

July 19, 2026

First Reading

Psalm 86:11-17

A reading from the 86th Psalm.

Teach me your way, O LORD, and I will walk in your truth;

give me an undivided heart to revere your name.

I will thank you, O LORD my God, with all my heart,

and glorify your name forevermore.

For great is your love toward me;

you have delivered me from the pit of death.

The arrogant rise up against me, O God, and a band of violent people seeks my life;

they have not set you before their eyes.

But you, O LORD, are gracious and full of compassion,

slow to anger, and full of kindness and truth.

Turn to me and have mercy on me;

give your strength to your servant, and save the child of your handmaid.

Show me a sign of your favor, so that those who hate me may see it and be put to shame;

because you, LORD, have helped me and comforted me.

The Word of the Lord. **Thanks be to God!**

Second Reading

Romans 8:12-25

A reading from the 8th Chapter of Romans.

So then, brothers and sisters, we are obligated, not to the flesh,
to live according to the flesh—
for if you live according to the flesh, you will die,
but if by the Spirit you put to death the deeds of the body, you will live.
For all who are led by the Spirit of God are children of God.
For you did not receive a spirit of slavery to fall back into fear,
but you received a spirit of adoption.
When we cry, "Abba! Father!"
it is that very Spirit bearing witness with our spirit
that we are children of God,
and if children, then heirs:
heirs of God and joint heirs with Christ,
if we in fact suffer with him
so that we may also be glorified with him.

I consider that the sufferings of this present time
are not worth comparing with the glory about to be revealed to us.
For the creation waits with eager longing
for the revealing of the children of God,
for the creation was subjected to futility,
not of its own will, but by the will of the one who subjected it,
in hope that the creation itself will be set free from its enslavement to decay
and will obtain the freedom of the glory of the children of God.
We know that the whole creation has been groaning together
as it suffers together the pains of labor,
and not only the creation,
but we ourselves, who have the first fruits of the Spirit,
groan inwardly while we wait for adoption, the redemption of our bodies.
For in hope we were saved.
Now hope that is seen is not hope,
for who hopes for what one already sees?
But if we hope for what we do not see, we wait for it with patience.

The Word of the Lord. **Thanks be to God!**