



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia  
13-19 July 2020

## Monday 13 July

### 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 5.1-18**

<sup>1</sup> After this there was a festival of the Jews, and Jesus went up to Jerusalem.

<sup>2</sup> Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. <sup>3</sup> In these lay many invalids—blind, lame, and paralysed. <sup>5</sup> One man was there who had been ill for thirty-eight years.

<sup>6</sup> When Jesus saw him lying there and knew that he had been there a long time, he said to him, 'Do you want to be made well?' <sup>7</sup> The sick man answered him, 'Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.' <sup>8</sup> Jesus said to him, 'Stand up, take your mat and walk.' <sup>9</sup> At once the man was made well, and he took up his mat and began to walk. Now that day was a sabbath. <sup>10</sup> So the Jews said to the man who had been cured, 'It is the sabbath; it is not lawful for you to carry your mat.' <sup>11</sup> But he answered them, 'The man who made me well said to me, "Take up your mat and walk."' <sup>12</sup> They asked him, 'Who is the man who said to you, "Take it up and walk"?' <sup>13</sup> Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there. <sup>14</sup> Later Jesus found him in the temple and said to him, 'See, you have been made well! Do not sin any more, so that nothing worse happens to you.' <sup>15</sup> The man went away and told the Jews that it was Jesus who had made him well. <sup>16</sup> Therefore the Jews started persecuting Jesus, because he was doing such things on the sabbath. <sup>17</sup> But Jesus answered them, 'My Father is still working, and I also am working.' <sup>18</sup> For this reason the Jews were seeking all the more to kill him, because he was not only breaking the sabbath, but was also calling God his own Father, thereby making himself equal to God.

## Tuesday 14 July

### 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 5.19-30**

<sup>19</sup> Jesus said to them, 'Very truly, I tell you, the Son can do nothing on his own, but only what he sees the Father doing; for whatever the Father does, the Son does likewise. <sup>20</sup> The Father loves the Son and shows him all that he himself is doing; and he will show him greater works than these, so that you will be astonished. <sup>21</sup> Indeed, just as the Father raises the dead and gives them life, so also the Son gives life to whomsoever he wishes. <sup>22</sup> The Father judges no one but has given all judgement to the Son, <sup>23</sup> so that all may honour the Son just as they honour the Father. Anyone who does not honour the Son does not honour the Father who sent him. <sup>24</sup> Very truly, I tell you, anyone who hears my word and believes him who sent me has eternal life, and does not come under judgement, but has passed from death to life. <sup>25</sup> 'Very truly, I tell you, the hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live. <sup>26</sup> For just as the Father has life in himself, so he has granted the Son also to have life in himself; <sup>27</sup> and he has given him authority to execute judgement, because he is the Son of Man. <sup>28</sup> Do not be astonished at this; for the hour is coming when all who are in their graves will hear his voice <sup>29</sup> and will come out—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation. <sup>30</sup> 'I can do nothing on my own. As I hear, I judge; and my judgement is just, because I seek to do not my own will but the will of him who sent me.

## Wednesday 15 July

### 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 5.30-47**

<sup>30</sup> 'I can do nothing on my own. As I hear, I judge; and my judgement is just, because I seek to do not my own will but the will of him who sent me. <sup>31</sup> 'If I testify about myself, my testimony is not true. <sup>32</sup> There is another who testifies on my behalf, and I know that his testimony to me is true. <sup>33</sup> You sent messengers to John, and he testified to the truth. <sup>34</sup> Not that I accept such human testimony, but I say these things so that you may be saved. <sup>35</sup> He was a burning and shining lamp, and you were willing to rejoice for a while in his light. <sup>36</sup> But I have a testimony greater than John's. The works that the Father has given me to complete, the very works that I am doing, testify on my behalf that the Father has sent me. <sup>37</sup> And the Father who sent me has himself testified on my behalf. You have never heard his voice or seen his form, <sup>38</sup> and you do not have his word abiding in you, because you do not believe him whom he has sent. <sup>39</sup> 'You search the scriptures because you think that in them you have eternal life; and it is they that testify on my behalf. <sup>40</sup> Yet you refuse to come to me to have life. <sup>41</sup> I do not accept glory from human beings. <sup>42</sup> But I know that you do not have the love of God in you. <sup>43</sup> I have come in my Father's name, and you do not accept me; if another comes in his own name, you will accept him. <sup>44</sup> How can you believe when you accept glory from one another and do not seek the glory that comes from the one who alone is God? <sup>45</sup> Do not think that I will accuse you before the Father; your accuser is Moses, on whom you have set your hope. <sup>46</sup> If you believed Moses, you would believe me, for he wrote about me. <sup>47</sup> But if you do not believe what he wrote, how will you believe what I say?'

