

## Sonnet 82: Ioy of my life

Friday, May 9, 1594

Ascension Thursday

Epistle: Act 1.1-12

Gospel: Mar 16.14-20

Morning Prayer: Psa 8, 15, 21; Deu 10; Mat 7

Evening Prayer: Psa 24, 68, 108; 2Ki 2; Rom 8

### ***Epistle: Acts 1.1-12***

#### C H A P. I.

**I** H A V E made the former treatise, ô Theophilus, of all that  
I E S V S began to do, & teach,

2 Vntil the day, that he was taken vp, after that he through the  
holie Gost, had giuen commandements vnto the Apostles, whome  
he had chosen:

3 To whome also he presented him self aliue after that he had  
suffred, by manie infallible tokens, being sene of them by the  
*space* of fourtie dayes, & speaking of those things which  
apperteine to the kingdome of God.

4 And when he had gathered *them* together, he commanded them,  
that they shulde not departe from Ierusalem, but to wait for the  
promes of the Father, which, *said he*, ye haue heard of me.

5 For Iohn in dede baptized with water, but ye shalbe baptized  
with the holie Gost within these fewe dayes.

6 When they therefore were come together, they asked of him,  
saying, Lord, wilt thou at this time restore the kingdome to Israel?

7 And he said vnto them, It is not for you to knowe the times, or  
the seasons, which the Father hathe put in his owne power,

8 But ye shall receive power of the holy Ghost, when he shall come upon you: and ye shall be witnesses unto me both in Ierusalem & in all Iudea, and in Samaria, and unto the uttermost parts of the earth.

9 And when he had spoken these things, while they beheld, he was taken up: for a cloud took him up out of their sight.

10 And while they looked stedfastly toward heaven, as he went, behold, two men stood by them in white apparel,

11 Which also said, Ye men of Galilee, why stand ye gazing into heaven? This Jesus which is taken up from you into heaven, shall so come, as ye have seen him go into heaven.

12 ¶ Then returned they unto Ierusalem from the mount that is called *the mount of oliues*, which is nere to Ierusalem, containing a Sabbath *dayes* iourney.

### ***Gospel: Mark 16.14-20***

14 Finally, he appeared unto the eleven as they sat together, and reproved them of their unbelief & hardness of heart, because they believed not them which had seen him, being risen up againe.

15 And he said unto them, Go ye into all the world, & preach the Gospel to every creature.

16 He that shall believe & be baptized, shall be saved: but he that will not believe, shall be damned.

17 And these tokens shall follow them that believe, In my Name they shall cast out devils, and shall speak with new tongues,

18 And shall take away serpents, and if they shall drink any deadly thing, it shall not hurt them: they shall lay their hands on the sicke, and they shall recover.

19 So after the Lord had spoken unto them, he was received into heaven, & sat at the right hand of God.

20 And they went forthe, and preached euerie where. And the Lorde wrought with them, & confirmed the worde with signes that followed, Amen.

***Morning Prayer: Psalms 8, 15, 21***

P S A L. V I I I.

*To him that excelleth on Gittith.*

*A Psalme of Dauid.*

**O** Lord our Lord, how excellent is thy Name in all the worlde!  
which hast set thy glory aboute the heauens.

2 Out of the mouth of babes & suckelings hast thou ordeined strength, because of thine enemies, that thou mightest stil the enemy and the auenger.

3 When I beholde thine heauens, *euen* the workes of thy fingers, the moone and the starres which thou hast ordeined,

4 What is man, *say* I, that thou art mindful of him? and the sonne of man, that thou visitest him?

5 For thou hast made him a little lower then God, and crowned him with glorie and worship.

6 Thou hast made him to haue dominion in the workes of thine hands. thou hast put all things vnder his fete

7 All shepe and oxen: yea, and the beastes of the fielde:

8 The foules of the aire, and the fish of the sea, & that which passeth through the paths of the seas.

9 O Lord our Lorde, how excellent is thy Name in all the world!

P S A L. X V.

