**ELEVENTH SUNDAY AFTER PENTECOST – PROPER 16**  
*August 21, 2022*  
*Year C, Revised Common Lectionary*

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Psalm 71:1-6

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In your righteousness deliver me and rescue me; incline your ear to me and save me.
Be to me a rock of refuge, a strong fortress, to save me, for you are my rock and my fortress.
Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel.
For you, O Lord, are my hope, my trust, O LORD, from my youth.
Upon you I have leaned from my birth; it was you who took me from my mother's womb. My praise is continually of you.

Hebrews 12:18-29 You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, "If even an animal touches the mountain, it shall be stoned to death." Indeed, so terrifying was the sight that Moses said, "I tremble with fear.") But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, "Yet once more I will shake not only the earth but also the heaven." This phrase, "Yet once more," indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

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Psalm 103:1-8

* Bless the LORD, O my soul, and all that is within me, bless his holy name.
* Bless the LORD, O my soul, and do not forget all his benefits—
* who forgives all your iniquity, who heals all your diseases,
* who redeems your life from the Pit, who crowns you with steadfast love and mercy,
* who satisfies you with good as long as you live so that your youth is renewed like the eagle's.
* The LORD works vindication and justice for all who are oppressed.
* He made known his ways to Moses, his acts to the people of Israel.
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