

SIXTEENTH SUNDAY AFTER PENTECOST
YEAR B

A Reading from Isaiah 35:4-7a

⁴Say to those who have an anxious heart,
 "Be strong; fear not!
Behold, your God
 will come with vengeance,
with the recompense of God.
 He will come and save you."
Then the eyes of the blind shall be opened,
 and the ears of the deaf unstopped;
then shall the lame man leap like a deer,
 and the tongue of the mute sing for joy.
For waters break forth in the wilderness,
 and streams in the desert;
the burning sand shall become a pool,
 and the thirsty ground springs of water;
in the haunt of jackals, where they lie down,
 the grass shall become reeds and rushes.
- The Word of the Lord.
 People: Thanks be to God.

Psalm 146

4 Happy are they who have the God of Jacob for their/ help! *
 whose hope is in the Lord their/ God;
5 Who made heaven and earth, the seas,
 and all that is /in them; *
 who keeps his promise for/ever;
6 Who gives justice to those who are op/pressed, *
 and food to those who/ hunger.
7 The Lord sets the prisoners free;
 the Lord opens the eyes of the/ blind; *
 the Lord lifts up those who are bowed/ down;

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 the Lord opens the eyes of the/ blind; *
 the Lord lifts up those who are bowed/ down;

8 The Lord loves the righteous;
the Lord cares for the/ stranger; *
**he sustains the orphan and widow, but frustrates
the way of the/ wicked.**
9 The Lord shall reign for/ever, *
your God, O Zion, throughout all generations.
Halle/lujah!

A Reading from James 1:17-27

¹⁷ Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. Of his own will he brought us forth by the word of truth, that we should be a kind of first fruits of his creatures.

Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God. Therefore, put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

But be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless. Religion that is pure and undefiled before God the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.

- The Word of the Lord.

People: Thanks be to God.

The Gospel: **Mark 7:31-37**

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