

## Collect of the Day

O God, You see that of ourselves we have no strength. By Your mighty power defend us from all adversities that may happen to the body and from all evil thoughts that may assault and hurt the soul; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever. **Amen.**

## Old Testament Reading

*Genesis 32:22–32*

<sup>22</sup>The same night he arose and took his two wives, his two female servants, and his eleven children, and crossed the ford of the Jabbok. <sup>23</sup>He took them and sent them across the stream, and everything else that he had. <sup>24</sup>And Jacob was left alone. And a man wrestled with him until the breaking of the day. <sup>25</sup>When the man saw that he did not prevail against Jacob, he touched his hip socket, and Jacob's hip was put out of joint as he wrestled with him. <sup>26</sup>Then he said, "Let me go, for the day has broken." But Jacob said, "I will not let you go unless you bless me." <sup>27</sup>And he said to him, "What is your name?" And he said, "Jacob." <sup>28</sup>Then he said, "Your name shall no longer be called Jacob, but Israel, for you have striven with God and with men, and have prevailed." <sup>29</sup>Then Jacob asked him, "Please tell me your name." But he said, "Why is it that you ask my name?" And there he blessed him. <sup>30</sup>So Jacob called the name of the place Peniel, saying, "For I have seen God face to face, and yet my life has been delivered." <sup>31</sup>The sun rose upon him as he passed Peniel, limping because of his hip. <sup>32</sup>Therefore to this day the people of Israel do not eat the sinew of the thigh that is on the hip socket, because he touched the socket of Jacob's hip on the sinew of the thigh.

## Gradual

*Ps. 25:17–18*

The troubles of my heart are enlarged;  
bring me out of my distresses.  
Consider my affliction and my trouble,  
and forgive all my sins.

## Epistle

*1 Thessalonians 4:1–7*

<sup>1</sup>Finally, then, brothers, we ask and urge you in the Lord Jesus, that as you received from us how you ought to live and to please God, just as you are doing, that you do so more and more. <sup>2</sup>For you know what instructions we gave you through the Lord Jesus. <sup>3</sup>For this is the will of God, your sanctification: that you abstain from sexual immorality; <sup>4</sup>that each one of you know how to control his own body in holiness and honor, <sup>5</sup>not in the passion of lust like the Gentiles who do not know God; <sup>6</sup>that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. <sup>7</sup>For God has not called us for impurity, but in holiness.

## Tract

*Ps. 106:1–4*

Oh give thanks to the LORD, for he is good,  
for his steadfast love endures forever!  
Who can utter the mighty deeds of the LORD,  
or declare all his praise?  
Blessèd are they who observe justice,  
who do righteousness at all times!  
Remember me, O LORD, when you show favor to your people;  
help me when you save them.

## Holy Gospel

*Matthew 15:21–28*

<sup>21</sup>Jesus went away from there and withdrew to the district of Tyre and Sidon. <sup>22</sup>And behold, a Canaanite woman from that region came out and was crying, "Have mercy on me, O Lord, Son of David; my daughter is severely oppressed by a demon." <sup>23</sup>But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying out after us." <sup>24</sup>He answered, "I was sent only to the lost sheep of the house of Israel." <sup>25</sup>But she came and knelt before him, saying, "Lord, help me." <sup>26</sup>And he answered, "It is not right to take the children's bread and throw it to the dogs." <sup>27</sup>She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table." <sup>28</sup>Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.