

**FIRST READING: 1 Kings 19:1-4 (5-7) 8-15a** Elijah flees and meets God (NIVUK)

<sup>19</sup> Now Ahab told Jezebel everything Elijah had done and how he had killed all the prophets with the sword. <sup>2</sup> So Jezebel sent a messenger to Elijah to say, 'May the gods deal with me, be it ever so severely, if by this time tomorrow I do not make your life like that of one of them.' <sup>3</sup> Elijah was afraid<sup>[a]</sup> and ran for his life. When he came to Beersheba in Judah, he left his servant there, <sup>4</sup> while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, LORD,' he said. 'Take my life; I am no better than my ancestors.' <sup>5</sup> Then he lay down under the bush and fell asleep. All at once an angel touched him and said, 'Get up and eat.' <sup>6</sup> He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again. <sup>7</sup> The angel of the LORD came back a second time and touched him and said, 'Get up and eat, for the journey is too much for you.' <sup>8</sup> So he got up and ate and drank. Strengthened by that food, he travelled for forty days and forty nights until he reached Horeb, the mountain of God. <sup>9</sup> There he went into a cave and spent the night. And the word of the LORD came to him: 'What are you doing here, Elijah?' <sup>10</sup> He replied, 'I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.' <sup>11</sup> The LORD said, 'Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by.' Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake. <sup>12</sup> After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper. <sup>13</sup> When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave. Then a voice said to him, 'What are you doing here, Elijah?' <sup>14</sup> He replied, 'I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too.' <sup>15</sup> The LORD said to him, 'Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram.'

**PSALM 42 & 43** (NIVUK)

<sup>1</sup> As the deer pants for streams of water, so my soul pants for you, my God. <sup>2</sup> My soul thirsts for God, for the living God. When can I go and meet with God? <sup>3</sup> My tears have been my food day and night, while people say to me all day long, 'Where is your God?' <sup>4</sup> These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One<sup>[d]</sup> with shouts of joy and praise among the festive throng. <sup>5</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God. <sup>6</sup> My soul is downcast within me; therefore I will remember you from the land of the Jordan, the heights of Hermon – from Mount Mizar. <sup>7</sup> Deep calls to deep in the roar of your waterfalls; all your waves and breakers have swept over me. <sup>8</sup> By day the LORD directs his love, at night his song is with me – a prayer to the God of my life. <sup>9</sup> I say to God my Rock, 'Why have you forgotten me? Why must I go about mourning, oppressed by the enemy?' <sup>10</sup> My bones suffer mortal agony as my foes taunt me, saying to me all day long, 'Where is your God?' <sup>11</sup> Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

<sup>1</sup>Vindicate me, my God, and plead my cause against an unfaithful nation. Rescue me from those who are deceitful and wicked. <sup>2</sup>You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy? <sup>3</sup>Send me your light and your faithful care, let them lead me; let them bring me to your holy mountain, to the place where you dwell. <sup>4</sup>Then I will go to the altar of God, to God, my joy and my delight. I will praise you with the lyre, O God, my God. <sup>5</sup>Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.

**SECOND READING: Galatians 3:23-29** We are Christ's, justified by faith (NIVUK)

<sup>23</sup> Before the coming of this faith,<sup>[a]</sup> we were held in custody under the law, locked up until the faith that was to come would be revealed. <sup>24</sup> So the law was our guardian until Christ came that we might be justified by faith. <sup>25</sup> Now that this faith has come, we are no longer under a guardian. <sup>26</sup> So in Christ Jesus you are all children of God through faith, <sup>27</sup> for all of you who were baptised into Christ have clothed yourselves with Christ. <sup>28</sup> There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus. <sup>29</sup> If you belong to Christ, then you are Abraham's seed, and heirs according to the promise.

**GOSPEL: Luke 8:26-39** Jesus heals a man with demons (Begin: 'Jesus and his disciples...') (NIVUK)

<sup>26</sup> They sailed to the region of the Gerasenes,<sup>[a]</sup> which is across the lake from Galilee. <sup>27</sup> When Jesus stepped ashore, he was met by a demon-possessed man from the town. For a long time this man had not worn clothes or lived in a house, but had lived in the tombs. <sup>28</sup> When he saw Jesus, he cried out and fell at his feet, shouting at the top of his voice, 'What do you want with me, Jesus, Son of the Most High God? I beg you, don't torture me!' <sup>29</sup> For Jesus had commanded the impure spirit to come out of the man. Many times it had seized him, and though he was chained hand and foot and kept under guard, he had broken his chains and had been driven by the demon into solitary places. <sup>30</sup> Jesus asked him, 'What is your name?' 'Legion,' he replied, because many demons had gone into him. <sup>31</sup> And they begged Jesus repeatedly not to order them to go into the Abyss. <sup>32</sup> A large herd of pigs was feeding there on the hillside. The demons begged Jesus to let them go into the pigs, and he gave them permission. <sup>33</sup> When the demons came out of the man, they went into the pigs, and the herd rushed down the steep bank into the lake and was drowned. <sup>34</sup> When those tending the pigs saw what had happened, they ran off and reported this in the town and countryside, <sup>35</sup> and the people went out to see what had happened. When they came to Jesus, they found the man from whom the demons had gone out, sitting at Jesus' feet, dressed and in his right mind; and they were afraid. <sup>36</sup> Those who had seen it told the people how the demon-possessed man had been cured. <sup>37</sup> Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear. So he got into the boat and left. <sup>38</sup> The man from whom the demons had gone out begged to go with him, but Jesus sent him away, saying, <sup>39</sup> 'Return home and tell how much God has done for you.' So the man went away and told all over the town how much Jesus had done for him.