This day the Lord thy God hath commanded Thee to do these commandments and judgments: and to keep and fulfil them with all thy heart, and with all thy soul. Thou hast chosen the Lord this day to be thy God, and to walk in His ways and keep his ceremonies, and precepts, and judgments, and obey His command. And the Lord hath chosen Thee this day, to be His particular people, as he hath spoken to Thee, and to keep all his commandments: and to make Thee higher than all nations which He hath created, to His own praise, and name, and glory: that thou mayst be a holy people of the Lord thy God, as He hath spoken.

Forgive us our sins, O Lord lest the Gentiles should say: Where is their God? Help us, O God, our Saviour: and for the honour of Thy name: O Lord, deliver us.

Let us pray.
Let us kneel.
Arise.

O God, our Protector, look down upon us: that we who are oppressed by the

in unitate Spíritus Sancti, Deus, per
omnia sæcula sæculórum.

forever and ever.

prémimur, percépta misericórdia,
líbera tibi mente famulémur. Per
Dóminum nostrum Jesum Christum,
Fílium tuum, qui tecum vivit et regnat
in unitate Spíritus Sancti, Deus, per
omnia sæcula sæculórum.

LESSON2 Deuteronomy 11: 22-25

Léctio libri Deuteronomii -

In diébus illis: Dixit Móyses fíliis Israëli:
Si custodiéritis mandáta, quæ ego
præcípio vobis, et fecéritis ea, ut
diligátis Dóminum, Deum vestrum, et
ambulétis in ómnibus viis ejus,
adhæréntes ei, dispédet Dóminus
omnes gentes istas ante fáciem
vestram, et possidébitis eas, quæ
majóres et fortióres vobis sunt. Omnis
locus quem calcáverit pes vester,
vester erit. A desérto et a Líbano, a
flúmine magno Euphráte usque ad
mare Occidentále, erunt términi vestri.
Nullus stabit contra vos: terrórem
vestrum et formídinem dabit Dóminus,
Deus vester, super omnem terram,
quam calcatúri estis, sicut locútus est
vobis Dóminus, Deus vester.

GRADUAL Psalms 83: 10, 9

Protéctor noster, áspice, Deus, et
réspice super servos tuos. Dómine,
Deus virtútum, exáudi preces
servórum tuórum.

Orémus.
Flectámus génua.
Leváte.

COLLECT

Adésto, quæsumus, Dómine,
supplicatióibus nostris: ut esse, te
largiénte, mereámur et inter próspéra
húmiles, et inter advérta secúri. Per
Dóminum nostrum Jesum Christum,
Fílium tuum, qui tecum vivit et regnat
in unitate Spíritus Sancti, Deus, per
omnia sæcula sæculórum.

weight of our evils, may, through Thy
mercy, serve Thee with a free mind.
Through our Lord Jesus Christ, Thy
Son, Who lives and reigns with Thee
in the unity of the Holy Spirit, God,
forever and ever.

In those days Moses said to the
children of Israel: If you keep the
commandments which I command
you, and do them, to love the Lord
your God, and walk in all His ways,
cleaving unto Him, the Lord will
destroy all these nations before your
face, and shall possess them, which
are greater and stronger than you.
Every place that your foot shall tread
upon be yours. From the desert, and
from Libanus, from the great river
Euphrates unto the western sea shall
be your borders. None shall stand
against you: the Lord your God shall
lay the dread and fear of you upon all
the land that you shall tread upon, as
He hath spoken to you, the Lord your
God.

Behold, O God, our Protector, and
look down upon Thy servants. O Lord
God of hosts, graciously hear the
prayers of Thy servants.

Let us pray.
Let us kneel.
Arise.

Hear our supplications, we beseech
Thee, O Lord, that by Thy goodness
we may both deserve to be humble in
prosperity and secure in adversity.
Through our Lord Jesus Christ, Thy
Son, Who lives and reigns with Thee
in the unity of the Holy Spirit, God,
forever and ever.

