



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia  
20-26 July 2020

## Monday 20 July

### Psalm 48

- 1 Great is the Lord and greatly to be praised:  
in the city of our God.
- 2 High and beautiful is his holy hill:  
it is the joy of all the earth.
- 3 On Mount Zion, where godhead truly dwells,  
stands the city of the Great King:  
God is well known in her palaces as a sure defence.
- 4 For the kings of the earth assembled:  
they gathered together and came on;
- 5 They saw, they were struck dumb:  
they were astonished and fled in terror.
- 6 Trembling took hold on them, and anguish:  
as on a woman in her travail;
- 7 Like the breath of the east wind:  
that shatters the ships of Tarshish.
- 8 As we have heard, so have we seen  
in the city of the Lord of hosts:  
in the city of our God,  
which God has established for ever.
- 9 We have called to mind your loving-kindness, O God:  
in the midst of your temple.
- 10 As your name is great, O God, so also is your praise:  
even to the ends of the earth.
- 11 Your right hand is full of victory  
—let Zion's hill rejoice:  
let the daughters of Judah be glad,  
because of your judgements.
- 12 Walk about Zion, go round about her,  
and count all her towers:  
consider well her ramparts, pass through her palaces;
- 13 That you may tell those who come after that such is God:  
our God for ever and ever, and he will guide us eternally.

## **John 6.52-71**

<sup>52</sup> The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' <sup>53</sup> 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. <sup>54</sup> Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; <sup>55</sup> for my flesh is true food and my blood is true drink. <sup>56</sup> Those who eat my flesh and drink my blood abide in me, and I in them. <sup>57</sup> Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. <sup>58</sup> 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.' <sup>59</sup> He said these things while he was teaching in the synagogue at Capernaum. <sup>60</sup> When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' <sup>61</sup> But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? <sup>62</sup> Then what if you were to see the Son of Man ascending to where he was before? <sup>63</sup> It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. <sup>64</sup> 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. <sup>65</sup> And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' <sup>66</sup> Because of this many of his disciples turned back and no longer went about with him. <sup>67</sup> So Jesus asked the twelve, 'Do you also wish to go away?' <sup>68</sup> Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. <sup>69</sup> We have come to believe and know that you are the Holy One of God.' <sup>70</sup> Jesus answered them, 'Did I not choose you, the twelve? Yet one of you is a devil.' <sup>71</sup> He was speaking of Judas son of Simon Iscariot, for he, though one of the twelve, was going to betray him.

## Tuesday 21 July

### Psalm 50

- 1 The Lord our God, the Mighty One, has spoken:  
and summoned the earth,  
from the rising of the sun to its setting in the west.
- 2 From Zion, perfect in beauty:  
God has shone out in glory.
- 3 Our God is coming, he will not keep silent:  
before him is devouring fire,  
and tempest whirls about him.
- 4 He calls to the heavens above:  
and to the earth, so he may judge his people.
- 5 'Gather to me my faithful ones:  
those who by sacrifice made a covenant with me.'
- 6 The heavens shall proclaim his righteousness:  
for God himself is judge.
- 7 'Listen my people, and I will speak:  
O Israel, I am God your God,  
and I will give my testimony.
- 8 'It is not for your sacrifices that I reprove you:  
for your burnt-offerings are always before me.
- 9 'I will take no bull from your farms:  
or he-goat from your pens.
- 10 'For all the beasts of the forest belong to me:  
and so do the cattle upon the mountains.
- 11 'I know all the birds of the air:  
and the grasshoppers of the field are in my sight.
- 12 'If I were hungry, I would not tell you:  
for the whole world is mine, and all that is in it.
- 13 'Do I eat the flesh of bulls:  
or drink the blood of goats?
- 14 'Offer to God a sacrifice of thanksgiving:  
and pay your vows to the Most High.
- 15 'Call upon me in the day of trouble:  
I will bring you out, and you shall glorify me.'
- 16 But God says to the wicked:  
'What have you to do with reciting my laws,  
or taking my covenant on your lips,
- 17 'Seeing you loathe discipline:  
and have tossed my words behind you?
- 18 'When you saw a thief, you went along with him:  
and you threw in your lot with adulterers.
- 19 'You have loosed your mouth in evil:  
and your tongue strings lies together.
- 20 'You sit and speak against your own kin:  
and slander your mother's children.
- 21 'These things you have done, and I held my tongue:  
and you thought I was just such another as yourself.
- 22 'But I will convict you:  
and set before your eyes what you have done.

