

Sonnet 80: After so long a race

Tuesday, May 7, 1594

Morning Prayer: Psa 35-6; 1Ki 19; Mat 5

Evening Prayer: Psa 37; 1Ki 20; Rom 6

Morning Prayer: Psalms 35-36

P S A L. X X X V.

A Psalme of *Dauid*.

PLeade thou my cause, ô Lord, with them that striue with me:
fight thou against them, that fight against me.

2 Laie hand vpon the shield and buckler, and stand vp for mine helpe.

3 Bring out also the speare and stoppe *the waie* against them, that persecute me: saie vnto my soule, I am thy saluacion.

4 Let them be confounded & put to shame, that seke after my soule: let them be turned backe, and broght to confusion, that imagine mine hurt.

5 Let them be as chaffe before the winde, and let the Angel of the Lord scater *them*.

6 Let their waie be darke & slipperie: and let the Angel of the Lord persecute them.

7 For without cause thei haue hid the pit *and* their net for me: without cause haue they digged *a pit* for my soule.

8 Let destruction come vpon him at vnwares, & let his net, that he hathe laied priuely, take him: let him fall into the same destruction.

9 Then my soule shalbe ioyful in the Lord: it shal reioyce in his saluacion.

10 All my bones shall saie, Lord, who is like vnto thee, which deliuerest the poore from him, that is too strong for him! yea, the poore and him that is in miserie, from him that spoileth him!

11 Cruel witnesses did rise vp: thei asked of me things that I knewe not.

12 They rewarded me euil for good, to haue spoiled my soule.

13 Yet I, when thei were sicke, I was clothed with a sacke: I humbled my soule with fasting: and my praier was turned vpon my bosome.

14 I behaued my selfe as to *my* friend, *or* as to my brother: I humbled my selfe, mourning as one that bewaileth his mother.

15 But in mine aduersitie thei reioyced, & gathered them selues together: the abiects assembled them selues against me, & I knewe not: thei tare me & ceased not,

16 With the false skoffers at bankets, gnashing their teeth against me.

17 Lord, how long wilt thou beholde *this*? deliuer my soule from their tumult, *euē* my desolate *soule* from the lions.

18 *So* wil I giue thee thanks in a great Congregacion: I wil praise thee among mucche people.

19 Let not them that are mine enemies, vniustly reioyce ouer me, nether let them winke with the eye, that hate me without a cause.

20 For they speake not as friends: but they imagine deceitful wordes against the quiet of the land.

21 And they gaped on me with their mouthes, saying, Aha, aha, our eye hathe sene.

22 Thou hast sene it, ô Lord: kepe not silence: be not farre from me, ô Lord.

23 Arise and wake to my iudgement, *euē* to my cause, my God, and my Lord.

24 Iudge me, ô Lord my God, according to thy righteousnes, and let them not reioyce ouer me.

25 Let them not saye in their hearts, O our soule reioyce: nether let them saye, We haue deuoured him.

26 Let them be confounded, and put to shame together, that reioyce at mine hurt: let them be clothed with confusion and shame, that lift vp them selues against me.

27 *But* let them be ioyful & glad, that loue my righteousnes: yea, let them say alwaie, Let the Lord be magnified, which loueth the prosperitie of his seruant.

28 And my tongue shal vtter thy righteousnes, & thy praise euerie day.

P S A L. X X X V I.

¶ *To him that excelleth. A Psal. of Dauid,
the seruant of the Lord.*

Wickednes saieth to the wicked man, euen in mine heart,
that there is no feare of God before his eyes.

2 For hee flattereth him self in his owne eyes, while his iniquitie is found *worthie* to be hated.

3 The wordes of his mouth *are* iniquitie and deceite: he hathe left of to vnderstand & to do good.

4 He imagineth mischief vpon his bed: he setteth him selfe vpon a waie, *that is* not good, & doeth not abhorre euil.

5 Thy mercy, ô Lord, *reacheth* vnto the heauens, *and* thy faithfulnes vnto the cloudes.

6 Thy righteousnes *is* like the mightie moutaines: thy iudgements *are like* a great deepe: thou, Lord, doest saue man and beast.

