



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services
according to
The Anglican Prayer book
of Australia

11-17 January 2021

Monday 11 January

Psalms 28; 29

28

- 1 To you will I cry, O Lord my Rock,
be not deaf to my prayer:
lest, if you turn away silent,
I become like those that go down to the grave.
- 2 Hear the voice of my supplication
when I cry to you for help:
when I lift up my hands
toward the holiest place of your sanctuary.
- 3 Do not snatch me away with the ungodly,
with the evildoers:
who speak peace to their neighbours,
but nourish malice in their hearts.
- 4 Repay them according to their deeds:
and according to the wickedness of their endeavours;
- 5 Requite them for the work of their hands:
and give them their deserts.
- 6 For they pay no heed to the Lord's acts,
nor to the operation of his hands:
therefore shall he break them down
and not build them up.
- 7 Let the Lord's name be praised:
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,
in him my heart trusts and I am helped:
therefore my heart dances for joy,
and in my song will I praise him.
- 9 The Lord is the strength of his people:
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:
be their shepherd, and bear them up for ever.

29

- 1 Ascribe to the Lord, you powers of heaven:
ascribe to the Lord glory and might.
- 2 Ascribe to the Lord the honour due to his name:
O worship the Lord in the beauty of his holiness.
- 3 The voice of the Lord is upon the waters:
the God of glory thunders,
the Lord upon the great waters.
- 4 The voice of the Lord is mighty in operation:
the voice of the Lord is a glorious voice.
- 5 The voice of the Lord breaks the cedar-trees:
the Lord breaks in pieces the cedars of Lebanon.
- 6 He makes them skip like a calf:
Lebanon and Sirion like a young wild ox.

- 7 The voice of the Lord divides the lightning-flash:
the voice of the Lord whirls the sands of the desert,
the Lord whirls the desert of Kadesh.
- 8 The voice of the Lord rends the terebinth trees,
and strips bare the forests:
in his temple all cry 'Glory.'
- 9 The Lord sits enthroned above the water-flood:
the Lord sits enthroned as a king for ever.
- 10 The Lord will give strength to his people:
the Lord will give to his people the blessing of peace.

John 6.28-40

²⁸ Then they said to him, 'What must we do to perform the works of God?'

²⁹ Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.'³⁰ So they said to him, 'What sign are you going to give us then, so that we may see it and believe you? What work are you performing?'³¹ Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat."'³² Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven.³³ For the bread of God is that which comes down from heaven and gives life to the world.'³⁴ They said to him, 'Sir, give us this bread always.'

³⁵ Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.'³⁶ But I said to you that you have seen me and yet do not believe.'³⁷ Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away;³⁸ for I have come down from heaven, not to do my own will, but the will of him who sent me.'³⁹ And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day.'⁴⁰ This is indeed the will of my Father, that all who see the Son and believe in him may have eternal life; and I will raise them up on the last day.'

Tuesday 12 January

Psalm 33

- 1 Rejoice in the Lord, you righteous:
for it befits the just to praise him.
- 2 Give the Lord thanks upon the harp:
and sing his praise to the lute of ten strings.
- 3 O sing him a new song:
make sweetest melody, with shouts of praise.
- 4 For the word of the Lord is true:
and all his works are faithful.
- 5 He loves righteousness and justice:
the earth is filled with the loving-kindness of the Lord.
- 6 By the word of the Lord were the heavens made:
and their numberless stars by the breath of his mouth.
- 7 He gathered the waters of the sea as in a water-skin:
and laid up the deep in his treasuries.
- 8 Let the whole earth fear the Lord:
and let all the inhabitants of the world
stand in awe of him.
- 9 For he spoke, and it was done:
he commanded, and it stood fast.
- 10 The Lord frustrates the counsels of the nations:
he brings to nothing the devices of the peoples.
- 11 But the counsels of the Lord shall endure for ever:
the purposes of his heart from generation to generation.
- 12 Blessed is that nation whose God is the Lord:
the people he chose to be his own possession.
- 13 The Lord looks down from heaven
and surveys all the children of Adam:
he considers from his dwelling-place
all the inhabitants of the earth;
- 14 He who fashioned the hearts of them all:
and comprehends all that they do.
- 15 A king is not saved by a mighty army:
nor is a warrior delivered by much strength;
- 16 A horse is a vain hope as a deliverer:
nor can he rescue any by his great power.
- 17 But the eye of the Lord is on those that fear him:
on those that trust in his unfailing love,
- 18 To deliver them from death:
and to feed them in the time of dearth.
- 19 We have waited eagerly for the Lord:
for he is our help and our shield.
- 20 Surely our hearts shall rejoice in him:
for we have trusted in his holy name.
- 21 Let your merciful kindness be upon us, O Lord:
even as our hope is in you.

John 6.41-59

⁴¹ Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' ⁴² They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' ⁴³ Jesus answered them, 'Do not complain among yourselves. ⁴⁴ No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵ It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. ⁴⁶ Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷ Very truly, I tell you, whoever believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate the manna in the wilderness, and they died. ⁵⁰ This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹ I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.' ⁵² The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' ⁵³ So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴ Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵ for my flesh is true food and my blood is true drink. ⁵⁶ Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷ Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸ This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' ⁵⁹ He said these things while he was teaching in the synagogue at Capernaum.

Wednesday 13 January

Psalm 35.1-17

- 1 Contend, O Lord, with those who contend with me:
fight against those that fight against me.
- 2 Take up shield and buckler:
and arise, arise to help me.
- 3 Draw the spear
and bar the way against those that pursue me:
say to me 'I am your deliverer.'
- 4 Let those that seek my life
be put to shame and disgraced:
let those that plot my destruction
be turned back and confounded.
- 5 Let them be like chaff before the wind:
with the angel of the Lord driving them;
- 6 Let their way be dark and slippery:
with the angel of the Lord pursuing.
- 7 For without cause
they have secretly spread a net for me:
without cause they have dug a pit to entrap me.
- 8 Let sudden disaster strike them:
let the net that they have hidden catch them,
let them fall to their destruction.
- 9 Then shall my soul be joyful in the Lord:
and I will rejoice in his deliverance.
- 10 All my bones shall say 'Lord, who is like you?:
for you deliver the poor
from those that are too strong for them,
the poor and needy
from those that would despoil them.'
- 11 Malicious witnesses rise up against me:
I am questioned about things of which I know nothing.
- 12 They repay me evil for good:
I am as one bereaved of my children.
- 13 Yet when they were sick, I put on sackcloth:
I afflicted myself with fasting.
- 14 And if my prayer returned unanswered to my bosom:
I went about mourning
as though for a brother or a companion;
- 15 I was bowed down with grief:
as though for my own mother.
- 16 But when I stumbled, they rejoiced and gathered together,
they gathered together against me:
as though they were strangers I never knew,
they tore at me without ceasing.
- 17 When I slipped, they mocked me:
and gnashed at me with their teeth.

John 6.60-71

⁶⁰ When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' ⁶¹ But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you?' ⁶² Then what if you were to see the Son of Man ascending to where he was before? ⁶³ It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴ But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵ And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' ⁶⁶ Because of this many of his disciples turned back and no longer went about with him. ⁶⁷ So Jesus asked the twelve, 'Do you also wish to go away?' ⁶⁸ Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. ⁶⁹ We have come to believe and know that you are the Holy One of God.' ⁷⁰ Jesus answered them, 'Did I not choose you, the twelve? Yet one of you is a devil.' ⁷¹ He was speaking of Judas son of Simon Iscariot, for he, though one of the twelve, was going to betray him.

Thursday 14 January

Psalm 34

- 1 I will bless the Lord continually:
his praise shall be always in my mouth.
- 2 Let my soul boast of the Lord:
the humble shall hear it and rejoice.
- 3 O praise the Lord with me:
let us exalt his name together.
- 4 For I sought the Lord's help and he answered:
and he freed me from all my fears.
- 5 Look towards him and be bright with joy:
your faces shall not be ashamed.
- 6 Here is a wretch who cried, and the Lord heard me:
and saved me from all my troubles.
- 7 The angel of the Lord encamps round those who fear him:
and delivers them in their need.
- 8 O taste and see that the Lord is good:
happy are they that hide in him!
- 9 Fear the Lord, all you his holy ones:
for those who fear him never lack.
- 10 Lions may suffer want and go hungry:
but those who seek the Lord lack nothing good.
- 11 Come, my children, listen to me:
and I will teach you the fear of the Lord.
- 12 Which of you relishes life:
wants time to enjoy good things?
- 13 Keep your tongue from evil:
and your lips from telling lies.
- 14 Turn from evil and do good:
seek peace and pursue it.
- 15 The eyes of God are on the righteous:
and his ears towards their cry.
- 16 The Lord sets his face against wrongdoers:
to root out their memory from the earth.
- 17 The righteous cry; the Lord hears it:
and frees them from all their afflictions.
- 18 The Lord is close to those who are broken-hearted:
and the crushed in spirit he saves.
- 19 The trials of the righteous are many:
but our God delivers us from them all.
- 20 He guards all our bones:
so that not one is broken.
- 21 Evil will slay the wicked:
and those who hate the righteous will be destroyed.
- 22 The Lord ransoms the lives of his servants:
and none who hide in him will be destroyed.

