

Psalm 34:1-10,22

BCP 627-629

Matthew 5:1-12

Benedicam Dominum

- 1** I will bless the LORD at all times; *
his praise shall ever be in my mouth.
- 2** I will glory in the LORD; *
let the humble hear and rejoice.
- 3** Proclaim with me the greatness of the LORD; *
let us exalt his Name together.
- 4** I sought the LORD, and he answered me *
and delivered me out of all my terror.
- 5** Look upon him and be radiant, *
and let not your faces be ashamed.
- 6** I called in my affliction and the LORD heard me *
and saved me from all my troubles.
- 7** The angel of the LORD encompasses those who fear him, *
and he will deliver them.
- 8** Taste and see that the LORD is good; *
happy are they who trust in him!
- 9** Fear the LORD, you that are his saints, *
for those who fear him lack nothing.
- 10** The young lions lack and suffer hunger, *
but those who seek the LORD lack nothing that is good.
- 22** The LORD ransoms the life of his servants, *
and none will be punished who trust in him.

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they will be comforted.

"Blessed are the meek, for they will inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they will be filled.

"Blessed are the merciful, for they will receive mercy.

"Blessed are the pure in heart, for they will see God.

"Blessed are the peacemakers, for they will be called children of God.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you."