LESSON3 2 Machabees 1: 23-27

Léctio libri Machabæórum -
In diébus illis: Oratióem faciébant omnes sacerdótes, dum consummarétur sacrificium, Jónatha inchoánte, céteris autem respondéntibus. Et Nehemíæ erat orátio hunc habens modum: Dómine Deus, ómnium Creátor, terríbilis et fortis, justus et miséricors, qui solus es bonus rex, solus præstans, solus justus et omnípotens et ætérmus, qui líberas Israèl de omni malo, qui fecisti patres eléctos et sanctificásti eos: áccipe sacrificium pro univérso pópulo tuo Israèl, et custódi partem tuam et sanctífica: ut sciant gentes, quia tu es Deus noster.

GRADUAL Psalms 89: 13, 1

Convértere, Dómine, aliquántulum, et deprecáre super servos tuos. Dómine, refúgium factus es nobis, a generatióne et progénie.

Orémus.
Flectámus génua.
Leváte.

COLLECT

Preces pópuli tui, quæsumus, Dómine, cleménter exáudi: ut, qui juste pro peccátis nostris affligimur, pro tui nóminis glória misericórditer liberémur. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

LESSON4 Ecclesiasticus 36: 1-10

Léctio libri Sapiéntiæ -
Miserére nostri, Deus ómnium, et réspice nos, et osténde nobis lucem miseratiónum tuárum: et immítte timórem tuum super gentes, quæ non exquisiérunt te, ut cognóscant, quia non est Deus nisi tu, et enárrent

In those days all the priests made prayer, while the sacrifice was consuming, Jonathan beginning, and the rest answering. And the prayer of Nehemias was after this manner: O Lord God, Creator of all things, dreadful and strong, just and merciful, Who alone art the good king, Who alone art gracious, Who alone art just, and almighty, and eternal, who deliverest Israel from all evil, Who didst choose the fathers and didst sanctify them: receive the sacrifice for all Thy people Israel, and preserve Thine own portion, and sanctify it; that the Gentiles may know that thou art our God.

Be turned somewhat, O Lord, and be entreated in favor of Thy servants. Lord, Thou hast been our refuge from generation to generation.

Let us pray.
Let us kneel.
Arise.

Graciously hear the prayers of Thy people, we beseech Thee, O Lord: that we, who are justly afflicted for our sins, may for the glory of Thy name be mercifully delivered. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Have mercy upon us, O God of all, and behold us, and shew us the light of Thy mercies: And send Thy fear upon the nations, that have not sought after thee: that they may know that there is no God beside thee, and that

Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

PREFACE OF LENT

Vere dignum et justum est, æquum et salutáre, nos tibi semper et ubíque grátias ágere: Dómine sancte, Pater omnípotens, ætérmus Deus: Qui corporáli jejúnio vítia cómprimis, mentem élevas, virtútem largírís et præémia: per Christum Dóminum nostrum. Per quem majestátem tuam laudant Ángeli, adórant Dominatiónes, tremunt Potestátes. Cæli cælórúmque Virtútes ac beáta Séraphim sócia exsultatióne concélebrant. Cum quibus et nostras voces ut admítte júbeas, deprecámur, súplici confessiône dicétes:

COMMUNION Psalms 7: 2

Dómine, Deus meus, in te sperávi: líbera me ab ómnibus persecúentibus me, et éripe me.

POSTCOMMUNION

Sanctificatióibus tuis, omnípotens Deus, et vítia nostra curéntur, et remédia nobis ætérmus provéniant. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat in unitáte Spíritus Sancti, Deus, per ómnia sæcula sæculórum.

PRAYER OVER THE PEOPLE

Humiliáte cápita vestra Deo.

Fidéles tuos, Deus, benedíctio desideráta confirmet: quæ eos et a tua voluntáte numquam fáciat discrepáre, et tuis semper indúlgeat beneficiis gratulári. Per Dóminum nostrum Jesum Christum, Fílium tuum, qui tecum vivit et regnat

Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

It is truly fitting and just, proper and beneficial, that we should always and everywhere, give thanks unto Thee, holy Lord, Father almighty, everlasting God. Who by this bodily fast, dost curb our vices, dost lift up our minds and bestow on us strength and rewards; through Christ our Lord. Through Whom the Angels praise Thy majesty, the Dominations adore, the Powers tremble: the heavens and the hosts of heaven, and the blessed Seraphim, together celebrate in exultation. With whom, we pray Thee, command that our voices of supplication also be admitted in confessing Thee saying:

O Lord my God, in Thee have I put my trust; save me from all them that persecute me, and deliver me.

