



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

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

19-25 October 2020

Monday 19 October

Psalms 110; 111

110

- 1 The Lord said to my lord:
 'Sit at my right hand,
 until I make your enemies your footstool.'
- 2 The Lord commits to you the sceptre of your power:
 reign from Zion in the midst of your enemies.
- 3 Noble are you, from the day of your birth
upon the holy hill:
 radiant are you, even from the womb,
 in the morning dew of your youth.
- 4 The Lord has sworn and will not turn back:
 'You are a priest for ever after the order of Melchizedek.'
- 5 The king shall stand at your right hand, O Lord:
 and shatter kings in the day of his wrath.
- 6 Glorious in majesty, he shall judge among the nations:
 and shatter heads over a wide land.
- 7 He shall slake his thirst from the brook beside the way:
 therefore shall he lift up his head.

111

- 1 O praise the Lord. I will praise the Lord
with my whole heart:
 in the company of the upright
 and among the congregation.
- 2 The works of the Lord are great:
 and studied by all who take delight in them.
- 3 His deeds are majestic and glorious:
 and his righteousness stands for ever.
- 4 His marvellous acts have won him a name
to be remembered:
 the Lord is gracious and merciful.
- 5 He gives food to those that fear him:
 he remembers his covenant for ever.
- 6 He showed his people the power of his acts:
 in giving them the heritage of the heathen.
- 7 The works of his hands are faithful and just:
 and all his commandments are sure;
- 8 They stand firm for ever and ever:
 they are done in faithfulness and in truth.
- 9 He sent redemption to his people,
he ordained his covenant for ever:
 holy is his name and worthy to be feared.
- 10 The fear of the Lord is the beginning of wisdom,
and of good understanding are those
that keep his commandments:
 his praise shall endure for ever.

Matthew 15.1-20

- ¹ Then Pharisees and scribes came to Jesus from Jerusalem and said,
- ² 'Why do your disciples break the tradition of the elders? For they do not wash their hands before they eat.'
- ³ He answered them, 'And why do you break the commandment of God for the sake of your tradition?
- ⁴ For God said, "Honour your father and your mother," and, "Whoever speaks evil of father or mother must surely die."
- ⁵ But you say that whoever tells father or mother, "Whatever support you might have had from me is given to God", then that person need not honour the father.
- ⁶ So, for the sake of your tradition, you make void the word of God.
- ⁷ You hypocrites! Isaiah prophesied rightly about you when he said:
- ⁸ "This people honours me with their lips,
but their hearts are far from me;
- ⁹ in vain do they worship me,
teaching human precepts as doctrines." '
- ¹⁰ Then he called the crowd to him and said to them, 'Listen and understand:
- ¹¹ it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.'
- ¹² Then the disciples approached and said to him, 'Do you know that the Pharisees took offence when they heard what you said?'
- ¹³ He answered, 'Every plant that my heavenly Father has not planted will be uprooted.
- ¹⁴ Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.'
- ¹⁵ But Peter said to him, 'Explain this parable to us.'
- ¹⁶ Then he said, 'Are you also still without understanding?
- ¹⁷ Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer?
- ¹⁸ But what comes out of the mouth proceeds from the heart, and this is what defiles.
- ¹⁹ For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander.
- ²⁰ These are what defile a person, but to eat with unwashed hands does not defile.'

Tuesday 20 October

Psalms 114; 115

114

- 1 When Israel came out of Egypt:
and the house of Jacob from among a people
of an alien tongue,
- 2 Judah became his sanctuary:
and Israel his dominion.
- 3 The sea saw that, and fled:
Jordan was driven back.
- 4 The mountains skipped like rams:
and the little hills like young sheep.
- 5 What ailed you, O sea, that you fled:
O Jordan, that you were driven back?
- 6 You mountains, that you skipped like rams:
and you little hills like young sheep?
- 7 Tremble, O earth, at the presence of the Lord:
at the presence of the God of Jacob,
- 8 Who turned the rock into a pool of water:
and the flint-stone into a welling spring.

