

## Psalm 146:5-9

<sup>5</sup> Blessed is he whose help is the God of Jacob,  
whose hope is in the LORD his God,  
<sup>6</sup> who made heaven and earth,  
the sea, and all that is in them,  
who keeps faith forever;  
<sup>7</sup> who executes justice for the oppressed,  
who gives food to the hungry.

The LORD sets the prisoners free;  
<sup>8</sup> the LORD opens the eyes of the blind.  
The LORD lifts up those who are bowed down;  
the LORD loves the righteous.  
<sup>9</sup> The LORD watches over the sojourners;  
he upholds the widow and the fatherless,  
but the way of the wicked he brings to ruin.

## Ephesians 6:18-19

<sup>18</sup> praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, <sup>19</sup> and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel,