



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services
according to
The Anglican Prayer book
of Australia
14-20 September 2020

Monday 14 September

Psalm 98

- 1 O sing to the Lord a new song:
for he has done marvellous things;
- 2 His right hand and his holy arm:
they have got him the victory.
- 3 The Lord has made known his salvation:
he has revealed his just deliverance
in the sight of the nations.
- 4 He has remembered his mercy and faithfulness
towards the house of Israel:
and all the ends of the earth
have seen the salvation of our God.
- 5 Shout with joy to the Lord, all the earth:
break into singing and make melody.
- 6 Make melody to the Lord upon the harp:
upon the harp and with the sounds of praise.
- 7 With trumpets and with horns:
cry out in triumph before the Lord, the king.
- 8 Let the sea roar, and all that fills it:
the good earth and those who live upon it.
- 9 Let the rivers clap their hands:
and let the mountains ring out together before the Lord;
- 10 For he comes to judge the earth:
he shall judge the world with righteousness,
and the peoples with equity.

Philippians 2.5-11

⁵ Let the same mind be in you that was in Christ Jesus,
⁶ who, though he was in the form of God,
did not regard equality with God
as something to be exploited,
⁷ but emptied himself,
taking the form of a slave,
being born in human likeness.
And being found in human form,
⁸ he humbled himself
and became obedient to the point of death—
even death on a cross.
⁹ Therefore God also highly exalted him
and gave him the name
that is above every name,
¹⁰ so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,
¹¹ and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.

Tuesday 15 September

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.

Matthew 4.23-5.12

^{4.23} Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people. ²⁴ So his fame spread throughout all Syria, and they brought to him all the sick, those who were afflicted with various diseases and pains, demoniacs, epileptics, and paralytics, and he cured them. ²⁵ And great crowds followed him from Galilee, the Decapolis, Jerusalem, Judea, and from beyond the Jordan. ^{5.1} When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ² Then he began to speak, and taught them, saying: ³ 'Blessed are the poor in spirit, for theirs is the kingdom of heaven. ⁴ 'Blessed are those who mourn, for they will be comforted. ⁵ 'Blessed are the meek, for they will inherit the earth. ⁶ 'Blessed are those who hunger and thirst for righteousness, for they will be filled. ⁷ 'Blessed are the merciful, for they will receive mercy. ⁸ 'Blessed are the pure in heart, for they will see God. ⁹ 'Blessed are the peacemakers, for they will be called children of God. ¹⁰ 'Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. ¹¹ 'Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

Wednesday 16 September

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.

Matthew 5.13-26

¹³ 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. ¹⁴ 'You are the light of the world. A city built on a hill cannot be hidden.

¹⁵ No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. ¹⁷ 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. ¹⁸ For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. ¹⁹ Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. ²⁰ For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

²¹ 'You have heard that it was said to those of ancient times, "You shall not murder"; and "whoever murders shall be liable to judgement." ²² But I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, "You fool", you will be liable to the hell of fire. ²³ So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, ²⁴ leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. ²⁵ Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. ²⁶ Truly I tell you, you will never get out until you have paid the last penny.

Thursday 17 September

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.

Matthew 5.27-42

²⁷ 'You have heard that it was said, "You shall not commit adultery." ²⁸ But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. ²⁹ If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. ³⁰ And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell. ³¹ 'It was also said, "Whoever divorces his wife, let him give her a certificate of divorce." ³² But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery. ³³ 'Again, you have heard that it was said to those of ancient times, "You shall not swear falsely, but carry out the vows you have made to the Lord." ³⁴ But I say to you, Do not swear at all, either by heaven, for it is the throne of God, ³⁵ or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. ³⁶ And do not swear by your head, for you cannot make one hair white or black. ³⁷ Let your word be "Yes, Yes" or "No, No"; anything more than this comes from the evil one. ³⁸ 'You have heard that it was said, "An eye for an eye and a tooth for a tooth." ³⁹ But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also; ⁴⁰ and if anyone wants to sue you and take your coat, give your cloak as well; ⁴¹ and if anyone forces you to go one mile, go also the second mile. ⁴² Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you.