115

- 1 Not to us, O Lord, not to us
but to your name give the glory:
for the sake of your faithfulness
and your loving-kindness.
- 2 Why should the heathen say 'Where is their God?':
our God is in heaven, he does whatever he wills.
- 3 As for their idols, they are silver and gold:
the work of human hands.
- 4 They have mouths, but speak not:
they have eyes, but they cannot see.
- 5 They have ears, yet hear nothing:
they have noses, but cannot smell.
- 6 Hands they have, but handle nothing,
feet, but they do not walk:
they make no sound with their throats.
- 7 Those who make them shall be like them:
so shall everyone that trusts in them.
- 8 O Israel, trust in the Lord:
he is your help and your shield.
- 9 O house of Aaron, trust in the Lord:
he is your help and your shield.
- 10 You that fear the Lord, trust in the Lord:
he is your help and your shield.
- 11 The Lord has remembered us and he will bless us:
he will bless the house of Israel,
he will bless the house of Aaron.
- 12 He will bless all those that fear the Lord:
both high and low together.

- 13 May the Lord increase you greatly:
you and your children after you.
- 14 The blessing of the Lord be upon you:
he that made heaven and earth.
- 15 As for the heavens, they are the Lord's:
but the earth he has given to the children of Adam.
- 16 The dead do not praise the Lord:
nor do any that go down to silence.
- 17 But we will bless the Lord:
both now and for evermore. O praise the Lord.

Matthew 15.21-39

²¹ Jesus left that place and went away to the district of Tyre and Sidon. ²² Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.'²³ But he did not answer her at all. And his disciples came and urged him, saying, 'Send her away, for she keeps shouting after us.'²⁴ He answered, 'I was sent only to the lost sheep of the house of Israel.'²⁵ But she came and knelt before him, saying, 'Lord, help me.'²⁶ He answered, 'It is not fair to take the children's food and throw it to the dogs.'²⁷ She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.'²⁸ Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly. ²⁹ After Jesus had left that place, he passed along the Sea of Galilee, and he went up the mountain, where he sat down. ³⁰ Great crowds came to him, bringing with them the lame, the maimed, the blind, the mute, and many others. They put them at his feet, and he cured them, ³¹ so that the crowd was amazed when they saw the mute speaking, the maimed whole, the lame walking, and the blind seeing. And they praised the God of Israel. ³² Then Jesus called his disciples to him and said, 'I have compassion for the crowd, because they have been with me now for three days and have nothing to eat; and I do not want to send them away hungry, for they might faint on the way.'³³ The disciples said to him, 'Where are we to get enough bread in the desert to feed so great a crowd?' ³⁴ Jesus asked them, 'How many loaves have you?' They said, 'Seven, and a few small fish.'³⁵ Then ordering the crowd to sit down on the ground, ³⁶ he took the seven loaves and the fish; and after giving thanks he broke them and gave them to the disciples, and the disciples gave them to the crowds. ³⁷ And all of them ate and were filled; and they took up the broken pieces left over, seven baskets full. ³⁸ Those who had eaten were four thousand men, besides women and children. ³⁹ After sending away the crowds, he got into the boat and went to the region of Magadan.

Wednesday 21 October

Psalms 121; 122; 123

121

- 1 I lift up my eyes to the hills:
but where shall I find help?
- 2 My help comes from the Lord:
who has made heaven and earth.
- 3 He will not suffer your foot to stumble:
and he who watches over you will not sleep.
- 4 Be sure he who has charge of Israel:
will neither slumber nor sleep.
- 5 The Lord himself is your keeper:
the Lord is your defence upon your right hand;
- 6 The sun shall not strike you by day:
nor shall the moon by night.
- 7 The Lord will defend you from all evil:
it is he who will guard your life.
- 8 The Lord will defend your going out and your coming in:
from this time forward for evermore.

