

## Sonnet 38: Arion, when

Friday, March 1, 1594

Morning Prayer: Psa 144-6; Deu 16; Luk 12

Evening Prayer: Psa 147-50; Deu 17; Eph 6

### *Morning Prayer: Psalms 144-146*

P S A L. C X L I I I I.

¶ A Psalm of *Dauid*.

**B**lessed *be* the Lord my strength, which teacheth mine hands  
to fight, and my fingers to battel.

2 *He is* my goodnes and my fortres, my tower & my deliuerer, my  
shield, and in him I trust, which subdueth my people vnder me.

3 Lord, what is man that thou regardest him! *or* the sonne of man  
that thou thinkest vpon him!

4 Man is like to vanitie: his daies *are* like a shadowe, that  
vanisheth.

5 Bowe thine heauens, ô Lorde, and come downe: touche the  
mountaines & thei shal smoke.

6 Cast forthe the lightening & scatter them: shote out thine  
arrowes, and consume them.

7 Send thine hand from aboue: deliuer me, and take me out of the  
great waters, *and* from the hand of strangers,

8 Whose mouth talketh vanitie, and their right hand is a right  
hand of falsehode.

9 I wil sing a newe song vnto thee, ô God, & sing vnto thee vpon  
a viole, & an instrument of ten strings.

10 *It is he* that giueth deliuerance vnto Kings, & rescueth Dauid  
his seruant from the hurtful sworde.

11 Rescue me, and deliuer me from the hand of strangers, whose mouth talketh vanitie, and their right hand *is* a right hand of falsehode:

12 That our sonnes *maye be* as the plantes growing vp in their youth, & our daughters as the corner *stones*, grauen after the similitude of a palace:

13 That our corners *may be* ful, *and* abunding with diuers sortes, *and* that our shepe may bring forthe thousands and ten thousand in our streetes:

14 That our oxen may be strong to labour: that there be none inuasion, nor going out, nor no crying in our streetes.

15 Blessed are the people, that be so, *yea*, blessed *are* the people, whose God is the Lord.

P S A L. C X L V.

¶ A Psalm of *Dauid* of prayse.

**O** My God *and* King, I wil extoll thee, and will blesse thy Name for euer and euer.

2 I will blesse thee daily, and praise thy Name for euer and euer.

3 Great *is* the Lord, & moste worthie to be praised, and his greatnes *is* incomprehensible.

4 Generacion shal praise thy workes vnto generacion, and declare thy power.

5 I wil meditate of the beautie of thy glorious maiestie, & thy wonderful workes,

6 And they shal speake of the power of thy feareful Actes, and I wil declare thy greatnes.

7 They shal breake out into the mencion of thy great goodnes, & shal sing aloud of thy righteousnes.

8 The Lord is gracious and merciful, slowe to angre, and of great mercie.

- 9 The Lord is good to all, & his mercies *are* ouer all his workes.
- 10 All thy workes praise thee, ô Lord, and thy Saints blesse thee.
- 11 They shewe the glorie of thy kingdome, and speake of thy power,
- 12 To cause his power to be knowen to the sonnes of men, & the glorious renome of his kingdome.
- 13 Thy kingdome *is* an euerlasting kingdome, & thy dominion endureth throughout all ages.
- 14 The Lord vpholdeth all that fall, and lifteth vp all that are readie to fall.
- 15 The eyes of all waite vpon thee, and thou giuest them their meat in due season
- 16 Thou openest thine hand, and fillest all things liuing of *thy* good pleasure.
- 17 The Lord *is* righteous in all his waies, and holie in all his workes.
- 18 The Lord *is* nere vnto all that call vpon him: *yea*, to all that call vpon him in trueth.
- 19 He wil fulfill the desire of them that feare him: he also wil heare their crye, & wil saue them.
- 20 The Lord preserueth all them that loue him: but he wil destroye all the wicked.
- 21 My mouth shal speake the praise of the Lord, and all flesh shal blesse his holie Name for euer and euer.