7 How excellent is thy mercy, ô God! therefore the children of men trust vnder the shadowe of thy wings.

- 8 They shal be satisfied with the fatnes of thine house, & thou shalt giue them drinke out of the riuer of thy pleasures.
- 9 For with thee *is* the well of life, & in thy light shal we se light.
- 10 Extend thy louing kindenes vnto them that knowe thee, and thy righteousnes vnto them that are vpriht in heart.
- 11 Let not the fote of pride come against me, and let not the hand of the wicked men moue me.
- 12 There they are fallen that worke iniquitie: they are cast downe, and shal not be able to rise.

Morning Prayer: 1st Lesson: 1 Kings 19

C H A P. X I X.

NOw Ahab tolde Iezebel all that Eliiah had done, & how he had slayne all the prophetes with the sworde.

2 Then Iezebel sent a messenger vnto Eliiah, saying, The gods do so to me and more also, if I make not thy life like one of their liues by to morowe this time.

3 ¶ When he sawe that, he arose, and went for his life, & came to Beer-sheba, which is in Iudah, and left his seruant there.

4 But he went a daies iourney into the wildernes, and came and sate downe vnder a iuniper tre, & desired that he might dye, and said, It is now ynough: ô Lord, take my soule, for I am no better, then my fathers.

5 And as he laie and slept vnder the iuniper tre, beholde now, an Angel touched him, and said vnto him, Vp, & eat.

6 And when he loked about, beholde, there was a cake baken on the coles, and a pot of water at his head: so he did eat and drinke, and returned and slept.

7 And the Angel of the Lord came againe the seconde time, and touched him, and said, Vp, & eat: for thou hast a great iourney.

8 ¶ Then he arose, and did eat and drinke, and walked in the strength of that meat fourtie dayes & fourtie nights, vnto Horeb the mount of God.

9 And there he entred into a caue, & lodged there: and beholde, the Lord spake to him, and said vnto him, What doest thou here, Eliiah?

10 And he answered, I haue bene very ielous for the Lord God of hostes: for the children of Israel haue forsaken thy couenant, broken downe thine altars, and slayne thy Prophetes with the sworde, and I onely am left, and thei seke my life to take it away.

11 And he said, Come out, and stand vpon the mount before the Lorde. And beholde, the Lord went by, and a mightie strong winde rent the mountaines, and brake the rockes before the Lord: *but* the Lord was not in the winde: and after the wind *came* an earthquake: *but* the Lord was not in the earthquake:

12 And after the earthquake *came* fyre: but the Lord was not in the fyre: & after the fyre *came* a stil and soft voyce.

13 And when Eliiah heard it, he couered his face with his mantel, & went out, & stode in the entring in of ye caue: & beholde, *there came a voyce* vnto him, and said, What doest thou here, Eliiah?

14 And he answered, I haue bene very ielous for the Lord God of hostes, because the children of Israel haue forsaken thy couenant, cast downe thine altars, and slaine thy Prophetes with the sworde, & I onely am left, and they seke my life to take it away.

15 And the Lord said vnto him, Go, returne by the wildernes vnto Damascus, and when thou commest *there*, anoynt Hazael King ouer Aram.

16 And Iehu the sonne of Nimshi shalt thou anoint King ouer Israel: & Elisha the sonne of Shaphat of Abel Meholah shalt thou anoynt to be Prophet in thy rouse.

17 And him that escapeth from the sworde of Hazael, shal Iehu slaye: and him that escapeth from the sworde of Iehu, shal Elisha slay.

18 Yet wil I leaue seuen thousand in Israel, *euen* all the knees that haue not bowed vnto Baal, and euerie mouth that hathe not kissed him.

19 ¶ So he departed thence, and found Elisha the sonne of Shaphat who was plowing with twelue yoke of oxen before him, and was with the twelft: & Eliiah went towards him, and cast his mantel vpon him.