Friday 18 September

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.

Matthew 5.43-6.4

^{5.43} 'You have heard that it was said, "You shall love your neighbour and hate your enemy."⁴⁴ But I say to you, Love your enemies and pray for those who persecute you,⁴⁵ so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous.⁴⁶ For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same?⁴⁷ And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same?⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.^{6.1} 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.² 'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward.³ But when you give alms, do not let your left hand know what your right hand is doing,⁴ so that your alms may be done in secret; and your Father who sees in secret will reward you.

Saturday 19 September

Psalm 45

- 1 My heart is astir with fine phrases,
I make my song for a king:
my tongue is the pen of a ready writer.
- 2 You are the fairest of men,
grace flows from your lips:
therefore has God blessed you for ever and ever.
- 3 Gird your sword upon your thigh, O mighty warrior:
in glory and majesty tread down your foes, and triumph!
- 4 Ride on in the cause of truth:
and for the sake of justice.
- 5 Your right hand shall teach a terrible instruction:
peoples shall fall beneath you,
your arrows shall be sharp
in the hearts of the king's enemies.
- 6 Your throne is the throne of God, it endures for ever:
and the sceptre of your kingdom is a righteous sceptre.
- 7 You have loved righteousness and hated evil:
therefore God, your God, has anointed you
with the oil of gladness above your fellows.
- 8 All your garments are fragrant
with myrrh, aloes and cassia:
music from ivory palaces makes you glad.
- 9 Kings' daughters are among your noble women:
the queen is at your right hand in gold of Ophir.
- 10 Hear, O daughter, consider and incline your ear:
forget your own people and your father's house.
- 11 The king desires your beauty:
he is your lord, therefore bow down before him.
- 12 The richest among the people, O daughter of Tyre:
shall entreat your favour with gifts.
- 13 The king's daughter is all glorious within:
her clothing is embroidered cloth-of-gold.
- 14 In robes of many colours she is led to you, O king:
and, after her, the virgins that are with her.
- 15 They are led with gladness and rejoicing:
they enter the palace of the king.
- 16 In place of your fathers you shall have sons:
and make them princes over all the land.
- 17 And I will make known your name to every generation:
therefore the peoples shall give you praise for ever.

Matthew 6.5-15

⁵ ‘And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward.

⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

⁷ ‘When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words.

⁸ Do not be like them, for your Father knows what you need before you ask him.

⁹ ‘Pray then in this way:

Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come.
Your will be done,
on earth as it is in heaven.

¹¹ Give us this day our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And do not bring us to the time of trial,
but rescue us from the evil one.

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you;

¹⁵ but if you do not forgive others, neither will your Father forgive your trespasses.

Sunday 20 September

Psalm 145.14-21

- 14 The Lord upholds all those who stumble:
and raises up those that are bowed down.
- 15 The eyes of all look to you in hope:
and you give them their food in due season;
- 16 You open wide your hand:
and fill all things living with your bounteous gift.
- 17 The Lord is just in all his ways:
and faithful in all his dealings.
- 18 The Lord is near to all who call upon him:
to all who call upon him in truth.
- 19 He will fulfil the desire of those that fear him:
he will hear their cry, and save them.
- 20 The Lord preserves all those that love him:
but the wicked he will utterly destroy.
- 21 My mouth shall speak the praises of the Lord:
and let all flesh bless his holy name, for ever and ever.

Romans 15.7-13

⁷ Welcome one another, therefore, just as Christ has welcomed you, for the glory of God.

⁸ For I tell you that Christ has become a servant of the circumcised on behalf of the truth of God in order that he might confirm the promises given to the patriarchs,

⁹ and in order that the Gentiles might glorify God for his mercy. As it is written, 'Therefore I will confess you among the Gentiles,

and sing praises to your name';

¹⁰ and again he says,

'Rejoice, O Gentiles, with his people';

¹¹ and again,

'Praise the Lord, all you Gentiles,

and let all the peoples praise him';

¹² and again Isaiah says,

'The root of Jesse shall come,

the one who rises to rule the Gentiles;

in him the Gentiles shall hope.'

¹³ May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

