

SUNDAY 8th FEBRUARY 2026

2nd Sunday before Lent

Collect

Almighty God,
who has created the heavens and the earth
and has made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit
reigns supreme over all things,
now and for ever.



1st Reading - Isaiah 49.8-16a

Thus says the Lord: In a time of favour I have answered you, on a day of salvation I have helped you; I have kept you and given you as a covenant to the people, to establish the land, to apportion the desolate heritages; saying to the prisoners, 'Come out', to those who are in darkness, 'Show yourselves.' They shall feed along the ways, on all the bare heights shall be their pasture; they shall not hunger or thirst, neither scorching wind nor sun shall strike them down, for he who has pity on them will lead them, and by springs of water will guide them. And I will turn all my mountains into a road, and my highways shall be raised up. Lo, these shall come from far away, and lo, these from the north and from the west, and these from the land of Syene. Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the Lord has comforted his people, and will have compassion on his suffering ones. But Zion said, 'The Lord has forsaken me, my Lord has forgotten me.' Can a woman forget her nursing-child, or show no compassion for the child of her womb? Even these may forget, yet I will not forget you. See, I have inscribed you on the palms of my hands

Psalm - from Psalm 131 (Said at 8 am)



I have stilled and quieted my soul.

O Lord, my heart is not proud;
My eyes are not raised in haughty looks.
I do not occupy myself with great matters,
With things that are too high for me. Rx
But I have quieted and stilled my soul,
Like a weaned child on its mother's breast;
So my soul is quieted within me.
O Israel, trust in the Lord,
From this time forth for evermore. Rx

2nd Reading - 1 Corinthians 4.1-5

My brothers and sisters: Think of us in this way, as servants of Christ and stewards of God's mysteries. Moreover, it is required of stewards that they be found trustworthy. But with me it is a very small thing that I should be judged by you or by any human court. I do not even judge myself. I am not aware of anything against myself, but I am not thereby acquitted. It is the Lord who judges me. Therefore do not pronounce judgement before the time, before the Lord comes, who will bring to light the things now hidden in darkness and will disclose the purposes of the heart. Then each one will receive commendation from God.

Gospel - Matthew 6.25-34

Jesus taught his disciples, saying: 'Do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you - you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.'

Post Communion Prayer

O God our creator,
by whose gift the tree of life
was set at the heart of the earthly paradise,
and the bread of life at the heart of your Church:
may we who have been nourished
at your table on earth
be transformed by the glory
of the Saviour's cross
and enjoy the delights of eternity;
through Jesus Christ our Lord.

