



**COLLECT, READINGS AND REFLECTION**  
**SUNDAY 8 FEBRUARY 2026 – Second Sunday before Lent**

**COLLECT**

Almighty God,  
you have created the heavens and the earth  
and made us in your own image:  
teach us to discern your hand in all your works  
and your likeness in all your children;  
through Jesus Christ your Son our Lord,  
who with you and the Holy Spirit reigns supreme over all things,  
now and for ever.

**Psalm 136. 1-9, 23-26**

- 1 Give thanks to the Lord, for he is gracious, ♦  
*for his mercy endures for ever.*
- 2 Give thanks to the God of gods, ♦  
*for his mercy endures for ever.*
- 3 Give thanks to the Lord of lords, ♦  
*for his mercy endures for ever;*
- 4 Who alone does great wonders, ♦  
*for his mercy endures for ever;*
- 5 Who by wisdom made the heavens, ♦  
*for his mercy endures for ever;*
- 6 Who laid out the earth upon the waters, ♦  
*for his mercy endures for ever;*
- 7 Who made the great lights, ♦  
*for his mercy endures for ever;*
- 8 The sun to rule the day, ♦  
*for his mercy endures for ever;*
- 9 The moon and the stars to govern the night, ♦  
*for his mercy endures for ever;*
- 23 Who remembered us when we were in trouble, ♦  
*for his mercy endures for ever;*
- 24 And delivered us from our enemies, ♦  
*for his mercy endures for ever;*
- 25 Who gives food to all creatures, ♦  
*for his mercy endures for ever.*
- 26 Give thanks to the God of heaven, ♦  
*for his mercy endures for ever.*

**A reading from the letter to the Romans, chapter 8, verses 18-25.**

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

This is the word of the Lord.

**Thanks be to God.**

***At Morning Prayer, the Gospel is simply the second reading, people sit to hear it and is introduced in the same way as the first:***

The second reading is Matthew, chapter 6, verses 25-34.

***and then at the end:***

For the word of the Lord

**Thanks be to God.**

***For Eucharists/ Communion people stand to hear the Gospel preceded by the Acclamation:***

Alleluia,

**Alleluia.**

I am the light of the world, says the Lord,  
whoever follows me will have the light of life.

**Alleluia**

### **Hear the Gospel of our Lord Jesus Christ according to Matthew, chapter 6, verses 25 - 34**

Jesus said, 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

This is the Gospel of the Lord.

**Praise to you, O Christ.**

## ***A Reflection from Peter***

When life gets on top of us there is nothing more irritating than being told “Don’t worry!” It’s guaranteed to make everything seem worse – and it makes us mad at the, doubtless well-meaning person, who said it! So, let’s be honest, there is something irritating about today’s Gospel when we hear Jesus say “Don’t worry.” And he doesn’t stop at a general, unspecified end to worry. He catalogues a whole list of things: your life, what you are to eat, drink, wear, – even that most modern of worries, what we look like! But before we get too mad at Jesus and stop listening, let’s just focus on his main concern.

Jesus is pointing out that worry is future oriented. We are worried today because we are fearful of what is to come. The Gospel presses the reset button for us – and it does so in two ways. First, Jesus talks about having the kingdom and God’s righteousness as our constant focus; and the Gospel ends by putting this another way when it says “do not worry about tomorrow”. This is a call to live in the present moment – something that sounds so easy, yet something that we very rarely do. There are moments: for instance, a piece of music can so completely demand our attention that we forget everything else; or some intimate moment makes time stop and there is simply nothing else to think about. Living in the presence of God is like this. God doesn’t have a past or a future. God is simply the present moment, now and always.

This is a gift: the awareness that the present moment contains everything of importance sets us free to attend to what is around us and to do whatever thinking and planning is needed without panic or worry. And, as we look around, we are awakened to the overarching theme of this Sunday – the wonder of God’s creation. Yes, there is turmoil and anguish, as St Paul recognises, but Paul puts it so well when he says, “I consider that the sufferings of the present time are not worth comparing with the glory about to be revealed to us.” The more we heed Jesus’ invitation to stop worrying, the more we shall be free to see the glory that is all around us and that is always just about to be revealed to us.