Offer your living bodies as a holy sacrifice, truly pleasing to God.

A reading from the letter of St Paul to the Romans.

1. Think of God’s mercy, my brothers, and worship him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God.

2. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the will of God and know what is good, what it is that God wants, what is the perfect thing to do.

9. Do not let your love be a pretence, but sincerely prefer good to evil.

10. Love each other as much as brothers should, and have a profound respect for each other.

11. Work for the Lord with untiring effort and with great earnestness of spirit.

12. If you have hope, this will make you cheerful. Do not give up if trials come; and keep on praying.

13. If any of the saints are in need you must share with them; and you should make hospitality your special care.

14. Bless those who persecute you: never curse them, bless them.

15. Rejoice with those who rejoice and be sad with those in sorrow.

16. Treat everyone with equal kindness; never be condescending but make real friends with the poor. Do not allow yourself to become self-satisfied.

17. Never repay evil with evil but let everyone see that you are interested only in the highest ideals. Do all you can to live at peace with everyone.

The word of the Lord.