*¶ A Psalme of Dauid.*

**L**ord, who shall dwel in thy Tabernacle? who shall rest in thine holie Mountayne?

- 2 He that walketh vprightly and worketh righteousnes, and speaketh the trueth in his heart.
- 3 He that sclandreth not with his tongue, nor doeth euil to his neighbour, nor receiueth a false reporte against his neighbour.
- 4 In whose eyes a vile persone is contemned, but he *honoreth* them that feare the Lord: he that sweareth to his *owne* hinderance and changeth not.
- 5 He that giueth not his money vnto vsurie, nor taketh rewarde against the innocent: he that doeth these things, shal neuer be moued.

P S A L. X X I.

¶ *To him that excelleth. A Psalme of Dauid.*

The King shal reioyce in thy strength, ô Lord: yea, how greatly shal he reioyce in thy saluation!

- 2 Thou hast giuen him his hearts desire, & hast not denied *him* the request of his lippes. Selah.
- 3 For thou didest preuent him with liberal blessings, & didest set a crowne of pure golde vpon his head.
- 4 He asked life of thee, *and* thou gauest him a long life for euer and euer.
- 5 His glorie *is* great in thy saluacion: dignitie and honour hast thou layed vpon him.
- 6 For thou hast set him *as* blessings for euer: thou hast made him glad with the ioy of thy countenance.
- 7 Because the King trusteth in the Lord, and in the mercie of the most High, he shal not slide.
- 8 Thine hand shal finde out all thine enemies, *and* thy right hand shall finde out them that hate thee.

9 Thou shalt make them like a fyrie ouen in time of thine angre: the Lord shal destroy them in his wrath, and the fyre shal deuoure them.

10 Their frute shalt thou destroy from the earth, and their sede from the children of men.

11 For they intended euil against thee, *and* imagined mischief, *but* they shal not preuaile.

12 Therefore shalt thou put them aparte, & the strings of thy bowe shalt thou make ready against their faces.

13 Be thou exalted, ô Lord, in thy strength: *so* wil we sing and praise thy power.

### ***Morning Prayer: 1<sup>st</sup> Lesson: Deuteronomy 10***

#### CHAP. X.

**I**N the same time the Lord said vnto me, Hewe thee two Tables of stone lyke vnto the first, and come vp vnto me into the Mount, and make thee an Arke of wood,

2 And I will write vpon the Tables the wordes that were vpon the first Tables, which thou brakest, and thou shalt put them in the Arke.

3 And I made an Arke of shittim wood, and hewed two Tables of stone like vnto the first, and went vp into the Mountaine, and the two Tables in mine hand.

4 Then he wrote vpon the Tables according to the first writing (the ten commandements, which the Lord spake vnto you in the Mount out of the middes of the fire, in the daye of the assemblie) and the Lord gaue them vnto me.

5 And I departed, and came downe from the Mount, & put the Tables in the Arke which I had made: and there thei be, as the Lorde commanded me.

6 ¶ And the children of Israel toke their iourney from Beeroth of the children of Iaakan to Mosera, where Aaron dyed, & was buryed, and Eleazar his sonne became Priest in his steade.

7 ¶ From thence thei departed vnto Gudgodah, and from Gudgodah to Iotbath a land of running waters.

8 ¶ The same time the Lord separated the tribe of Leui to beare the Arke of the couenant of the Lord, *and* to stand before the Lord, to minister vnto him, and to blesse in his Name vnto this day.

9 Wherefore Leui hathe no parte nor inheritance with his brethren: *for* the Lord is his inheritance, as the Lord thy God hathe promised him.

10 And I taried in the Mount, as at the first time, fortie dayes and fortie nightes, and the Lord heard me at that time also, and the Lord would not destroye thee.

11 But the Lord said vnto me, Arise, **go** forthe in the iourney before the people, that thei may go in and possesse the land, which I sware vnto their fathers to giue vnto them.

12 ¶ And now, Israel, what doeth the Lord thy God require of thee, but to feare the Lord thy God, to walke in all his waies, and to loue him, and to serue the Lord thy God with all thine heart, and with all thy soule?