P S A L. C X L V I.

¶ *Praise ye the Lord.*

**P**raise thou the Lord, ô my soule.  
2 I wil praise the Lord during my life: as long as I haue anie being, I wil sing vnto my God.

3 Put not your trust in princes, *nor* in the sonne of man, for there is none help in him.

4 His breath departeth, & he returneth to his earth: then his thoughts perish.

5 Blessed *is* he, that hathe the God of Iaakob for his helpe, whose hope is in the Lord his God.

6 Which made heaven & earth, the sea, and all that therein is: which kepeth *his* fidelitie for euer:

7 Which executeth iustice for the oppressed: which giueth bread to the hungrie: the Lord looseth the prisoners.

8 The Lord giueth sight to the blinde: the Lord raiseth vp the croked: the Lord loueth the righteous.

9 The Lord kepeth the strangers: he relieueth the fatherles and widowe: but he ouerthroweth the way of the wicked.

10 The Lord shal reigne for euer: ô Zion, thy God *endureth* from generacion to generacion. Praise ye the Lord.

6 Which made heaven and earth, the sea, and all that therein is: which keepeth his fidelity forever:

7 Which executeth justice for the oppressed: which giveth bread to the hungry: the Lord loseth the prisoners.

8 The Lord giveth sight to the blind: the Lord raiseth up the crooked: the Lord loveth the righteous.

9 The Lord keepeth the strangers: he relieveth the fatherless and widow: but he overthroweth the way of the wicked.

10 The Lord shall reign forever: O Zion, thy God endureth from generation to generation. Praise ye the Lord.

## ***Morning Prayer: 1<sup>st</sup> Lesson: Deuteronomy 16***

### C H A P. X V I.

**T**Hou shalt kepe the moneth of Abib, & thou shalt celebrate the Passeouer vnto the Lord thy God: for in the moneth of Abib the Lord thy God broght thee out of Egypt by night.

2 Thou shalt therefore offer the Passeouer vnto the Lord thy God, of shepe and bullockes in the place where the Lord shal chose to cause his Name to dwel.

3 Thou shalt eate no leauened bread with it: *but* seuen dayes shalt thou eat vnleauened bread therewith, *euen* the bread of tribulacion: for thou camest out of the land of Egypt in haste, that thou maiest remember the day when thou camest out of the land of Egypt, all the dayes of thy life.

4 And there shal be no leauen sene with thee in all thy coastes seuen dayes long: nether shal there remaine the night anie of the flesh vntil the morning which thou offredst the first day at euen.

5 Thou maiest not offer ye Passeouer within anie of thy gates, which the Lord thy God giueth thee:

6 But in the place which the Lord thy God shal chose to place his Name, there thou shalt offer the Passeouer at euen, about the going downe of the sunne, in the season that thou camest out of Egypt.

7 And thou shalt roste and eat it in the place which the Lord thy God shall chose, and shalt returne on the morow, and go vnto thy tentes.

8 Six dayes shalt thou eat vnleauened bread, and the seuenth day *shalbe* a solemne assemblie to the Lord thy God: thou shalt do no worke *therein*.

9 ¶ Seuen wekes shalt thou number vnto thee, and shalt begin to number the seuen wekes, when thou beginst to put the sickel to the corne:

10 And thou shalt kepe the feast of wekes vnto the Lord thy God, *euen* a fre gift of thine hand, which thou shalt giue vnto the Lord thy God, as the Lord thy God hathe blessed thee.

11 And thou shalt reioyce before the Lord thy God, thou and thy sonne, and thy daughter, and thy seruant, and thy maid, and the Leuite that is within thy gates, & the stranger, and the fatherles, and the widow, that are among you, in the place which the Lord thy God shal chose to place his Name there,

12 And thou shalt remember that thou wast a seruant in Egypt: therefore thou shalt obserue and do these ordinances.

13 ¶ Thou shalt obserue the feast of the Tabernacles seuen daies, when thou hast gathered in thy corne, and thy wine.