20 And he left the oxen, & ran after Eliiah, and said, Let me, I pray thee, kisse my father and my mother, and then I wil follow thee. Who answered him, Go, returne: for what haue I done to thee?

21 And when he went backe againe from him, he toke a couple of oxen, and sl we them, and sod their flesh with the instruments of the oxen, and gaue vnto the people, & they did eat: then he arose and went after Eliiah, and ministred vnto him.

Morning Prayer: 2nd Lesson: Matthew 5

C H A P. V.

ANd when he sawe the multitude, he went vp into a mountaine: and when he was set, his disciples came to him.

2 And he opened his mouthe and taught them, saying,

3 Blessed *are* the poore in spirit, for theirs is the kingdome of heauen.

4 Blessed *are* they that mourne: for they shal be comforted.

5 Blessed *are* the meke: for they shal inherite the earth.

6 Blessed *are* they which hunger & thirst for righteousnes: for they shal be filled.

- 7 Blessed *are* the merciful: for thei shal obtaine mercie.
- 8 Blessed *are* the pure in heart: for they shall se God.
- 9 Blessed *are* the peace makers: for they shalbe called the children of God.
- 10 Blessed *are* they which suffer persecution for righteousnes sake: for theirs is the kingdome of heauen.
- 11 Blessed shall ye be when men reuile you, and persecute *you*, and say all maner of euill against you for my sake, falsely.
- 12 Reioyce and be glad, for great is your rewarde in heauen: for so persecuted they the Prophets which were before you.
- 13 Ye are the salte of the earth: but if the salte haue lost his sauour, wherewith shal it be salted? It is thenceforth good for nothing, but to be cast out, & to be troden vnderfote of men.
- 14 Ye are the light of the worlde. A citie that is set on an hill, can not be hid.
- 15 Nether do men light a candel, and put it vnder a bushel, but on a candelsticke, & it giueth light vnto all that are in the house.
- 16 Let your light so shine before men, that they may se your good workes, & glorifie your Father which is in heauen.
- 17 Thinke not that I am come to destroye the Law, or the Prophetes. I am not come to destroye them, but to fulfil them.
- 18 For truely I say vnto you, Til heauen, and earth perish, one iote or one title of the Law shal not scape, til all things be fulfilled.
- 19 Whosoeuer therefore shal breake one of these least commandements, & teach men so, he shalbe called the least in the kingdome of heauen: but whosoeuer shal obserue and teach *them*, the same shall be called great in the kingdome of heauen.
- 20 For I say vnto you, except your righteousnes excede the *righteousnes* of the Scribes and Pharises, ye shal not enter into the kingdome of heauen.

21 Ye haue heard that it was said vnto them of the olde time,
Thou shalt not kill: for whosoever killeth shal be culpable of
iudgement.

22 But I say vnto you, whosoever is angrie with his brother
vnaduisedly, shal be culpable of iudgment. And whosoever saieth
vnto his brother, Raca, shalbe worthie to be punished by the
Counsel; whosoever shal say, Foole, shalbe worthie to be punished
with hel fyre.

23 If then thou bring thy gift to the altar, & there remembrest that
thy brother hathe oght against thee,

24 Leau there thine offring before the altar, and go thy way: first
be reconciled to thy brother, & then come & offer thy gift.

25 Agre with thine aduersarie quickly, whiles thou art in the way
with him, lest thine aduersarie deliuer thee to the iudge, and the
iudge deliuer thee to the sergeant, and thou be cast into prison.

26 Verely I say vnto thee, thou shalt not come out thence, til thou
hast payed the vtmost farthing.

27 ¶ Ye haue heard that it was said to them of olde time, Thou
shalt not commit adulterie.

28 But I say vnto you, that whosoever loketh on a woman to lust
after her, hathe committed adulterie with her already in his heart.

29 Wherefore if thy right eye cause thee to offend, plucke it out,
and cast it from thee: for better it is for thee, that one of thy
members perish, then that thy whole bodie shulde be cast into hel.