122

- 1 I was glad when they said to me:
'Let us go to the house of the Lord.'
- 2 And now our feet are standing:
within your gates, O Jerusalem;
- 3 Jerusalem which is built as a city:
where the pilgrims gather in unity.
- 4 There the tribes go up, the tribes of the Lord:
as he commanded Israel,
to give thanks to the name of the Lord.
- 5 There are set thrones of judgement:
the thrones of the house of David.
- 6 O pray for the peace of Jerusalem:
may those who love you prosper.
- 7 Peace be within your walls:
and prosperity in your palaces.
- 8 For the sake of my kindred and companions:
I will pray that peace be with you.
- 9 For the sake of the house of the Lord our God:
I will seek for your good.

123

- 1 To you I lift up my eyes:
you who are enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their master:
or as the eyes of a maid toward the hand of her mistress,
- 3 So our eyes look to the Lord our God:
until he show us his mercy.
- 4 Have mercy upon us, O Lord, have mercy upon us:
for we have had our fill of derision.
- 5 Our souls overflow with the mockery of those at ease:
and with the contempt of the proud.

Matthew 16.1-12

¹ The Pharisees and Sadducees came, and to test Jesus they asked him to show them a sign from heaven. ² He answered them, 'When it is evening, you say, "It will be fair weather, for the sky is red." ³ And in the morning, "It will be stormy today, for the sky is red and threatening." You know how to interpret the appearance of the sky, but you cannot interpret the signs of the times. ⁴ An evil and adulterous generation asks for a sign, but no sign will be given to it except the sign of Jonah.' Then he left them and went away. ⁵ When the disciples reached the other side, they had forgotten to bring any bread. ⁶ Jesus said to them, 'Watch out, and beware of the yeast of the Pharisees and Sadducees.' ⁷ They said to one another, 'It is because we have brought no bread.' ⁸ And becoming aware of it, Jesus said, 'You of little faith, why are you talking about having no bread? ⁹ Do you still not perceive? Do you not remember the five loaves for the five thousand, and how many baskets you gathered? ¹⁰ Or the seven loaves for the four thousand, and how many baskets you gathered? ¹¹ How could you fail to perceive that I was not speaking about bread? Beware of the yeast of the Pharisees and Sadducees!' ¹² Then they understood that he had not told them to beware of the yeast of bread, but of the teaching of the Pharisees and Sadducees.

Thursday 22 October

Psalm 118.1-18

- 1 O give thanks to the Lord, for he is good:
his mercy endures for ever.
- 2 Let Israel now proclaim:
that his mercy endures for ever.
- 3 Let the house of Aaron proclaim:
that his mercy endures for ever.
- 4 Let those who fear the Lord proclaim:
that his mercy endures for ever.
- 5 In my danger I called to the Lord:
he answered and set me free.
- 6 The Lord is on my side, I shall not fear:
what can flesh and blood do to me?
- 7 The Lord is at my side as my helper:
I shall see the downfall of my enemies.
- 8 It is better to take refuge in the Lord:
than to trust to flesh and blood:
- 9 It is better to take refuge in the Lord:
than to put your trust in princes.
- 10 All the nations surrounded me:
but in the name of the Lord I drove them back.
- 11 They surrounded, they surrounded me on every side:
but in the name of the Lord I drove them back.
- 12 They swarmed about me like bees,
they blazed like fire among the thorns:
in the name of the Lord I drove them back.
- 13 I was pressed so hard that I almost fell:
but the Lord was my helper.
- 14 The Lord is my strength and my song:
and has become my salvation.
- 15 The sounds of joy and deliverance:
are in the tents of the righteous.
- 16 The right hand of the Lord does mighty things:
the right hand of the Lord raises up.
- 17 I shall not die but live:
and proclaim the works of the Lord.
- 18 The Lord has disciplined me hard:
but he has not given me over to death.