John 7.1-13

¹ After this Jesus went about in Galilee. He did not wish to go about in Judea because the Jews were looking for an opportunity to kill him. ² Now the Jewish festival of Booths was near. ³ So his brothers said to him, 'Leave here and go to Judea so that your disciples also may see the works you are doing; ⁴ for no one who wants to be widely known acts in secret. If you do these things, show yourself to the world.' ⁵ (For not even his brothers believed in him.) ⁶ Jesus said to them, 'My time has not yet come, but your time is always here. ⁷ The world cannot hate you, but it hates me because I testify against it that its works are evil. ⁸ Go to the festival yourselves. I am not going to this festival, for my time has not yet fully come.' ⁹ After saying this, he remained in Galilee. ¹⁰ But after his brothers had gone to the festival, then he also went, not publicly but as it were in secret.

¹¹ The Jews were looking for him at the festival and saying, 'Where is he?'

¹² And there was considerable complaining about him among the crowds. While some were saying, 'He is a good man', others were saying, 'No, he is deceiving the crowd.' ¹³ Yet no one would speak openly about him for fear of the Jews.

Friday 15 January

Psalm 37.1-17

- 1 Do not vie with the wicked:
or envy those that do wrong;
- 2 For they will soon wither like the grass:
and fade away like the green leaf.
- 3 Trust in the Lord and do good:
and you shall dwell in the land
and feed in safe pastures.
- 4 Let the Lord be your delight:
and he will grant you your heart's desire.
- 5 Commit your way to the Lord:
trust him, and he will act.
- 6 He will make your righteousness
shine as clear as the light:
and your innocence as the noonday.
- 7 Be still before the Lord, and wait patiently for him:
do not be vexed when someone prospers,
when they put their evil purposes to work.
- 8 Let go of anger and abandon wrath:
let not envy move you to do evil.
- 9 For the wicked shall be cut down:
but those who wait for the Lord shall possess the land.
- 10 In a little while the ungodly shall be no more:
you will look for them in their place,
but they will not be found.
- 11 But the meek shall possess the land:
and enjoy the abundance of peace.
- 12 The ungodly plot against the righteous:
and gnash at them with their teeth.
- 13 But the Lord shall laugh them to scorn:
for he sees that the day for their overthrow is near.
- 14 The ungodly have drawn the sword and strung the bow:
to strike down the poor and needy,
to slaughter those that walk in innocence.
- 15 Their swords shall pierce their own hearts:
and their bows shall be broken.
- 16 Though the righteous has but a little:
it is better than the great wealth of the ungodly.
- 17 For the strong arm of the ungodly shall be broken:
but the Lord upholds the righteous.

John 7.14-24

¹⁴ About the middle of the festival Jesus went up into the temple and began to teach. ¹⁵ The Jews were astonished at it, saying, 'How does this man have such learning, when he has never been taught?' ¹⁶ Then Jesus answered them, 'My teaching is not mine but his who sent me.' ¹⁷ Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own. ¹⁸ Those who speak on their own seek their own glory; but the one who seeks the glory of him who sent him is true, and there is nothing false in him. ¹⁹ 'Did not Moses give you the law? Yet none of you keeps the law. Why are you looking for an opportunity to kill me?' ²⁰ The crowd answered, 'You have a demon! Who is trying to kill you?' ²¹ Jesus answered them, 'I performed one work, and all of you are astonished. ²² Moses gave you circumcision (it is, of course, not from Moses, but from the patriarchs), and you circumcise a man on the sabbath. ²³ If a man receives circumcision on the sabbath in order that the law of Moses may not be broken, are you angry with me because I healed a man's whole body on the sabbath? ²⁴ Do not judge by appearances, but judge with right judgement.'