14 And thou shalt reioyce in thy feast, thou, and thy sonne, and thy daughter, and thy seruant, and thy maid, and the Leuite, and the stranger, and the fatherles, and the widow, that are within thy gates.

15 Seuen daies shalt thou kepe a feast vnto the Lord thy God in the place which the Lord shal chose: when the Lord thy God shall blesse thee in all thine increase, & in all the workes of thine hands, thou shalt in anie case be glad.

16 ¶ Thre times in the yere shall all the males appeare before the Lord thy God in the place which he shal chose: in the feast of the vnleauened bread, & in the feast of the wekes, & in the feast of the Tabernacles: & they shal not appeare before the Lord empty.

17 Euerie man *shal giue* according to the gift of his hand, and according to the blessing of the Lord thy God, which he hathe giuen thee.

18 ¶ Iudges and officers shalt thou make thee in all thy cities, which the Lord thy God giueth thee, throughout thy tribes: & they shal iudge the people with righteous iudgement.

19 Wrest not thou the Lawe, nor respect anie persone, nether take rewarde: for the rewarde blindeth ye eyes of the wise, & peruerteth the wordes of the iust.

20 That which is iust and right shalt thou followe, that thou maiest liue, & possesse the land which the Lord thy God giueth thee.

21 ¶ Thou shalt plant thee no groue of anie trees nere vnto the altar of the Lord thy God, which thou shalt make thee.

22 Thou shalt set thee vp no piller, which thing the Lord thy God hateth.

### ***Morning Prayer: 2<sup>nd</sup> Lesson: Luke 12***

#### C H A P. X I I.

**I**N the meane time, there gathered together an innumerable multitude of people, so that they trode one another: & he began to say vnto his disciples first, Take hede to your selues of the leauen of the Pharises, which is hypocrisie.

2 For there is nothing couered, that shal not bee reueiled: nether hid, that shal not be knowen.

3 Wherefore whatsoeuer ye haue spoken in darkenes, it shalbe heard in the light: and that which ye haue spoken in the eare, in secret places, shalbe preached on the houses.

4 And I say vnto you, my friends, be not afraid of them that kil the bodie, and after that are not able to do any more.

5 But I wil forewarne you, whome ye shal feare: feare him which after he hathe killed, hathe power to cast into hel: yea, I say vnto you, him feare.

6 Are not fiue sparowes boght for two farthings, & yet not one of them is forgotten before God?

7 Yea, and all the heeres of your head are nombred: feare not therefore: ye are more of value then many sparowes.

8 Also I say vnto you, Whosoeuer shall confesse me before men, him shal the Son of man confesse also before the Angels of God.

9 But he that shal denye me before men, shalbe denyed before the Angels of God.

10 And whosoeuer shal speake a worde against the Sonne of man, it shalbe forgiuen him: but vnto him, that shal blaspheme the holie Gost, it shal not be forgiuen.

11 And when they shal bring you vnto the Synagogues, & vnto the rulers & princes, take no thoght how, or what thing ye shal answer, or what ye shal speake.

12 For the holir Gost shal teache you in the same houre, what ye oght to say.

13 And one of the companie said vnto him, Master, bid my brother deuide the inheritance with me.

14 And he said vnto him, Man, who made me a iudge, or a deuider ouer you?

15 Wherefore he said vnto them, Take hede, and beware of couetousnes: for thogh a man haue abundance, *yet* his life standeth not in his riches.

16 And he put forthe a parable vnto them, saying, The grounde of a certeine riche man broght forthe frutes plenteously.

17 Therefore he thoght with him self, saying, What shal I do, because I haue no *roume*, where I may lay vp my frutes?

18 And he said, This wil I do, I wil pul downe my barnes, and buylde greater, & therein wil I gather all my frutes, and my goods.