## Thursday 16 July

### 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 6.1-15**

<sup>1</sup> After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. <sup>2</sup> A large crowd kept following him, because they saw the signs that he was doing for the sick. <sup>3</sup> Jesus went up the mountain and sat down there with his disciples. <sup>4</sup> Now the Passover, the festival of the Jews, was near. <sup>5</sup> When he looked up and saw a large crowd coming towards him, Jesus said to Philip, 'Where are we to buy bread for these people to eat?' <sup>6</sup> He said this to test him, for he himself knew what he was going to do. <sup>7</sup> Philip answered him, 'Six months' wages would not buy enough bread for each of them to get a little.' <sup>8</sup> One of his disciples, Andrew, Simon Peter's brother, said to him, <sup>9</sup> 'There is a boy here who has five barley loaves and two fish. But what are they among so many people?' <sup>10</sup> Jesus said, 'Make the people sit down.' Now there was a great deal of grass in the place; so they sat down, about five thousand in all. <sup>11</sup> Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. <sup>12</sup> When they were satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' <sup>13</sup> So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. <sup>14</sup> When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.'  
<sup>15</sup> When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself.

## Friday 17 July

### Psalm 40

- 1 I waited patiently for the Lord:  
and he inclined to me and heard my cry.
- 2 He brought me up from the pit of roaring waters,  
out of the mire and clay:  
and set my feet upon a rock, and made firm my foothold.
- 3 And he has put a new song in my mouth:  
even a song of thanksgiving to our God.
- 4 Many shall see it and fear:  
and shall put their trust in the Lord.
- 5 Blessed are those who have made the Lord their hope:  
who have not turned to the proud,  
or to those who wander in deceit.
- 6 O Lord my God, great are the wonderful things  
which you have done,  
and your thoughts which are towards us:  
there is none to be compared with you;
- 7 Were I to declare them and speak of them:  
they are more than I am able to express.
- 8 Sacrifice and offering you do not desire:  
but my ears you have marked for obedience;
- 9 Burnt-offering and sin-offering you have not required:  
then said I, Lo, I come.
- 10 In the scroll of the book it is written of me,  
that I should do your will:  
O my God, I long to do it, your law delights my heart.
- 11 I have declared your righteousness  
in the great congregation:  
I have not restrained my lips, O Lord,  
and that you know.
- 12 I have not hidden your righteousness in my heart:  
I have spoken of your faithfulness and of your salvation.
- 13 I have not kept back your loving-kindness and your truth:  
from the great congregation.
- 14 O Lord, do not withhold your mercy from me:  
let your loving-kindness and your truth  
ever preserve me.
- 15 For innumerable troubles have come upon me:  
my sins have overtaken me, and I cannot see.
- 16 They are more in number than the hairs of my head:  
therefore my heart fails me.
- 17 Be pleased, O Lord, to deliver me:  
O Lord, make haste to help me.
- 18 Let those who seek my life to take it away:  
be put to shame and confounded altogether.
- 19 Let them be turned back and disgraced who wish me evil:  
let them be aghast for shame who say to me 'Aha, aha!'

- 20 Let all who seek you be joyful and glad because of you:  
let those who love your salvation say always  
'The Lord is great.'
- 21 As for me, I am poor and needy:  
but the Lord will care for me.
- 22 You are my helper and my deliverer:  
make no long delay, O Lord my God.

### **John 6.16-34**

<sup>16</sup> When evening came, his disciples went down to the lake, <sup>17</sup> got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. <sup>18</sup> The lake became rough because a strong wind was blowing. <sup>19</sup> When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. <sup>20</sup> But he said to them, 'It is I; do not be afraid.' <sup>21</sup> Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going. <sup>22</sup> The next day the crowd that had stayed on the other side of the lake saw that there had been only one boat there. They also saw that Jesus had not got into the boat with his disciples, but that his disciples had gone away alone. <sup>23</sup> Then some boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. <sup>24</sup> So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. <sup>25</sup> When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' <sup>26</sup> Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. <sup>27</sup> Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' <sup>28</sup> Then they said to him, 'What must we do to perform the works of God?' <sup>29</sup> Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' <sup>30</sup> 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?' <sup>31</sup> Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' <sup>32</sup> 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. <sup>33</sup> For the bread of God is that which comes down from heaven and gives life to the world.' <sup>34</sup> They said to him, 'Sir, give us this bread always.'