Matthew 16.13-28

¹³ Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' ¹⁴ And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' ¹⁵ He said to them, 'But who do you say that I am?' ¹⁶ Simon Peter answered, 'You are the Messiah, the Son of the living God.' ¹⁷ And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. ¹⁸ And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. ¹⁹ I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.' ²⁰ Then he sternly ordered the disciples not to tell anyone that he was the Messiah. ²¹ From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. ²² And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' ²³ But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.' ²⁴ Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. ²⁵ For those who want to save their life will lose it, and those who lose their life for my sake will find it. ²⁶ For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life? ²⁷ 'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. ²⁸ Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

Friday 23 October

Psalms 124; 125; 126

124

- 1 If the Lord had not been on our side,
now may Israel say:
 if the Lord had not been on our side,
 when our enemies rose against us,
- 2 Then they would have swallowed us alive:
 when their anger was kindled against us.
- 3 Then the waters would have overwhelmed us,
and the torrent gone over us:
 the raging waters would have gone clean over us.
- 4 But praised be the Lord:
 who has not given us as a prey to their teeth.
- 5 We have escaped like a bird from the snare of the fowler:
 the snare is broken, and we have gone free.
- 6 Our help is in the name of the Lord:
 who has made heaven and earth.

125

- 1 Those who put their trust in the Lord
shall be as Mount Zion:
 which cannot be shaken, but endures for ever.
- 2 As the mountains stand about Jerusalem,
so stands the Lord about his people:
 from this time forward for evermore.
- 3 For the sceptre of wickedness shall have no sway
over the land apportioned to the righteous:
 lest the righteous set their hands to do evil.
- 4 Do good, O Lord, to those who are good:
 to those that are upright in heart.
- 5 As for those who turn aside to crooked ways,
let the Lord lead them away with the evildoers:
 and in Israel let there be peace.

126

- 1 When the Lord turned again the fortunes of Zion:
 then were we like those restored to life.
- 2 Then was our mouth filled with laughter:
 and our tongue with singing.
- 3 Then said they among the heathen:
 ‘The Lord has done great things for them.’
- 4 Truly the Lord has done great things for us:
 and therefore we rejoiced.
- 5 Turn again our fortunes, O Lord:
 as the streams return to the dry south.
- 6 Those who sow in tears:
 shall reap with songs of joy.
- 7 They that go out weeping, bearing the seed:
 shall come again in gladness,
 bringing their sheaves with them.

Matthew 17.1-13

¹ Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. ² And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. ³ Suddenly there appeared to them Moses and Elijah, talking with him. ⁴ Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.' ⁵ While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, 'This is my Son, the Beloved; with him I am well pleased; listen to him!' ⁶ When the disciples heard this, they fell to the ground and were overcome by fear. ⁷ But Jesus came and touched them, saying, 'Get up and do not be afraid.' ⁸ And when they looked up, they saw no one except Jesus himself alone. ⁹ As they were coming down the mountain, Jesus ordered them, 'Tell no one about the vision until after the Son of Man has been raised from the dead.' ¹⁰ And the disciples asked him, 'Why, then, do the scribes say that Elijah must come first?' ¹¹ He replied, 'Elijah is indeed coming and will restore all things; ¹² but I tell you that Elijah has already come, and they did not recognize him, but they did to him whatever they pleased. So also the Son of Man is about to suffer at their hands.' ¹³ Then the disciples understood that he was speaking to them about John the Baptist.

Saturday 24 October

Psalms 130; 131; 133

130

- 1 Out of the depths have I called to you, O Lord:
Lord, hear my voice;
- 2 O let your ears consider well:
the voice of my supplication.
- 3 If you, Lord, should note what we do wrong:
who then, O Lord, could stand?
- 4 But there is forgiveness with you:
so that you shall be feared.
- 5 I wait for the Lord, my soul waits for him:
and in his word is my hope.
- 6 My soul looks for the Lord:
more than watchmen for the morning,
more, I say, than watchmen for the morning.
- 7 O Israel, trust in the Lord, for with the Lord there is mercy:
and with him is ample redemption.
- 8 He will redeem Israel:
from the multitude of their sins.