19 And I wil say to my soule, Soule, thou hast mucche goods laid vp for many yeres: liue at ease, eat, drinke and take thy pastime.

20 But God said vnto him, O foole, this night wil they fetch away thy soule from thee: then whose shal those things be which thou hast prouided?

21 So *is* he that gathereth riches to him self, and is not riche in God.

22 And he spake vnto his disciples, Therefore I say vnto you, Take no thought for your life, what ye shal eat: nether for your bodie, what ye shal put on.

23 The life is more then meat: and the bodie *more* then the raiment.

24 Consider the rauens: for they nether sowe nor reape: which nether haue storehouse nor barne, & *yet* God fedeth them: how muche more are ye better then foules?

25 And which of you with taking thought, can adde to his stature one cubit?

26 If ye then be not able to do the least thing, why take ye thought for the remnant?

27 Consider the lilies how they growe: they labour not, nether spin they: yet I say vnto you, that Solomon him self in all his royaltie was not clothed like one of these.

28 If then God so clothe the grasse which is to day in the field, & to morow is cast into the ouen, how muche more *wil he clothe* you, ô ye of litle faith?

29 Therefore aske not what ye shal eat, or what ye shal drinke, nether stand in doute.

30 For all suche things the people of the worlde seke for: and your Father knoweth that ye haue nede of these things.

31 But rather seke ye after the kingdome of God, & all these things shalbe ministred vnto you.

32 Feare not, litle flocke: for it is your Fathers pleasure, to giue you the kingdome.

33 ¶ Sel that ye haue, and giue almes: make you bagges, which waxe not olde, a treasure that can neuer faile in heauen, where no thefe commeth, nether moth corrupteth.

34 For where your treasure is, there wil your hearts be also.

35 ¶ Let your loines be girde about and your lights burning,

36 And ye your selues like vnto men that wait for their master, when he wil returne from the wedding, that when he commeth and knocketh, they maye open vnto him immediatly.

37 Blessed *are* those seruants, whome the Lord when he cometh shal finde waking: verely I say vnto you, he wil girde him self about, and make them to sit downe at table, and wil come forthe, & serue them.

38 And if he come in the seconde watche, or come in the thirde watche, & shal finde them so, blessed are those seruants.

39 Now vnderstande this, that if the good man of the house had knowen at what houre the thefe wolde haue come, he wolde haue watched, and wolde not haue suffered his house to be digged through.

40 Be ye also prepared therefore: for the Sonne of man wil come at an houre when ye thinke not.

41 Then Peter said vnto him, Master, tellest thou this parable vnto vs, or euen to all?

42 And the Lord said, Who is a faithful stewarde, & wise, whome the master shal make ruler ouer his housholde, to giue them their portion of meat in season?

43 Blessed *is* that seruant, whome his master when he cometh, shal finde so doing.

44 Of a trueth I say vnto you, that he wil make him ruler ouer all that he hathe.

45 But if that seruant say in his heart, My master doeth deferre his comming, and shal beginne to smite the seruants, and maidens, and to eat, and drinke, and to be drunken,

46 The master of that seruant wil come in a day when he thinketh not, & at an houre when he is not ware of, and wil cut him of, & giue him his portion with the vnbeleuers.

47 ¶ And that seruant that knewe his masters wil, and prepared not him self, nether did according to his wil, shalbe beaten with manie stripes.

48 But he that knewe it not, and yet did commit things worthie of stripes, shall be beaten with fewe *stripes*: for vnto whome soeuer muche is giuen, of him shalbe muche required, and to whome men muche commit, the more of him wil they aske.

49 ¶ I am come to put fyre on the earth, & what is my desire, if it be all ready kindled?

50 Notwithstanding I must be baptized with a baptisme, and how am I griued, til it be ended?

51 Thinke ye that I am come to giue peace on earth? I tel you, nay, but rather debate.

52 For from hence forthe there shalbe fiue in one house deuided, thre against two, & two against thre.

53 The father shalbe deuided against the sonne, and the sonne against the father: the mother against the daughter, and the daughter against the mother: the mother in law against her daughter in law, & the daughter in law, against her mother in law.