13 That thou kepe the commandements of the Lord, and his ordinances, which I commande thee this day, for thy welth?

14 Beholde, heauen, and the heauen of heauens *is* the Lords thy God, and the earth, with all that therein is.

15 Notwithstanding, the Lord set his delite in thy fathers to loue them, and dyd chose their sede after them, *euen* you aboue all people, as *appeareth* this day.

16 Circumcise therefore the foreskin of your heart, and harden your neks no more.

17 For the Lord your God is God of gods, and Lord of lords, a great God, mightie & terrible, which accepteth no persones nor taketh rewarde:

18 Who doeth right vnto the fatherles and widowe, and loueth the stranger, giuing him fode and rayment.

19 Loue ye therefore the stranger: for ye were strangers in the land of Egypt.

20 Thou shalt feare the Lord thy God: thou shalt serue him, and thou shalt cleaue vnto him, and shalt sweare by his Name.

21 He is thy praise, and he is thy God, that hathe done for thee these great and terrible things, which thine eies haue seene.

22 Thy fathers went downe into Egypt with seuentie persons, & now the Lord thy God hath made thee, as ye starres of the heauen in multitude.

### ***Morning Prayer: 2<sup>nd</sup> Lesson: Matthew 7***

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

**I**Vdge not, that ye be not iudged.

2 For with what iudgement ye iudge, ye shal be iudged, and with what measure ye mette, it shal be measured to you againe.

3 And why seest thou the mote, that is in thy brothers eye, and perceiuest not the beame that is in thine owne eye?

4 Or how saist thou to thy brother, Suffer me to cast out the mote out of thine eye, and beholde a beame is in thine owne eye?

5 Hypocrite, first cast out that beame out of thine owne eye, and then shalt thou se clearely to cast out the mote out of thy brothers eye.

6 ¶ Giue ye not that which is holie, to dogges, nether cast ye your pearles before swine, lest they treade them vnder their fete, and turning againe, all to rent you.

- 7 Aske, and it shalbe giuen you: seke, & ye shal finde: knocke, and it shalbe opened vnto you.
- 8 For whosoever asketh, receiueth: and he, that seeketh, findeth: and to him that knocketh, it shalbe opened.
- 9 For what man is there among you, which if his sonne aske him bread, wolde giue him a stone?
- 10 Or if he aske fish, wil he giue him a serpent?
- 11 If ye then, which are euil, can giue to your children good gifts, how muche more shal your Father which is in heauen, giue good things to them that aske him?
- 12 Therefore whatsoever ye wolde that men shulde do to you, euen so do ye to them: for this is the Law and the Prophetes.
- 13 ¶ Enter in at the streicte gate: for it is the wide gate, and broad way that leadeth to destruction: and manie there be which go in thereat,
- 14 Because the gate is streicte, and the way narowe that leadeth vnto life, and fewe there be that finde it.
- 15 ¶ Beware of false prophetes, which come to you in shepes clothing, but inwardely they are rauening wolues.
- 16 Ye shal know them by their frutes. Do men gather grapes of thornes? or figges of thystels?
- 17 So euerie good tre bringeth forthe good frute, and a corrupt tre bringeth forthe euil frute.
- 18 A good tre can not bring forthe euil frute: nether can a corrupt tre bring forthe good frute.
- 19 Euerie tre that bringeth not forthe good frute, is hewen downe, and cast into the fyre.
- 20 Therefore by their frutes ye shal knowe them.
- 21 ¶ Not euerie one that saieth vnto me, Lord, Lord, shal enter into the kingdome of heauen, but he that doeth my Fathers wil which is in heauen.



22 Manie wil say to me in that day, Lord, Lord, haue we not by thy Name prophecied? and by thy Name cast out deuils? and by thy Name done manie great workes?

23 And then wil I professe to them, I neuer knewe you: departe from me, ye that worke iniquitie.

24 Whosoeuer then heareth of me these words, and doeth the same, I wil liken him to a wise man, which hathe buylded his house on a rocke:

25 And the raine fell, and the floods came, and the windes blewe, and beat vpon that house, and it fell not: for it was grounded on a rocke.

