

II Timothy 1:1-7

1 Paul, an apostle of Christ Jesus by the will of God, for the sake of the promise of life that is in Christ Jesus, 2 To Timothy, my beloved child: Grace, mercy, and peace from God the Father and Christ Jesus our Lord. 3 I am grateful to God – whom I worship with a clear conscience, as my ancestors did – when I remember you constantly in my prayers night and day. 4 Recalling your tears, I long to see you so that I may be filled with joy. 5 I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you. 6 For this reason I remind you to rekindle the gift of God that is within you through the laying on of my hands; 7 for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline.

Psalm 30

1 I will extol you, O Lord, for you have drawn me up, and did not let my foes rejoice over me. 2 O Lord my God, I cried to you for help, and you have healed me. 3 O Lord, you brought up my soul from Sheol, restored me to life from among those gone down to the Pit. 4 Sing praises to the Lord, O you his faithful ones, and give thanks to his holy name. 5 For his anger is but for a moment; his favor is for a lifetime. Weeping may linger for the night, but joy comes with the morning. 6 As for me, I said in my prosperity, "I shall never be moved." 7 By your favor, O Lord, you had established me as a strong mountain; you hid your face; I was dismayed. 8 To you, O Lord, I cried, and to the Lord I made supplication: 9 "What profit is there in my death, if I go down to the Pit? Will the dust praise you? Will it tell of your faithfulness? 10 Hear, O Lord, and be gracious to me! O Lord, be my helper!" 11 You have turned my mourning into dancing; you have taken off my sackcloth and clothed me with joy, 12 so that my soul may praise you and not be silent. O Lord my God, I will give thanks to you forever.