54 ¶ Then said he to the people, When ye se a cloude rise out of the West, straight way ye say, A shower commeth: and so it is.

55 And when ye see the South winde blow, ye say, that it wil be hote: and it commeth to passe.

56 Hypocrites, ye can discern the face of the earth, and of the skie: but why discern ye not this time?

57 Yea, and why iudge ye not of your selues what is right?  
58 ¶ While thou goest with thine aduersarie to the ruler, as thou art in the way, giue diligence in the way, that thou maist be deliuered from him, lest he bring thee to the iudge, & the iudge deliuer thee to the iayler, and the iayler cast thee into prison.  
59 I tell thee, thou shalt not depart thence, til thou hast payed the vtmost mite.

### ***Evening Prayer: Psalms 147-150***

#### PSAL. CXLVII.

**P**Raise ye the Lord, for it is good to sing vnto our God: for it is a pleasant thing, & praise is comelie.

- 2 The Lord doth buyld vp Ierusalem, & gather together the dispersed of Israel.
- 3 He healeth those that are broken in heart, and bindeth vp their sores.
- 4 He counteth the number of the starres, & calleth them all by their names.
- 5 Great *is* our Lord, and great *is his* power: his wisdom is infinite.
- 6 The Lord releueth the meke, & abaseth the wicked to the grounde.
- 7 Sing vnto the Lord with praise: sing vpon the harpe vnto our God,
- 8 Which couereth the heauen with cloudes, and prepareth raine for the earth, and maketh the grasse to growe vpon the mountaines:
- 9 Which giueth to bestes their fode, *and* to the yong rauens that crye.
- 10 He hathe not pleasure in the strength of an horse, nether deliteth he in the legges of man.

- 11 *But* the Lord deliteth in them that feare him, and attend vpon his mercie.
- 12 Praise the Lord, ô Ierusalem: praise thy God, ô Zion.
- 13 For he hathe made the barres of thy gates strong, *and* hathe blessed thy children within thee.
- 14 He setteth peace in thy borders, & satisfieth thee with the floure of wheat.
- 15 He sendeth forthe his commandement vpon earth, *and* his worde runneth verie swiftly.
- 16 He giueth snow like wool, & scattereth the hoare frost like asshes.
- 17 He casteth forthe his yce like morsels: who can abide the colde thereof?
- 18 He sendeth his worde and melteth them: he causeth his winde to blowe, & the waters flowe.
- 19 He sheweth his word vnto Iaakob, his statutes and his iudgements vnto Israel.
- 20 He hathe not dealt so with euerie nacion, nether haue they knowen his iudgements. Praise ye the Lord.

PSAL. CXLVIII.

¶ Praise ye the Lord.

**P**Raise ye the Lord from the heauen: praise ye him in the high places.

- 2 Praise ye him, all ye his Angels: praise him, all his armie.
- 3 Praise ye him, sunne and moone: prayse ye him all bright starres.
- 4 Praise ye him, heauens of heauens, & waters, that be aboute the heauens.
- 5 Let them praise the Name of the Lord: for he commanded, and they were created.

6 And he hath established them for ever and ever: he hath made an ordinance, which shall not pass.

7 Praise ye the Lord from the earth, ye dragons and all depths:

8 Fire and hail, snow and vapors, stormy wind, which execute his word:

9 Mountains and all hills, fruitful trees and all cedars:

10 Beasts and all cattle, creeping things and feathered fowls:

11 Kings of the earth and all people, princes and all judges of the world:

12 Young men and maidens, also old men and children:

13 Let them praise the Name of the Lord: for his Name only is to be exalted, *and* his praise about the earth and the heavens.

14 For he hath exalted the horn of his people, *which is* a praise for all his saints, *even* for the children of Israel, a people *that is* near unto him. Praise ye the Lord.