26 But whosoeuer heareth these my wordes, and doeth them not, shalbe lickened vnto a foolish man, which hathe buylded his house vpon the sand:

27 And the raine fell, and the floods came, and the windes blewe, and beat vpon that house, and it fell, and the fall thereof was great.

28 ¶ And it came to passe, when Iesus had ended these wordes, the people were astonied at his doctrine.

29 For he taught them as one hauing autoritie, and not as the Scribes.

### ***Evening Prayer: Psalms 24, 68, 108***

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

¶ *A Psalme of Dauid.*

**T**He earth *is* the Lords, and all that therein is: the worlde and they that dwell therein.

2 For he hathe founded it vpon the seas: and established it vpon the floods.

3 Who shal ascende into the mountaine of the Lord? and who shall stand in his holie place?

4 *Euen he that hathe* innocent hands, & a pure heart: which hathe not lift vp his minde vnto vanitie, nor sworne deceitfully.

5 He shal receiue a blessing from the Lord, & righteousnes from the God of his saluacion.

6 This is the generation of them that seke him, of them that seke thy face, this is Iakob. Selah.

7 Lift vp your heads ye gates, and be ye lift vp ye euerlasting dores, and the King of glorie shal come in.

8 Who is this King of glorie? the Lord, strong and mightie, *euen* the Lord mightie in battel.

9 Lift vp your heads, ye gates, and lift vp *your selues*, ye euerlasting dores, & the King of glorie shal come in.

10 Who is this King of glorie? the Lord of hostes, he is the King of glorie. Selah.

#### P S A L. L X V I I I.

¶ *To him that excelleth. A Psalme or song of Dauid.*

**G**od will arise, & his enemies shalbe scattered: thei also that hate him, shal flee before him.

2 As the smoke vanisheth, *so* shalt thou driue *them* awaie: & as waxe melteth before the fyre, *so* shal the wicked perish at the presence of God.

3 But the righteous shalbe glad, & reioyce before God: yea, thei shal leape for ioye.

4 Sing vnto God, & sing praises vnto his Name: exalt him, that rideth vpon the heauens, in his Name Iah, & reioyce before him.

5 *He is* a Father of the fatherles, and a Iudge of the widowes, *euen* God in his holie habitation.

6 God maketh the solitarie to dwell in families, & deliuereth them that were prisoners in stockes: but the rebellious shal dwell in a drye land.

7 O God, when thou wentest forthe before thy people: when thou wentest through the wildernes, (Selah)

8 The earth shoke, and the heauens dropped at the presence of this God: *euen Sinai was moued* at the presence of God, *euen* the God of Israel.

9 Thou, ô God, sendest a gracious raine *vpon* thine inheritance, & thou didest refresh it when it was wearie.

10 Thy Congregation dwelled therein: *for* thou, ô God, hast of thy goodnes prepared it for the poore.

11 The Lorde gaue matter to the women to tel of the great armie.

12 Kings of the armies did flee: thei did flee, and she that remained in the house, deuided the spoile.

13 Thogh ye haue lien among pots, *yet shal ye be as* the wings of a doue that is couered with siluer, and whose fethers *are like* yelowe golde.

14 When the Almighty scatered Kings in it, it was white as the snow in Zalmon.

15 The mountaine of God *is like* the mountaine of Bashan: *it is* an high Mountaine, *as* mount Bashan.

16 Why leape ye, ye high mountaines? as for this Mountaine, God deliteth to dwell in it: yea, the Lord wil dwell in it for euer.

17 The charets of God *are* twentie thousande thousand Angels, and the Lord is among them, *as* in the Sanctuarie of Sinai.

18 Thou art gone vp on high: thou hast led captiuitie captiue, *and* receiued giftes for men: yea, *euen* the rebellious *hast thou led*, that the Lord God might dwell *there*.