- 23 'O consider this, you who forget God:  
lest I tear you in pieces, and there be no one to save you.
- 24 'He honours me who brings sacrifice of thanksgiving:  
and to him who keeps to my way  
I will show the salvation of God.'

### **John 7.1-13**

<sup>1</sup> 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. <sup>2</sup> Now the Jewish festival of Booths was near. <sup>3</sup> So his brothers said to him, 'Leave here and go to Judea so that your disciples also may see the works you are doing; <sup>4</sup> for no one who wants to be widely known acts in secret. If you do these things, show yourself to the world.' <sup>5</sup> (For not even his brothers believed in him.) <sup>6</sup> Jesus said to them, 'My time has not yet come, but your time is always here. <sup>7</sup> The world cannot hate you, but it hates me because I testify against it that its works are evil. <sup>8</sup> Go to the festival yourselves. I am not going to this festival, for my time has not yet fully come.' <sup>9</sup> After saying this, he remained in Galilee. <sup>10</sup> But after his brothers had gone to the festival, then he also went, not publicly but as it were in secret. <sup>11</sup> The Jews were looking for him at the festival and saying, 'Where is he?' <sup>12</sup> 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.' <sup>13</sup> Yet no one would speak openly about him for fear of the Jews.

## Wednesday 22 July

### Psalm 32

- 1 Blessed are those whose sin is forgiven:  
whose iniquity is put away.
- 2 Blessed are those to whom the Lord imputes no blame:  
and in whose spirit there is no guile.
- 3 For whilst I held my tongue:  
my bones wasted away with my daily complaining.
- 4 Your hand was heavy upon me day and night:  
and my moisture was dried up like a drought in summer.
- 5 Then I acknowledged my sin to you:  
and my iniquity I did not hide;
- 6 I said 'I will confess my transgressions to the Lord':  
and so you forgave the wickedness of my sin.
- 7 For this cause shall everyone that is faithful  
make their prayer to you in the day of trouble:  
and in the time of the great water-flood,  
it shall not come near them.
- 8 You are a place to hide me in,  
you will preserve me from trouble:  
you will surround me with deliverance on every side.
- 9 'I will instruct you, and direct you in the way that you should go:  
I will fasten my eye upon you, and give you counsel.
- 10 'Be not like horse or mule, that have no understanding:  
whose forward course must be curbed with bit and bridle.'
- 11 Great tribulations remain for the ungodly:  
but whoever puts their trust in the Lord,  
mercy embraces them on every side.
- 12 Rejoice in the Lord, you righteous, and be glad:  
and shout for joy, all you that are true of heart.

### Luke 8.1-3

<sup>1</sup> Soon afterwards he went on through cities and villages, proclaiming and bringing the good news of the kingdom of God. The twelve were with him, <sup>2</sup> as well as some women who had been cured of evil spirits and infirmities: Mary, called Magdalene, from whom seven demons had gone out, <sup>3</sup> and Joanna, the wife of Herod's steward Chuza, and Susanna, and many others, who provided for them out of their resources.



## Thursday 23 July

### Psalms 54; 55.1-12

#### 54

- 1 Save me, O God, by the power of your name:  
and vindicate me by your might.
- 2 Hear my prayer, O God:  
and listen to the words of my mouth.
- 3 For the insolent have risen against me:  
the ruthless, who have not set God before them,  
seek my life.
- 4 But surely God is my helper:  
the Lord is the upholder of my life.
- 5 Let evil recoil on those that would waylay me:  
O destroy them in your faithfulness
- 6 Then will I offer you sacrifice with a willing heart:  
I will praise your name, O Lord, for it is good.
- 7 For you will deliver me from every trouble:  
my eyes shall see the downfall of my enemies.

