

Psalm 104:1-9, 24, 35c (New Revised Standard Version)

¹ Bless the Lord, O my soul. O Lord my God, you are very great. You are clothed with honor and majesty, ² wrapped in light as with a garment. You stretch out the heavens like a tent, ³ you set the beams of your chambers on the waters, you make the clouds your chariot, you ride on the wings of the wind, ⁴ you make the winds your messengers, fire and flame your ministers. ⁵ You set the earth on its foundations, so that it shall never be shaken. ⁶ You cover it with the deep as with a garment; the waters stood above the mountains. ⁷ At your rebuke they flee; at the sound of your thunder they take to flight. ⁸ They rose up to the mountains, ran down to the valleys to the place that you appointed for them. ⁹ You set a boundary that they may not pass, so that they might not again cover the earth. ²⁴ O Lord, how manifold are your works! In wisdom you have made them all; the earth is full of your creatures. ^{35c} Bless the Lord, O my soul. Praise the Lord!

James 1:19-27 (New Revised Standard Version)

Hearing and Doing the Word

¹⁹ You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; ²⁰ for your anger does not produce God's righteousness. ²¹ Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls. ²² But be doers of the word, and not merely hearers who deceive themselves. ²³ For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; ²⁴ for they look at themselves and, on going away, immediately forget what they were like. ²⁵ But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. ²⁶ If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. ²⁷ Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Mark 7:1-8 (New Revised Standard Version)

¹ Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, ² they noticed that some of his disciples were eating with defiled hands, that is, without washing them. ³ (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of

the elders; ⁴ and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) ⁵ So the Pharisees and the scribes asked him, “Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?” ⁶ He said to them, “Isaiah prophesied rightly about you hypocrites, as it is written, ‘This people honors me with their lips, but their hearts are far from me; ⁷ in vain do they worship me, teaching human precepts as doctrines.’ ⁸ You abandon the commandment of God and hold to human tradition.