P S A L. C X L I X.

*Praise ye the Lord.*

**S**ing ye unto the Lord a new song: let his praise *be heard* in the Congregation of Saints.

2 Let Israel rejoice in him that made him, and let the children of Zion rejoice in their King.

3 Let them praise his Name with the flute: let them sing praises unto him with the timbrel and harp.

4 For the Lord hath pleasure in his people: he will make them glorious by deliverance.

5 Let the saints be joyful with glory: let them sing loudly upon their beds.

6 Let the high acts of God be in their mouth, and a two-edged sword in their hands,

- 7 To execute vengeance vpon the heathen, & corrections among the people:
- 8 To binde their Kings in chaines, and their nobles with fetters of yron,
- 9 That they may execute vpon them the iudgement that is written: this honour shalbe to all his Saints. Praise ye the Lord.

P S A L C L.

Praise ye the Lord.

**P**Raise ye God in his Sanctuarie: praise ye him in the firmament of his power.

- 2 Praise ye him in his mightie Actes: praise ye him according to his excellent greatnes.
- 3 Praise ye him in the sounde of the trumpet: praise ye him vpon the viole and the harpe.
- 4 Praise ye him with timbrel & flute: praise ye him with virginales and organs.
- 5 Praise ye him with sounding cymbals: praise ye him with high sounding cymbals.
- 6 Let euerie thing that hath breath praise the Lord. Praise ye the Lord.

***Evening Prayer: 1<sup>st</sup> Lesson: Deuteronomy 17***

C H A P. X V I I.

**T**Hou shalt offer vnto the Lord thy God no bullocke nor shepe wherein is blemish *or* any euil fauoured thing: for that is an abominacion vnto the Lord thy God.

- 2 ¶ If there be found among you in anie of thy cities, which the Lord thy God giueth thee, man or woman that hath wrought

wickednes in the sight of the Lord thy God, in transgressing his couenant,

3 And hathe gone & serued other gods, & worshipped them: as the sunne, or the moone, or anie of the hoste of heauen, which I haue not commanded,

4 And it be tolde vnto thee, and thou hast heard it, then shalt thou inquire diligently: and if *it be* true, *and* the thing certeine, that suche abomination is wrought in Israel,

5 Then shalt thou bring forthe that man, or that woman (which haue committed that wicked thing) vnto thy gates, *whether it be* man or woman, and shalt stone them with stones, til they dye.

6 At the mouth of two or thre witnesses shal he that is worthy of death, dye: *but* at the mouth of one witnes, he shal not dye.

7 The hands of the witnesses shalbe first vpon him, to kil him: and afterwarde the hands of all the people: so thou shalt take the wicked away from among you.

8 ¶ If there rise a matter too hard for thee in iudgement betwene blood and blood, betwene plea and plea, betwene plague and plague, in the matters of controuersie within thy gates, then shalt thou arise, and go vp vnto the place which the Lord thy God shal chose,

9 And thou shalt come vnto the Priests of the Leuites, & vnto the iudge that shalbe in those dayes, and aske, and thei shal shewe thee the sentence of iudgement,

10 And thou shalt do according to that thing which they of that place (which the Lord hathe chosen) shewe thee, and thou shalt obserue to do according to all that they informe thee.

11 According to the Lawe, which they shal teach thee, and according to the iudgement which thei shal tel thee, shalt thou do: thou shalt not decline from the thing which they shal shewe thee, *nether* to the right hand, nor to the left.

12 And that man that wil doe presumptuously, not hearkening vnto the Priest (that standeth before the Lord thy God to minister there) or vnto the iudge, that man shall dye, and thou shalt take away euil from Israel.