By Thy sanctifying powers, O almighty God, may our vices be cured, and may the eternal remedies profit us. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Bow down your heads before God.

May the blessing they desire comfort Thy faithful people, O God: may it cause them never to depart from Thy will and ever to rejoice in Thy benefits. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God,

collaudáte eum, omnes pópuli.
Quóniam confirmáta est super nos
misericórdia ejus: et véritas Dómini
manet in ætérnum.

GOSPEL Matthew 17: 1-9

Sequéntia sancti Evangélii secúndum
Matthæum -

In illo témpore: Assúmpsit Jesus
Petrum, et Jacóbum, et Joánnem
fratrem ejus, et duxit illos in montem
excélsium seórsum: et transfigurátus
est ante eos. Et resplénduit fácies ejus
sicut sol: vestiménta autem ejus facta
sunt alba sicut nix. Et ecce,
apparuerunt illis Móyses et Elías cum
eo loquéntes. Respóndens autem
Petrus, dixit ad Jesum: Dómine,
bonum est nos hic esse: si vis,
faciámus hic tria tabernácula, tibi
unum, Móysi unum et Elíæ unum.
Adhuc eo loquente, ecce, nubes
lúcida obumbrávit eos. Et ecce vox de
nube, dicens: Hic est Fílius meus
diléctus, in quo mihi bene complácuti:
ipsum audíte. Et audiéntes discípuli,
cecidérunt in fáciem suam, et
timuérunt valde. Et accéssit Jesus, et
tétigit eos, dixítque eis: Súrgite, et
nolíte timére. Levántes autem óculos
suos, néminem vidérunt nisi solum
Jesum. Et descendéntibus illis de
monte, præcépít eis Jesus, dicens:
Némini dixéritis visiónem, donec Fílius
hóminis a mórtuis resúrgat.

OFFERTORY Psalms 87: 2-3

Dómine, Deus salútis meæ, in die
clamávi et nocte coram te: intret orátio
mea in conspéctu tuo, Dómine.

SECRET

Præséntibus sacrificiis, quæsumus,
Dómine, jejúnia nostra sanctifica: ut,
quod observántia nostra profitétur
extrínsecus, intérius operétur. Per
Dóminum nostrum Jesum Christum,

praise Him together, all ye peoples.
For His mercy is confirmed upon us:
and the truth of the Lord remaineth
forever.

At that time Jesus took Peter and
James, and John his brother, and
bringeth them up into a high mountain
apart: and He was transfigured before
them. And his face did shine as the
sun: and His garments became white
as snow. And behold there appeared
to them Moses and Elias talking with
Him. And Peter answering, said to
Jesus: Lord, it is good for us to be
here: if Thou wilt, let us make here
three tabernacles, one for Thee, and
one for Moses, and one for Elias. And
as he was yet speaking, behold a
bright cloud overshadowed them. And
lo, a voice out of the cloud, saying:
This is My beloved Son, in whom I am
well pleased: hear ye Him. And the
disciples hearing, fell upon their face
and were very much afraid. And Jesus
came and touched them, and said to
them: Arise, and fear not. And they
lifting up their eyes saw no one, but
only Jesus. And as they came down
from the mountain, Jesus charged
them, saying: Tell the vision to no man
till the Son of Man be risen from the
dead.

O Lord, the God of my salvation, I
have cried in the day and in the night
before Thee: let my prayer come in
before Thee, O Lord.

We beseech Thee, O Lord, sanctify
our fast by these present rites: that
what our observance shows forth
outwardly, it may effect inwardly.
Through our Lord Jesus Christ, Thy

magnália tua. Áleva manum tuam
super gentes aliénas, ut vídeant
poténtiam tuam. Sicut enim in
conspéctu eórum sanctificátus es in
nobis, sic in conspéctu nostro
magnificáberis in eis, ut cognóscant
te, sicut et nos cognóvimus, quóniam
non est Deus præter te, Dómine.
Ínnova signa et immúta mirabilia.
Glorífica manum et bráchium dextrum.
Éxcita furórem et effúnde iram. Tolle
adversárium et afflige inimicum.
Festína tempus et meménto finis, ut
enárrent mirabilia tua, Dómine, Deus
noster.