19 Praised be the Lord, *euen* the God of our saluacion, *which* ladeth vs daiely *with benefites*. Selah.

20 This *is* our God, *euen* the God that saueth vs: and to the Lord God *belong* the issues of death.

- 21 Surely God wil wound the head of his enemies, & the heerie pate of him that walketh in his sinnes.
- 22 The Lord hathe said, I wil bring *my people* againe from Bashan: I wil bring them againe from the depths of the Sea:
- 23 That thy foote maie be dipped in blood, & the tongue of thy dogges *in the blood* of the enemies, *euen* in it.
- 24 Thei haue sene, ô God, thy goings, the goings of my God, & my King, *which art* in the Sanctuarie.
- 25 The singers went before, the plaiers of instruments after: in the middes *were* the maides playing with timbrels.
- 26 Praise ye God in the assemblies, & the Lord, *ye that are* of the fountaine of Israel.
- 27 There *was* litle Benjamin *with* their ruler, & the princes of Iudah *with* their assemblie, the princes of Zebulun, & the princes of Naphtali.
- 28 Thy God hathe appointed thy strength: stablish, ô God, that, *which* thou hast wrought in vs,
- 29 Out of thy Temple vpon Ierusalem: & Kings shal bring presents vnto thee.
- 30 Destroye the companie of the spearmen, & multitude of the mightie bulles with the calues of the people, that tread vnder fete pieces of siluer: scater the people that delite in warre.
- 31 *Then* shal the princes come out of Egypt: Ethiopia shal haste to stretch her hands vnto God.
- 32 Sing vnto God, ô ye kingdomes of the earth: sing praise vnto the Lord, (Selah)
- 33 To him that rideth vpon the most high heauens, *which were from* the beginning: beholde he wil send out by his voyce a mightie sounde.
- 34 Ascribe the power to God: *for* his maiestie *is* vpon Israel, & his strength *is* in the cloudes.

35 O God, thou art terrible out of thine holie places: the God of Israel is he that giueth strength and power vnto the people: praised *be* God.

PSAL. CVIII.

¶ *A song or Psalme of Dauid.*

**O** God, mine heart *is* prepared, so *is* my tongue: I will sing & giue praise.

2 Awake viole & harpe: I wil awake early.

3 I wil praise thee, ô Lord, among the people, and I wil sing vnto thee among the nacions.

4 For thy mercy is great aboute the heauens, and thy trueth vnto the cloudes.

5 Exalt thy self, ô God, aboute the heauens, and *let* thy glorie *be* vpon all the earth,

6 That thy beloued maie be deliuered: helpe with thy right hand and heare me.

7 God hathe spoken in his holines: *therefore* I wil reioyce, I shal diuide Shechem and measure the valley of Succoth.

8 Gilead *shalbe* mine, and Manasseh *shalbe* mine: Ephraim also *shalbe* the strength of mine head: Iuda *is* my Lawegiuer.

9 Moab *shalbe* my washpot: ouer Edom wil I cast out my shoe: vpon Palestina wil I triumph.

10 Who wil leade me into the strong citie? Who wil bring me vnto Edom?

11 Wilt not thou, ô God, *which* haddest forsaken vs, & didest not go forthe, ô God, with our armies?

12 Giue vs helpe against trouble: for vaine is the helpe of man.

13 Through God we shal do valiantly: for he shal tread downe our enemies.

## *Evening Prayer: 1<sup>st</sup> Lesson: 2 Kings 2*

### C H A P. I I.

**A**Nd when the Lord wolde take vp Eliiah into heauen by a whirle winde, Eliiah went with Elisha from Gilgal.

2 Then Eliiah saide to Elisha, Tary here, I pray thee: for the Lord hathe sent me to Beth-el. But Elisha said, As the Lord liueth, and as thy soule liueth, I will not leaue thee. So they came downe to Beth-el.

3 And the children of the Prophetes that were at Beth-el, came out to Elisha, and said vnto him, Knowest thou that the Lord will take thy master from thine head this day? And he said, Yea, I knowe it: holde ye your peace.

4 Againe Eliiah said vnto him, Elisha, tary here, I pray thee: for the Lord hath sent me to Iericho: But he said, As the Lord liueth, and as thy soule liueth, I wil not leaue thee. So thei came to Iericho.