13 So all the people shal heare and feare, and do no more presumptuously.

14 ¶ When thou shalt come vnto the land which the Lord thy God giueth thee, and shalt possesse it, and dwel therein, if thou say, I will set a King ouer me, like as all the nacions that are about me,

15 *Then* thou shalt make him King ouer thee, whome the Lord thy God shall chose: from among thy brethren shalt thou make a King ouer thee: thou shalt not set a stranger ouer thee, which is not thy brother.

16 In anie wise he shal not prepare him manie horses, nor bring the people againe to Egypt for to increase the number of horses, seeing the Lord hathe said vnto you, Ye shal henceforthe go no more again that way.

17 Nether shal he take him manie wiues, lest his heart turne away, nether shal he gather him muche siluer and gold.

18 And when he shal sit vpon the throne of his kingdome, then shal he write him this Lawe repeted in a booke, by the Priests of the Leuites.

19 And it shalbe with him, and he shal read therein all dayes of his life, that he may learne to feare the Lord his God, & to kepe all the wordes of this Lawe, and these ordinances, for to do them:

20 That his heart be not lifted vp aboue his brethren, and that he turne not from the commandement, to the right hand or to the left, *but* that he may prolong his dayes in his kingdome, he, and his sonnes in the middes of Israel.

## ***Evening Prayer: 2<sup>nd</sup> Lesson: Ephesians 6***

### C H A P. V I.

- C**hildren, obey your parents in the Lord: for this is right.
- 2 Honour thy father and mother (which is the first commandement with promes)
- 3 That it may be wel with thee, and that thou maist liue long on earth.
- 4 And ye, fathers, prouoke not your children to wrath: but bring them vp in instruction and information of the Lord.
- 5 Seruants, be obedient vnto them that are *your* masters, according to the flesh, with feare and trembling in singlenes of your hearts as vnto Christ,
- 6 Not with seruice to the eye, as men pleasers, but as the seruants of Christ, doing the wil of God from the heart,
- 7 With good wil, seruing the Lord, and not men.
- 8 And knowe ye that whatsoever good thing any man doeth, that same shal he receiue of the Lord, whether *he be* bonde or fre.
- 9 And ye masters, do the same things vnto them, putting away threatning: & knowe that euen your master also is in heauen, nether is there respect of persone with him.
- 10 ¶ Finally, my brethren, be strong in the Lord, and in the power of his might.
- 11 Put on the whole armour of God, that ye may be able to stand against the assaults of the deuil.
- 12 For we wrestle not against flesh and blood, but against principalities, against powers, *and* against the worldlie gouernours, *the princes* of the darkenes of this worlde, against spiritual wickednesses, *which are* in the hie places.
- 13 For this cause take vnto you the whole armour of God, that ye may be able to resist in the euil daye, & hauing finished all things, stand fast.

- 14 Stand therefore, and your loines girde about with veritie, & hailing on the brest plate of righteousnes,
- 15 And your fete shod with the preparation of the Gospel of peace.
- 16 Aboue all, take the shield of faith, wherewith ye may quench all the fyrie dartes of the wicked,
- 17 And take the helmet of saluation, and the sworde of the Spirit, which is the worde of God.
- 18 And pray alwise with all maner prayer and supplication in the Spirit: and watch thereunto with all perseuerance & supplication for all Saintes,
- 19 And for me, that vtterance may be giuen vnto me, that I may open my mouth boldely to publish the secret of the Gospel,
- 20 Whereof I am the ambassadour in bondes, that therein I may speake boldely, as I oght to speake.
- 21 ¶ But that ye may also knowe mine affaires, & what I do, Tychicus *my* deare brother and faithful minister in the Lord, shal shewe you of all things,
- 22 Whome I haue sent vnto you for the same purpose, that ye might knowe mine affaires, & that he might comfort your hearts.
- 23 Peace *be* with the brethren, and loue with faith from God the Father, and *from* the Lord Iesus Christ.
- 24 Grace be with all them which loue our Lord Iesus Christ, to *their* immortalitie, Amen.

Written from Rome vnto the Ephesians, & *sent* by Tychicus.

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