

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

A reading from the Letter of Saint Paul to the Romans

I urge you, brothers and sisters, by the mercies of God,
to offer your bodies as a living sacrifice,
holy and pleasing to God, your spiritual worship.

Do not conform yourselves to this age
but be transformed by the renewal of your mind,
that you may discern what is the will of God,
what is good and pleasing and perfect.

Let love be sincere; hate what is evil,
hold on to what is good;
love one another with mutual affection;
anticipate one another in showing honor.
Do not grow slack in zeal, be fervent in spirit, serve the Lord.

Rejoice in hope, endure in affliction, persevere in prayer.
Contribute to the needs of the holy ones,
exercise hospitality. Bless those who persecute you,
bless and do not curse them.

Rejoice with those who rejoice, weep with those who weep.
Have the same regard for one another;
do not be haughty but associate with the lowly;
do not be wise in your own estimation.
Do not repay anyone evil for evil;
be concerned for what is noble in the sight of all.

If possible, on your part, live at peace with all.

The word of the Lord.