GRADUAL Psalms 140: 2

Dirigátur orátio mea sicut incénsum in
conspéctu tuo, Dómine. Elevátio
mánuum meárum sacrificium
vespértinum.

Orémus.

Flectámus génuá.

Leváte.

COLLECT

Actiónes nostras, quæsumus,
Dómine, aspirándo præveni, et
adjuvándo proséquere: ut cuncta
nostra orátio et operátio a te semper
incípiat, et per te cœpta finiátur. Per
Dóminum nostrum Jesum Christum,
Fílium tuum, qui tecum vivit et regnat
in unitáte Spíritus Sancti, Deus, per
ómnia sæcula sæculórum.

LESSON5 Daniel 3: 47-51

Lectio Daniélis Prophétæ -
In diebus illis: Ángelus Dómini
descéndit cum Azaría et sóciis ejus in
fornácem: et excússit flammam ignis
de fornáce, et fecit médium fornácis
quasi ventum roris flantem. Flamma
autem effundebátur super fornácem
cúbitis quadragínta novem: et erúpit,
et incéndit, quos répperit juxta

they may shew forth Thy wonders. Lift
up Thy hand over the strange nations,
that they may see Thy power. For as
Thou hast been sanctified in us in their
sight, so Thou shalt be magnified
among them in our presence, That
they may know thee, as we also have
known thee, that there is no God
beside thee, O Lord. Renew Thy
signs, and work new miracles. Glorify
Thy hand, and Thy right arm. Raise up
indignation, and pour out wrath. Take
away the adversary, and crush the
enemy. Hasten the time, and
remember the end, that they may
declare Thy wonderful works, O Lord,
our God.

Let my prayer be directed as incense
in Thy sight; the lifting up of my hands,
as evening sacrifice.

Let us pray.

Let us kneel.

Arise.

Go before our actions, we beseech
Thee, O Lord, with Thine inspirations
and further them by Thine assistance;
that every word and work of ours may
begin always from Thee and by Thee
be likewise ended. Through our Lord
Jesus Christ, Thy Son, Who lives and
reigns with Thee in the unity of the
Holy Spirit, God, forever and ever.

In those days, the angel of the Lord
went down with Azarias and his
companions into the furnace, and he
drove the flame of the fire out of the
furnace, and made the midst of the
furnace like the blowing of a wind
bringing dew. But the flame mounted
up above the furnace nine and forty

fornacem de Chaldæis, ministros regis, qui eam incendebant. Et non tetigit eos omnino ignis, neque contristavit, nec quidquam molestia intulit. Tunc hi tres quasi ex uno ore laudabant, et glorificabant, et benedicebant Deum in fornace, dicentes:

(Deo gratias is not said here.)

CANTICLE Daniel 3: 52-56

Benedictus es, Domine, Deus patrum nostrorum. Et laudabilis et gloriosus in sæcula.

Et benedictum nomen gloriæ tuæ, quod est sanctum. Et laudabile et gloriosum in sæcula.

Benedictus es in templo sancto gloriæ tuæ. Et laudabilis et gloriosus in sæcula.

Benedictus es super thronum sanctum regni tui. Et laudabilis et gloriosus in sæcula.

Benedictus es super sceptrum divinitatis tuæ. Et laudabilis et gloriosus in sæcula.

Benedictus es, qui sedes super Chérubim, intuens abyssos. Et laudabilis et gloriosus in sæcula.

Benedictus es, qui ambulas super pennas ventorum et super undas maris. Et laudabilis et gloriosus in sæcula.

Benedicant te omnes Angeli et Sancti tui. Et laudent te et glorificent in sæcula.

Benedicant te cæli, terra, mare, et omnia quæ in eis sunt. Et laudent te et glorificent in sæcula.