Saturday 16 January

Psalm 38

- 1 O Lord, rebuke me not in your anger:
nor chasten me in your fierce displeasure.
- 2 For your arrows have been aimed against me:
and your hand has come down heavy upon me.
- 3 There is no health in my flesh
because of your indignation:
nor soundness in my bones, by reason of my sin.
- 4 The tide of my iniquities has gone over my head:
their weight is a burden too heavy for me to bear.
- 5 My wounds stink and fester:
because of my foolishness.
- 6 I am bowed down and brought so low:
that I go mourning all the day long.
- 7 For my loins are filled with a burning pain:
and there is no sound part in all my body.
- 8 I am numbed and stricken to the ground:
I cry aloud in the yearning of my heart.
- 9 O Lord, all I long for is before you:
and my deep sighing is not hidden from you.
- 10 My heart is in tumult, my strength fails me:
and even the light of my eyes has gone from me.
- 11 My friends and my companions
hold aloof from my affliction:
and my neighbours stand far off.
- 12 Those who seek my life strike at me:
and those that desire my hurt spread evil tales,
and murmur slanders all the day.
- 13 But I am like one who is deaf and hears nothing:
like those that are dumb, who do not open their mouths.
- 14 So I have become as one who cannot hear:
in whose mouth there is no retort.
- 15 For in you, Lord, have I put my trust:
and you will answer me, O Lord my God.
- 16 For I prayed 'Let them never exult over me:
those who turn arrogant when my foot slips.'
- 17 Truly, I am ready to fall:
and my pain is with me continually.
- 18 But I acknowledge my wickedness:
and I am filled with sorrow at my sin.
- 19 Those that are my enemies without cause
are great in number:
and those who hate me wrongfully are many.
- 20 Those also who repay evil for good are against me:
because I seek after good.
- 21 Forsake me not, O Lord,
go not far from me, my God:
hasten to my help, O Lord my salvation.

John 7.25-36

²⁵ Now some of the people of Jerusalem were saying, 'Is not this the man whom they are trying to kill?' ²⁶ And here he is, speaking openly, but they say nothing to him! Can it be that the authorities really know that this is the Messiah? ²⁷ Yet we know where this man is from; but when the Messiah comes, no one will know where he is from.' ²⁸ Then Jesus cried out as he was teaching in the temple, 'You know me, and you know where I am from. I have not come on my own. But the one who sent me is true, and you do not know him.' ²⁹ I know him, because I am from him, and he sent me.' ³⁰ Then they tried to arrest him, but no one laid hands on him, because his hour had not yet come. ³¹ Yet many in the crowd believed in him and were saying, 'When the Messiah comes, will he do more signs than this man has done?' ³² The Pharisees heard the crowd muttering such things about him, and the chief priests and Pharisees sent temple police to arrest him. ³³ Jesus then said, 'I will be with you a little while longer, and then I am going to him who sent me.' ³⁴ You will search for me, but you will not find me; and where I am, you cannot come.' ³⁵ The Jews said to one another, 'Where does this man intend to go that we will not find him? Does he intend to go to the Dispersion among the Greeks and teach the Greeks?' ³⁶ What does he mean by saying, "You will search for me and you will not find me" and, "Where I am, you cannot come"?'

Sunday 17 January

Psalm 47

- 1 O clap your hands, all you peoples:
and cry aloud to God with shouts of joy.
- 2 For the Lord Most High is to be feared:
he is a great king over all the earth.
- 3 He cast down peoples under us:
and the nations beneath our feet.
- 4 He chose us a land for our possession:
that was the pride of Jacob, whom he loved.
- 5 God has gone up with the sound of rejoicing:
and the Lord to the blast of the horn.
- 6 O sing praises, sing praises to God:
O sing praises, sing praises to our king.
- 7 For God is the king of all the earth:
O praise him in a well-wrought psalm.
- 8 God has become the king of the nations:
he has taken his seat upon his holy throne.
- 9 The princes of the peoples are gathered together:
with the people of the God of Abraham.
- 10 For the mighty ones of the earth
are become the servants of God:
and he is greatly exalted.

1 John 2.3-11

³ Now by this we may be sure that we know him, if we obey his commandments. ⁴ Whoever says, 'I have come to know him', but does not obey his commandments, is a liar, and in such a person the truth does not exist; ⁵ but whoever obeys his word, truly in this person the love of God has reached perfection. By this we may be sure that we are in him: ⁶ whoever says, 'I abide in him', ought to walk just as he walked. ⁷ Beloved, I am writing you no new commandment, but an old commandment that you have had from the beginning; the old commandment is the word that you have heard. ⁸ Yet I am writing you a new commandment that is true in him and in you, because the darkness is passing away and the true light is already shining. ⁹ Whoever says, 'I am in the light', while hating a brother or sister, is still in the darkness. ¹⁰ Whoever loves a brother or sister lives in the light, and in such a person there is no cause for stumbling. ¹¹ But whoever hates another believer is in the darkness, walks in the darkness, and does not know the way to go, because the darkness has brought on blindness.

