

A reading from the book of Lamentations 3:17-26

My soul is shut out from peace; I have forgotten happiness.

And now I say, 'My strength is gone, that hope which came from the Lord'.

Brooding on my anguish and affliction is gall and wormwood.

My spirit ponders it continually and sinks within me.

This is what I shall tell my heart, and so recover hope:

the favours of the Lord are not all past, his kindnesses are not exhausted; every morning they are renewed; great is his faithfulness.

'My portion is the Lord' says my soul 'and so I will hope in him.'

The Lord is good to those who trust him, to the soul that searches for him.

It is good to wait in silence for the Lord to save.

The word of the Lord.

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