

A reading from the letter of St Paul to the Romans (8:22-27)

From the beginning till now the entire creation, as we know, has been groaning in one great act of giving birth; and not only creation, but all of us who possess the first-fruits of the Spirit, we too groan inwardly as we wait for our bodies to be set free. For we must be content to hope that we shall be saved - our salvation is not in sight, we should not have to be hoping for it if it were - but, as I say, we must hope to be saved since we are not saved yet - it is something we must wait for with patience.

The Spirit too comes to help us in our weakness. For when we cannot choose words in order to pray properly, the Spirit himself

expresses our plea in a way that could never be put into words, and God who knows everything in our hearts knows perfectly well what he means, and that the pleas of the saints expressed by the Spirit are according to the mind of God.

The word of the Lord.