5 And the children of the Prophetes that were at Iericho, came to Elisha, & said vnto him, Knowest thou, that the Lord will take thy master from thine head this day? And he said, Yea, I knowe it: holde ye your peace.

6 Moreouer Eliiah said vnto him, Tary, I pray thee, here: for the Lord hathe sent me to Iorden. But he said, As the Lord liueth, & as thy soule liueth, I wil not leaue thee. So they went bothe together.

7 And fiftie men of the sonnes of the Prophetes went and stode on the other side afarre of, and thei two stode by Iorden.

8 ¶ Then Eliiah toke his cloke, and wrapt it together, and smote the waters, and they were deuided hether and thether, & thei twaine went ouer on the drye land.

9 Nowe when thei were passed ouer, Eliiah saide vnto Elisha, Aske what I shal do for thee before I be taken from thee; Elisha said, I pray thee, let thy Spirit be double vpon me.

10 And he said, Thou hast asked an hard thing: *yet* if thou se me when I am taken from thee, thou shalt haue it so: & if not, it shal not be.

11 And as they went walking and talking, beholde, there *appeared* a charet of fyre, and horses of fyre, and did separate them twaine. So Eliiah went vp by a whyrlewinde into heauen.

12 And Elisha sawe it, and he cryed, My father, my father, the cha et of Israel, and the horsemen thereof: & he sawe him no more: and he toke his *owne* clothes, & rent them in two pieces.

13 ¶ He toke vp also the cloke of Eliiah that fell from him, and returned, and stode by the banke of Iorden.

14 After, he toke the cloke of Eliiah, that fel from him, and smote the waters, and said, Where is the Lord God of Eliiah, and he him selfe? Againe also he smote the waters, and they were separated this waye and that waye: and Elisha went ouer.

15 And when the children of the Prophetes, which were at Iericho, sawe him on the otherside, they said, The Spirit of Eliiah doeth rest on Elisha: and they came to mete him, & fel to the grounde before him,

16 And said vnto him, Beholde now, there be with thy seruants fiftie strong men: let them go, we pray thee, and seke thy master, if so be the Spirit of the Lord hath taken him vp, and cast him vpon some mountaine, or into some valley. But he said, Ye shal not send.

17 Yet they were instant vpon him, til he was ashamed: wherefore he said, Send. So thei sent fiftie men, which soght three daies, but founde him not.

18 Therefore they returned to him, (for he taried at Iericho) and he said vnto them, Did not I say vnto you, Go not?

19 ¶ And the men of the citie said vnto Elisha, Beholde, we pray thee: the situacion of this citie is pleasant, as thou, my lorde, seest, but the water *is* nocht, & the grounde baren.

20 Then he said, Bring me a newe cruse, & put salt therein. And they broght it to him.

21 And he went vnto the spring of the waters, and cast there the salt, and said, Thus saith the Lorde, I haue healed this water: death shal no more come thereof, nether barennesse *to the grounde*.

22 So the waters were healed vntil this day, according to the worde of Elisha which he had spoken.

23 ¶ And he went vp from thence vnto Beth-el; as he was going vp the waye, litle children came out of the citie, and mocked him, and said vnto him, Come vp, thou balde head, come vp, thou balde head.

24 And he turned backe, & loked on them, and cursed them in the Name of the Lord. And two beares came out of the forest, and tare in pieces two and fourtie children of them.

25 So he went from thence to mount Carmel, and from thence he returned to Samaria.

### ***Evening Prayer: 2<sup>nd</sup> Lesson: Romans 8***

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

**N**Ow then there *is* no condemncion to them that are in Christ Iesus, which walke not after the flesh, but after the Spirit.

2 For the Law of the Spirit of life, *which is* in Christ Iesus, hath freed me from the law of sinne and of death.

3 For (that that was impossible to the Law, in as mucche as it was weake, because of the flesh) God sending his owne Sonne, in the similitude of sinful flesh, and for sinne, condemned sinne in the flesh,



4 That the righteousnes of the Law might be fulfilled in vs, which walke not after the flesh, but after the Spirit.

5 For they that are after the flesh, sauour the things of the flesh: but they that are after the Spirit, the things of the Spirit.