30 Also if thy right hand make thee to offend, cut it of, and cast it
from thee: for better it is for thee that one of thy members perish,
then that thy whole bodie shulde be cast into hel.

31 It hath bene sayd also, Whosoever shal put away his wife, let
him giue her a testimonial of diuorcement.

32 But I say vnto you, whosoever shall put away his wife (except it be for fornication) causeth her to commit adulterie: and whosoever shall marie her that is diuorced, committeth adulterie.

33 Againe, ye haue heard that it was said to them of olde time, Thou shalt not forswear thy self, but shalt performe thine othes to the Lord.

34 But I say vnto you, Swear not at all, nether by heauen, for it is the throne of God:

35 Nor yet by the earth: for it is his fote stole: neither by Ierusalem: for it is the citie of the great King.

36 Nether shalt thou swear by thine head, because thou canst not make one heare white or blacke.

37 But let your communication be Yea, yea: Nay, nay. For whatsoever *is* more then these, commeth of euill.

38 ¶ Ye haue heard that it hathe bene said, An eye for an eye, & a tooth for a tooth.

39 But I say vnto you, Resist not euill: but whosoever shall smite thee on thy right cheke, turne to him the other also.

40 And if anie man wil sue thee at the law, and take away thy coate, let him haue thy cloke also.

41 And whosoever wil compell thee *to go* a mile, go with him twaine.

42 Giue to him that asketh, and from him that wolde borrow of thee, turne not away.

Ye haue heard that it hathe bene said, Thou shalt loue thy neighbour, and hate thine enemye.

44 But I say vnto you, Loue your enemies: blesse them that curse you: do good to them that hate you, and praye for them which hurt you, and persecute you,

45 That ye may be the children of your Father that is in heauen:
for he maketh his sunne to arise on the euil, and the good, and
sendeth raine on the iuste, & vniuste.

46 For if ye loue them, which loue you, what rewarde shal you
haue? Doe not the Publicanes euen the same?

47 And if ye be friendly to your brethren onely, what singular
thing do ye? doe not euen the Publicanes likewise?

48 Ye shal therefore be perfite, as your Father which is in heauen,
is perfite.

Evening Prayer: Psalm 37

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

¶ A Psalme of *Dauid*.

FReate not thy self because of the wicked men, nether be
enuious for the euil doers.

2 For they shal soone be cut downe like grasse, and shal wither as
the grene herbe.

3 Trust thou in the Lord & do good: dwel in the land, & thou shalt
be fed assuredly.

4 And delite thy self in the Lord, and he shal giue thee thine
hearts desire.

5 Commit thy way vnto the Lord, and trust in him, and he shal
bring it to passe.

6 And he shal bring forthe thy righteousnes as the light, & thy
iudgement as the noone day.

7 Waite patiently vpon the Lord and hope in him: freat not thy
self for him which prospereth in his waye: *nor* for the man that
bringeth *his* enterprises to passe.

8 Cease from angre, & leaue of wrath: freat not thy selfe also to
do euil.

9 For euil doers shalbe cut of, and they that waite vpon the Lord, they shal inherite the land.

10 Therefore yet a litle while, and the wicked shal not *appeare*, and thou shalt loke after his place, and he shal not *be founde*.

11 But meeke men shal possesse the earth, and shal haue their delite in the multitude of peace.

12 The wicked practiseth against the iust, and gnasheth his teeth against him.

13 *But* the Lord shall laugh him to scorne: for he seeth, that his daye is coming.

14 The wicked haue drawne *their* sworde, and haue bent their bowe, to cast downe the poore and needie, *and* to slay such as be of vpright conuersation.

15 *But* their sworde shall entre into their owne heart, & their bowes shal be broken.

16 A small thing vnto the iust man is better, then great riches to the wicked *and* mightie.

17 For the armes of the wicked shalbe broken: but the Lord vpholdeth the iust men.

18 The Lord knoweth the dayes of vpright men, and their inheritance shalbe perpetual.

19 They shal not be confounded in the perilous time, and in the dayes of famine they shal haue ynough.

20 But the wicked shal perish, and the enemies of the Lord shalbe consumed as the fat of lambes: *euen* with the smoke shal they consume awaye.