Glória Patri, et Filio, et Spirítui Sancto. Et laudabili et glorioso in sæcula.

Sicut erat in principio, et nunc, et semper: et in saecula sæculorum.

cubits: and it broke forth, and burnt such of the Chaldeans the king's servants as it found heating it. And the fire touched them not at all, nor troubled them, nor did them any harm. Then these three, as with one mouth, praised, and glorified, and blessed God in the furnace, saying:

1. Blessed art Thou, O Lord, the God of our fathers, praiseworthy and exalted above all forever.

2. And blessed is Thy holy and glorious name, praiseworthy and exalted above all for all ages.

3. Blessed art Thou in the temple of Thy holy glory, praiseworthy and glorious above all forever.

4. Blessed art Thou on the holy throne of Thy kingdom, praiseworthy and exalted above all forever.

5. Blessed art Thou upon the sceptre of Thine divinity, praiseworthy and exalted above all forever.

6. Blessed are Thou Who look into the depths from Thy throne upon the Cherubim, praiseworthy and exalted above all forever.

7. Blessed art Thou Who walk upon the wings of the wind, and on the waves of the sea, praiseworthy and exalted above all forever.

8. Let all Thine Angels and Saints bless Thee, and praise Thee and exalt Thee above all forever.

9. Let the heavens, the earth, the sea and all the things that are in them bless Thee, and praise Thee and exalt Thee above all forever.

10. Glory be to the Father, and to the Son, and to the Holy Spirit, praiseworthy and exalted above all forever.

11. As it was in the beginning, is now, and ever shall be, forever and ever.

Amen. Et laudabili et glorioso in sæcula.

Benedictus es, Domine, Deus patrum nostrorum. Et laudabilis et gloriosus in sæcula.

(After Dominus vobiscum is said, the following is said.)

Orémus.

COLLECT

Deus, qui tribus pueris mitigasti flammam ignium: concede propitius; ut nos famulos tuos non exurat flamma vitiorum. Per Dominum nostrum Jesum Christum, Filium tuum, qui tecum vivit et regnat in unitate Spiritus Sancti, Deus, per omnia sæcula sæculorum.

(Other Collects that may occur are said here:)

EPISTLE 1 Thessalonians 5: 14-23

Lectio Epistolæ beati Pauli Apostoli ad Thessalonicenses -

Fratres: Rogamus vos, corripite inquietos, consolamini pusillanimes, suscipite infirmos, patientes estote ad omnes. Videte, ne quis malum pro malo alicui reddat: sed semper quod bonum est sectamini in invicem, et in omnes. Semper gaudete. Sine intermissione orate. In omnibus gratias agite: hæc est enim voluntas Dei in Christo Jesu in omnibus vobis. Spiritum nolite extinguere. Prophetas nolite spernere. Omnia autem probate: quod bonum est tenete. Ab omni specie mala abstinete vos. Ipse autem Deus pacis sanctificet vos per omnia: ut integer spiritus vester, et anima, et corpus sine querela, in adventu Domini nostri Jesu Christi servetur.

TRACT Psalms 116: 1-2

Laudate Dominum, omnes gentes: et

Amen. Praiseworthy and exalted above all forever.

12. Blessed art Thou, O Lord the God of our fathers. And worthy to be praised and glorified forever.

O God, Who didst allay the flames of fire for the three young men: grant in Thy mercy that the flame of vice may not consume us Thy servants. Through our Lord Jesus Christ, Thy Son, Who lives and reigns with Thee in the unity of the Holy Spirit, God, forever and ever.

Brethren: we beseech you, rebuke the unquiet, comfort the feeble-minded, support the weak, be patient towards all men. See that none render evil for evil to any man; but ever follow that which is good towards each other, and towards all men. Always rejoice. Pray without ceasing. In all things give thanks; for this is the will of God in Christ Jesus concerning you all. Extinguish not the spirit. Despise not prophecies. But prove all things; hold fast that which is good. From all appearance of evil refrain yourselves. And may the God of peace himself sanctify you in all things; that your whole spirit, and soul, and body, may be preserved blameless in the coming of our Lord Jesus Christ.

O Praise the Lord, all ye nations: and