## Saturday 18 July

### Psalms 41; 44.1-9

#### 41

- 1 Blessed are they that consider the poor and helpless:  
the Lord will deliver them in the day of trouble.
- 2 The Lord will guard them and preserve their life,  
they shall be counted happy in the land:  
you will not give them over to the will of their enemies.
- 3 And if they lie sick on their bed,  
the Lord will sustain them:  
if illness lays them low, you will overthrow it.
- 4 I said 'O Lord, be merciful toward me:  
heal me, for I have sinned against you.'
- 5 My enemies speak evil of me, saying:  
'When will he die, and his name perish for ever?'
- 6 And if someone comes to see me,  
they mouth empty words:  
while their heart gathers mischief,  
and when they go out, they vent it.
- 7 All those that hate me whisper together against me:  
they devise plots against me.
- 8 They say 'A deadly thing has got hold of him:  
he will not get up again from where he lies.'
- 9 Even my bosom friend in whom I trusted:  
who shared my bread, has lifted his heel against me.
- 10 But you, O Lord, be gracious and raise me up:  
and I will repay them what they have deserved.
- 11 By this will I know that you favour me:  
That my enemy shall not triumph over me.
- 12 Because of my innocence you hold me fast:  
you have set me before your face for ever.
- 13 Blessed be the Lord, the God of Israel:  
from everlasting to everlasting. Amen, Amen.

#### 44

- 1 We have heard with our ears, O God,  
our forebears have told us:  
what things you did in their time, in the days of old;
- 2 How by your own hand  
you drove out the nations, and planted us in:  
how you crushed the peoples,  
but caused us to root and grow.
- 3 For it was not by their swords  
that our fathers took possession of the land:  
nor did their own arm get them the victory,
- 4 But your right hand, your arm,  
and the light of your countenance:  
because you delighted in them.

- 5 You are my king and my God:  
    who ordained victory for Jacob.
- 6 By your power we struck our enemies through:  
    in your name we trod down those that rose against us.
- 7 For I did not trust in my bow:  
    nor could my sword save me;
- 8 But it was you that delivered us from our enemies:  
    and put our adversaries to confusion.
- 9 In God we made our boast all the day long:  
    we gave thanks to your name without ceasing.

### **John 6.35-51**

<sup>35</sup> 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. <sup>36</sup> But I said to you that you have seen me and yet do not believe. <sup>37</sup> Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; <sup>38</sup> for I have come down from heaven, not to do my own will, but the will of him who sent me. <sup>39</sup> 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. <sup>40</sup> 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.' <sup>41</sup> Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' <sup>42</sup> 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"?' <sup>43</sup> Jesus answered them, 'Do not complain among yourselves. <sup>44</sup> 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. <sup>45</sup> 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. <sup>46</sup> Not that anyone has seen the Father except the one who is from God; he has seen the Father. <sup>47</sup> Very truly, I tell you, whoever believes has eternal life. <sup>48</sup> I am the bread of life. <sup>49</sup> Your ancestors ate the manna in the wilderness, and they died. <sup>50</sup> This is the bread that comes down from heaven, so that one may eat of it and not die. <sup>51</sup> 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.'

## Sunday 19 July

### Psalm 86.4-13

- 4 O make glad the soul of your servant:  
for I put my hope in you, O Lord.
- 5 For you, Lord, are good and forgiving:  
of great and continuing kindness  
to all who call upon you.
- 6 Hear my prayer, O Lord:  
and give heed to the voice of my supplication.
- 7 In the day of my trouble I call upon you:  
for you will surely answer.
- 8 Among the gods there is none like you, O Lord:  
nor are there any deeds like yours.
- 9 All the nations you have made  
shall come and worship before you:  
O Lord, they shall glorify your name.
- 10 For you are great and do marvellous things:  
and you alone are God.
- 11 Show me your way, O Lord, and I will walk in your truth:  
let my heart delight to fear your name.
- 12 I will praise you, O Lord my God, with all my heart:  
and I will glorify your name for ever.
- 13 For great is your abiding love toward me:  
and you have delivered my life  
from the lowest depths of the grave.

## **Romans 9.30-10.4**

<sup>9.30</sup> What then are we to say? Gentiles, who did not strive for righteousness, have attained it, that is, righteousness through faith;

<sup>31</sup> but Israel, who did strive for the righteousness that is based on the law, did not succeed in fulfilling that law.

<sup>32</sup> Why not? Because they did not strive for it on the basis of faith, but as if it were based on works. They have stumbled over the stumbling-stone,

<sup>33</sup> as it is written,

‘See, I am laying in Zion a stone that will make people stumble, a rock that will make them fall,

and whoever believes in him will not be put to shame.’

<sup>10.1</sup> Brothers and sisters, my heart’s desire and prayer to God for them is that they may be saved.

<sup>2</sup> I can testify that they have a zeal for God, but it is not enlightened.

<sup>3</sup> For, being ignorant of the righteousness that comes from God, and seeking to establish their own, they have not submitted to God’s righteousness.

<sup>4</sup> For Christ is the end of the law so that there may be righteousness for everyone who believes.