21 The wicked borroweth and payeth not againe. but the righteous is merciful, and giueth.

22 For suche as be blessed *of God*, shal inherit the land, & they that be cursed of him, shalbe cut of.

23 The paths of man are directed by the Lord: for he loueth his way.

24 Though he fall, hee shal not be cast of: for the Lord putteth vnder his hand.

25 I haue bene yong and am olde: yet I saw neuer the righteous forsaken, nor his sede begging bread.

26 *But* he is euer mercifull and lendeth, and his sede *enioyeth* the blessing.

27 Flee from euil and do good, and dwel for euer.

28 For the Lord loueth iudgement, & forsaketh not his Saints: they shalbe preserued for euermore: but the sede of the wicked shalbe cut of.

29 The righteous men shal inherit the land, and dwel therein for euer.

30 The mouth of the righteous will speake of wisdom, and his tongue wil talke of iudgement.

31 *For* the Law of his God *is* in his heart, & his steppes shal not slide.

32 The wicked watcheth the righteous, and seketh to slay him.

33 *But* the Lord wil not leaue him in his hand, nor condemne him, when he is iudged.

34 Waite thou on the Lord, and kepe his way, & he shal exalt thee, that thou shalt inherit the land: when the wicked men shal perish, thou shalt se.

35 I haue sene the wicked strong, & spreading him self like a grene bay tre.

36 Yet he passed away, and lo, he was gone, and I soght him, but he colde not be founde.

37 Marke the vpright man, and beholde the iust: for the end of *that* man *is* peace.

38 But the transgressours shalbe destroyed together, *and* the end of the wicked shalbe cut of.

39 But the saluation of the righteous men *shalbe* of the Lord: he *shalbe* their strength in the time of trouble.

40 For the Lord shal helpe them, and deliuer them: he shal deliuer them from the wicked, and shal saue them, because they trust in him.

Evening Prayer: 1st Lesson: 1 Kings 20

C H A P. X X.

THen Ben-hadad the King of Aram assembled all his armie, and two & thirtie Kings with him, with horses, & charets, and went vp, and besieged Samaria, and foght against it.

2 And he sent messengers to Ahab King of Israel, into the citie,

3 And said vnto him, Thus sayth Ben-hadad, Thy siluer and thy golde is mine: also thy women, and thy faire children are mine.

4 And the King of Israel answered, and said, My lord King, according to thy saying, I am thine, and all that I haue.

5 And when the messengers came againe, they said, Thus comandeth Ben-hadad, & sayth, When I shal send vnto thee, and commande, thou shalt deliuer me thy siluer & thy golde, & thy women, & thy children,

6 Or els I wil sende my seruants vnto thee by to morow this time: and they shal search thine house, and the houses of thy seruants: and whatsoeuer is pleasant in thine eyes, they shal take it in their hands, and bring it away.

7 Then the King of Israel sent for all the Elders of the land, and said, Take hede, I pray you, and se how he seketh mischief: for he sent vnto me for my wiues, and for my children, and for my siluer, and for my golde, and I denyed him not.

8 And all the Elders, & all the people said to him, Hearken not vnto him, nor consent.

9 Wherefore he said vnto the messengers of Ben-hadad, Tel my lord the King, All that thou didest send for to thy seruant at the first time, that I wil do, but this thing I may not do. And the messengers departed, and broght him an answer.

10 And Ben-hadad sent vnto him, & said, The gods do so to me & more also, if the dust of Samaria be ynough to all the people that followe me, for euerie man an handful.

11 And the King of Israel answered, and said, Tel *him*, Let not him that girdeth *his harnes*, boast him selfe, as he that putteth it of.

12 And when he heard that tidings, as he was with the Kings drinking in the paultions, he said vnto his seruants, Bring forthe *your engines*, and thei set them against the citie.