131

- 1 O Lord, my heart is not proud:
nor are my eyes haughty.
- 2 I do not busy myself in great matters:
or in things too wonderful for me.
- 3 But I have calmed and quieted my soul
like a weaned child upon its mother's breast:
like a child on its mother's breast is my soul within me.
- 4 O Israel, trust in the Lord:
from this time forward and for ever.

133

- 1 Behold how good and how lovely it is:
when families live together in unity.
- 2 It is fragrant as oil upon the head,
that runs down over the beard:
fragrant as oil upon the beard of Aaron,
that ran down over the collar of his robe.
- 3 It is like a dew of Hermon:
like the dew that falls upon the hill of Zion.
- 4 For there the Lord has commanded his blessing:
which is life for evermore.

Matthew 17.14-27

¹⁴ When they came to the crowd, a man came to him, knelt before him, ¹⁵ and said, 'Lord, have mercy on my son, for he is an epileptic and he suffers terribly; he often falls into the fire and often into the water. ¹⁶ And I brought him to your disciples, but they could not cure him.' ¹⁷ Jesus answered, 'You faithless and perverse generation, how much longer must I be with you? How much longer must I put up with you? Bring him here to me.' ¹⁸ And Jesus rebuked the demon, and it came out of him, and the boy was cured instantly. ¹⁹ Then the disciples came to Jesus privately and said, 'Why could we not cast it out?' ²⁰ He said to them, 'Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, "Move from here to there", and it will move; and nothing will be impossible for you.' ²² As they were gathering in Galilee, Jesus said to them, 'The Son of Man is going to be betrayed into human hands, ²³ and they will kill him, and on the third day he will be raised.' And they were greatly distressed.

²⁴ When they reached Capernaum, the collectors of the temple tax came to Peter and said, 'Does your teacher not pay the temple tax?' ²⁵ He said, 'Yes, he does.' And when he came home, Jesus spoke of it first, asking, 'What do you think, Simon? From whom do kings of the earth take toll or tribute? From their children or from others?' ²⁶ When Peter said, 'From others', Jesus said to him, 'Then the children are free. ²⁷ However, so that we do not give offence to them, go to the lake and cast a hook; take the first fish that comes up; and when you open its mouth, you will find a coin; take that and give it to them for you and me.'

Sunday 25 October

Psalm 1

- 1 Blessed are they
who have not walked in the counsel of the ungodly:
nor followed the way of sinners,
nor taken their seat amongst the scornful.
- 2 But their delight is in the law of the Lord:
and on that law will they ponder day and night.
- 3 They are like trees planted beside streams of water:
that yield their fruit in due season.
- 4 Their leaves also shall not wither:
and look, whatever they do, it shall prosper.
- 5 As for the ungodly, it is not so with them:
they are like the chaff which the wind scatters.
- 6 Therefore the ungodly shall not stand up
at the judgement:
nor sinners in the congregation of the righteous.
- 7 For the Lord cares for the way of the righteous:
but the way of the ungodly shall perish.

Matthew 24.1-14

¹ As Jesus came out of the temple and was going away, his disciples came to point out to him the buildings of the temple. ² Then he asked them, 'You see all these, do you not? Truly I tell you, not one stone will be left here upon another; all will be thrown down.' ³ When he was sitting on the Mount of Olives, the disciples came to him privately, saying, 'Tell us, when will this be, and what will be the sign of your coming and of the end of the age?' ⁴ Jesus answered them, 'Beware that no one leads you astray. ⁵ For many will come in my name, saying, "I am the Messiah!" and they will lead many astray. ⁶ And you will hear of wars and rumours of wars; see that you are not alarmed; for this must take place, but the end is not yet. ⁷ For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places: ⁸ all this is but the beginning of the birth pangs. ⁹ 'Then they will hand you over to be tortured and will put you to death, and you will be hated by all nations because of my name. ¹⁰ Then many will fall away, and they will betray one another and hate one another. ¹¹ And many false prophets will arise and lead many astray. ¹² And because of the increase of lawlessness, the love of many will grow cold. ¹³ But anyone who endures to the end will be saved. ¹⁴ And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations; and then the end will come.

