

**Readings for January 30, 2022**  
**United Church of Strafford Zoom Service**

*Psalm 139:1-12*

O Lord, you have searched me and known me.  
You know when I sit down and when I rise up;  
you discern my thoughts from far away.  
You search out my path and my lying down,  
and are acquainted with all my ways.  
Even before a word is on my tongue,  
O Lord, you know it completely.  
You hem me in, behind and before,  
and lay your hand upon me.  
Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.  
Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,  
even there your hand shall lead me,  
and your right hand shall hold me fast.  
If I say, ‘Surely the darkness shall cover me,  
and the light around me become night’,  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.

*Isaiah 41:6-10*

Each one helps the other, saying to one another, “Take courage!” The artisan encourages the goldsmith, and the one who smooths with the hammer encourages the one who strikes the anvil, saying of the soldering, “It is good;” and they fasten it with nails so that it cannot be moved. But you, Israel, my servant, Jacob, whom I have chosen, the offspring of Abraham, my friend; you whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off;” do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you.”

*Matthew 11:28-30*

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”