13 ¶ And beholde, there came a Prophet vnto Ahab King of Israel, saying, Thus saith the Lord, Hast thou sene all this great multitude? beholde, I wil deliuer it into thine hande this day, that thou maiest knowe, that I am the Lord.

14 And Ahab said, By whome? And he said, Thus saith the Lord, By the seruants of the princes of the prouinces. He said againe, Who shal ordre the battel? And he answered, Thou.

15 ¶ Then he nombred the seruantes of the princes of the prouinces, and they were two hundreth, two and thirtie: & after them he nombred the whole people of all the children of Israel, *euen* seuen thousande.

16 And they went out at noone: but Ben-hadad did drinke til he was dronken in the tentes, *bothe* he & the Kings: *for* two & thirtie Kings helped him.

17 So the seruants of the princes of the prouinces went out first: & Ben-hadad sent out, and they shewed him, saying, There are men come out of Samaria.

18 And he said, Whether they be come out for peace, take them aliue: or whether they be come out to fight, take them yet aliue.

19 So they came out of the citie, *to wit*, the seruants of the princes of the prouinces, and the hoste which followed them.

20 And they slewe euerie one hisemie: and the Aramites fled, and Israel pursued them: but Ben-hadad the King of Aram escaped on an horse with *his* horsemen.

21 And the King of Israel went out, and smote the horses and charets, and with a great slaughter slewe he the Aramites.

22 (For there had come a Prophet to the King of Israel, & had said vnto him, Go, be of good courage, and consider, and take hede what thou doest: for when the yere is gone about, the King of Aram wil come vp against thee)

23 ¶ Then the seruants of the King of Aram said vnto him, Their gods are gods of the mountaines, and therefore they ouercame vs: but let vs fight against them in the plaine, and douteles we shal ouercome them.

24 And this do, Take the Kings away, euerie one out of his place, and place captaines for them.

25 And nomber thy selfe an armie, like the armie that thou hast lost, with suche horses, and suche charets, & we wil fight against them in the plaine, and douteles we shal ouercome them: and he hearkened vnto their voyce, and did so.

26 And after the yere was gone about, Ben-hadad nombred the Aramites, and went vp to Aphek to fight against Israel.

27 And the children of Israel were nombred, and were all assembled and went against them, and the children of Israel pitched before them, like two litle flockes of kiddes: but the Aramites filled the countrey.

28 And there came a man of God, and spake vnto the King of Israel, saying, Thus sayth the Lord, Because the Aramites haue

said, The Lord is the God of the mountaines, and not God of the valleis, therefore wil I deliuer all this great multitude into thine hand, and ye shal knowe that I am the Lord.

29 And they pitched one ouer against the other seuen dayes, & in the seuenth day the battel was ioyned: and the children of Israel slew of the Aramites an hundreth thousand fotemen in one day.

30 But the rest fled to Aphek into the citie: & there fel a wall vpon seuen & twentie thousand men that were left: and Ben-hadad fled into the citie, and came into a secret chamber.

31 ¶ And his seruants said vnto him, Beholde now, we haue heard say that the Kings of the house of Israel are merciful Kings: we pray thee, let vs put sackcloth about our loynes, and ropes about our heades, & go out to the King of Israel: it may be that he wil saue thy life.

32 Then they girded sackcloth about their loynes, and *put* ropes about their heades, and came to the King of Israel, and said, Thy seruant Ben-hadad saith, I pray thee, let me liue: and he said, Is he yet aliue? he is my brother.

33 Now the men toke diligent hede, if they colde catche *anie thing* of him, and made haste, & said, Thy brother Ben-hadad. And he said, Go, bring him. So Ben-hadad came out vnto him, and he caused him to come vp vnto the chariot.

34 And *Ben-hadad* said vnto him, The cities, which my father toke from thy father, I wil restore, and thou shalt make stretes for thee in Damascus, as my father did in Samaria. Then *said Ahab*, I wil let thee go with this couenant. So he made a couenant with him, and let him go.

35 ¶ Then a certeine man of the children of the Prophetes said vnto his neighbour by the comandement of the Lord, Smite me, I pray thee. But the man refused to smite him.