6 For the wisdome of the flesh *is* death: but the wisdome of the Spirit *is* life & peace,

7 Because the wisdome of the flesh *is* enimitie against God: for it is not subiect to the Law of God, nether in dede can be.

8 So then they that are in the flesh, can not please God.

9 Now ye are not in the flesh, but in the Spirit, because the Spirit of God dwelleth in you: but if anie man hathe not the Spirit of Christ, the same is not his.

10 And if Christ be in you, the bodie is dead, because of sinne: but the Spirit *is* life for righteousnes sake.

11 But if the Spirit of him that raised vp Iesus from the dead, dwell in you, he that raised vp Christ from the dead, shal also quicken your mortal bodies, because that his Spirit dwelleth in you.

12 Therefore brethren, we are detters not to the flesh, to liue after the flesh:

13 For if ye liue after the flesh, ye shal dye: but if ye mortifie the dedes of the bodie by the Spirit, ye shal liue.

14 For as manie as are led by the Spirit of God, they are the sonnes of God.

15 For ye haue not receiued the Spirit of bondage to feare againe: but ye haue receiued the Spirit of adopcion, whereby we crye Abba, Father.

16 The same Spirit beareth witnes with our Spirit, that we are the children of God.

17 If *we be* children, *we are* also heires, euen the heires of God, & heires annexed with Christ: if so be that we suffer with him, that we may also be glorified with him.

- 18 For I counte that the afflictions of this present time *are* not worthie of the glorie, which shalbe shewed vnto vs.
- 19 For the feruent desire of the creature waiteth when the sonnes of God shalbe reueiled,
- 20 Because the creature is subiect to vanitie, not of it owne wil, but by reason of him, which hath subdued it vnder hope,
- 21 Because the creature also shalbe deliuered from the bondage of corruption into the glorious libertie of the sonnes of God.
- 22 For we knowe that euerie creature groneth with vs also, and trauaileth in paine together vnto this present.
- 23 And not onely *the creature*, but we also which haue the first frutes of the Spirit, euen we do sigh in our selues, waiting for the adopcion, *euen* the redemption of our bodie.
- 24 For we are saued by hope: but hope that is sene, is not hope: for how can a man hope for that which he seeth?
- 25 But if we hope for that we se not, we do with pacience abide for it.
- 26 Likewise the Spirit also helpeth our infirmities: for we knowe not what to praie as we oght: but the Spirit it self maketh request for vs with sighs, which can not be expressed.
- 27 But he that searcheth the hearts, knoweth what is the meaning of the Spirit: for he maketh request for the Sainctes, according to *the wil* of God.
- 28 Also we knowe that all thinges worke together for the best vnto them that loue God, euen to them that are called of *his* purpose.
- 29 For those which he knewe before, he also predestinate to be made like to the image of his Sonne, that he might be the first borne among manie brethren.

30 Moreouer whome he predestinate, them also he called, and whome he called, them also he iustified, & whom he iustified, them he also glorified.

31 What shal we then say to these things? If God be on our side, who *can be* against vs?

32 Who spared not his owne Sonne, but gaue him for vs all *to death*, how shall he not with him giue vs all things also?

33 Who shal lay anie thing to the charge of Gods chosen? *it is* God that iustifieth,

34 Who shal condemne? *it is* Christ, which is dead, yea or rather, which is risen againe, who is also at the right hand of God, and maketh request also for vs.

35 Who shal separate vs from the loue of Christ? shal tribulacion or anguish, or persecucion, or famine, or nakednes, or peril, or sworde?

36 As it is written, For thy sake are we killed all day long: we are counted as shepe for the slaughter.

37 Neuertheles, in all these things we are more then conquerers through him that loued vs.

38 For I am persuaded that nether death, nor life, nor Angels, nor principalities, nor powers, nor things present, nor things to come,

39 Nor height, nor depth, nor anie other creature shalbe able to separate vs from the loue of God, which is in Christ Iesus our Lord.

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