36 Then said he vnto him, Because thou hast not obeyed the voyce of the Lord, beholde, assone as thou art departed from me, a lyon shal slay thee. So when he was departed from him, a lyon found him and slewe him.

37 Then he found another man, and said, Smite mee, I pray thee. And the man smote him, and in smiting wounded *him*.

38 So the Prophet departed, and waited for the King by the way, and disguysed him selfe with asshes vpon his face.

39 And when the King came by, he cryed vnto the King, and said, Thy seruant went into the middes of the battel: and beholde, there went away a man, whom *another* man broght vnto me, and said, Kepe this man: if he be lost, and want, thy life shal go for his, or els thou shalt paye a talent of siluer.

40 And as thy seruant had here and there to do, he was gone: And the King of Israel said vnto him, So shal thy iudgement be: thou hast giuen sentence.

41 And he hasted, and toke the asshes away from his face: and the King of Israel knew him that he was of the Prophetes:

42 And he said vnto him, Thus saith the Lord, Because thou hast let go out of *thine* hands a man whom I appointed to dye, thy life shall go for his life, and thy people for his people.

43 And the King of Israel went to his house heauy and in displeasure, & came to Samaria.

Evening Prayer: 2nd Lesson: Romans 6

C H A P. V I.

WHat shall we say then? Shal we continue stil in sinne, that grace may abunde? God forbid.

2 How shal we, that are dead to sinne, liue yet therein?

- 3 Knowe ye not, that all we which haue bene baptized into Iesus Christ, haue bene baptized into his death?
- 4 We are buryed then with him by baptisme into his death, that like as Christ was raised vp from the dead to the glorie of the Father, so we also shulde walke in newnes of life.
- 5 For if we be grafted with him to the similitude of his death, euen so shal we be *to the similitude* of his resurrection,
- 6 Knowing this, that our olde man is crucified with him, that the bodie of sinne might be destroyed, that henceforthe we shulde not serue sinne.
- 7 For he that is dead, is freed from sinne.
- 8 Wherefore, if we bee dead with Christ, we beleue that we shal liue also with him,
- 9 Knowing that Christ being raised from the dead, dyeth no more: death hath no more dominion ouer him.
- 10 For in that he dyed, he dyed once to sinne: but in that he liueth, he liueth to God.
- 11 Likewise thinke ye also, that ye are dead to sinne, but are aliue to God in Iesus Christ our Lord.
- 12 Let not sinne reigne therefore in your mortal bodie, that ye shulde obey it in the lustes thereof:
- 13 Nether giue ye your membres, *as* weapons of vnrighteousnes vnto sinne: but giue your selues vnto God, as they that are aliue from the dead, and *giue* your members *as* weapons of righteousness vnto God.
- 14 For sinne shal not haue dominion ouer you: for ye are not vnder the Law, but vnder grace.
- 15 What then? shal we sinne, because we are not vnder the Law, but vnder grace? God forbid.

16 Knowe ye not, that to whomesoeuer ye giue your selues as seruants to obey, his seruants ye are to whome ye obey, whether it be of sinne vnto death, or of obedience vnto righteousnes?

17 But God *be* thanked, that ye haue bene the seruants of sinne, but ye haue obeyed from the heart vnto the forme of the doctrine, wherunto ye were deliuered.

18 Being then made fre from sinne, yee are made the seruants of righteousnes.

19 I speake after the maner of man, because of the infirmitie of your flesh: for as ye haue giuen your members seruants to vncleannes and to iniquitie, to *commit* iniquitie, so now giue your mebers seruants vnto righteousnes in holines.

20 For when ye were the seruants of sinne, ye were freed from righteousnes.

21 What frute had ye then in those things, whereof ye are now ashamed? For the ende of those things *is* death.

22 But now being freed from sinne, and made seruants vnto God, ye haue your frute in holines, and the end, euerlasting life.

23 For the wages of sinne is death: but the gifte of God *is* eternal life, through Iesus Christ our Lord.

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