#### 55

- 1 Hear my prayer, O God:  
and do not hide yourself from my petition.
- 2 Give heed to me, and answer me:  
I am restless in my complaining.
- 3 I am in turmoil at the voice of the enemy:  
at the onslaught of the wicked.
- 4 For they bring down disaster upon me:  
they persecute me with bitter fury.
- 5 My heart writhes within me:  
and the terrors of death have fallen upon me.
- 6 Fear and trembling come upon me:  
and horror overwhelms me.
- 7 And I said 'O for the wings of a dove:  
that I might fly away and find rest.
- 8 'Then I would flee far off:  
and make my lodging in the wilderness.
- 9 'I would hasten to find me a refuge:  
out of the blast of slander,
- 10 'Out of the tempest of their calumny, O Lord:  
and far from their double tongues.'
- 11 For I have seen violence and strife in the city:  
day and night they go round it upon its walls.
- 12 Evil and wickedness are within it:  
iniquity is within it, oppression and fraud  
do not depart from its streets.



## John 7.32-53

<sup>32</sup> The Pharisees heard the crowd muttering such things about him, and the chief priests and Pharisees sent temple police to arrest him. <sup>33</sup> Jesus then said, 'I will be with you a little while longer, and then I am going to him who sent me. <sup>34</sup> You will search for me, but you will not find me; and where I am, you cannot come.'

<sup>35</sup> 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? <sup>36</sup> What does he mean by saying, "You will search for me and you will not find me" and, "Where I am, you cannot come"?' <sup>37</sup> On the last day of the festival, the great day, while Jesus was standing there, he cried out, 'Let anyone who is thirsty come to me, <sup>38</sup> and let the one who believes in me drink. As the scripture has said, "Out of the believer's heart shall flow rivers of living water." ' <sup>39</sup> Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified. <sup>40</sup> When they heard these words, some in the crowd said, 'This is really the prophet.' <sup>41</sup> Others said, 'This is the Messiah.' But some asked, 'Surely the Messiah does not come from Galilee, does he? <sup>42</sup> Has not the scripture said that the Messiah is descended from David and comes from Bethlehem, the village where David lived?' <sup>43</sup> So there was a division in the crowd because of him. <sup>44</sup> Some of them wanted to arrest him, but no one laid hands on him. <sup>45</sup> Then the temple police went back to the chief priests and Pharisees, who asked them, 'Why did you not arrest him?' <sup>46</sup> The police answered, 'Never has anyone spoken like this!' <sup>47</sup> Then the Pharisees replied, 'Surely you have not been deceived too, have you? <sup>48</sup> Has any one of the authorities or of the Pharisees believed in him? <sup>49</sup> But this crowd, which does not know the law—they are accursed.' <sup>50</sup> Nicodemus, who had gone to Jesus before, and who was one of them, asked, <sup>51</sup> 'Our law does not judge people without first giving them a hearing to find out what they are doing, does it?' <sup>52</sup> They replied, 'Surely you are not also from Galilee, are you? Search and you will see that no prophet is to arise from Galilee.' <sup>53</sup> Then each of them went home,

## Friday 24 July

### Psalms 56; 57

#### 56

- 1 Be merciful to me, O God, for they are treading me down:  
all day long my adversary presses upon me.
- 2 My enemies tread me down all the day:  
for there are many that arrogantly fight against me.
- 3 In the hour of fear:  
I will put my trust in you.
- 4 In God, whose word I praise, in God I trust and fear not:  
what can flesh do to me?
- 5 All day long they afflict me with their words:  
and every thought is how to do me evil.
- 6 They stir up hatred and conceal themselves:  
they watch my steps, while they lie in wait for my life.
- 7 Let there be no escape for them:  
bring down the peoples in your wrath, O God.
- 8 You have counted my anxious tossings;  
put my tears in your bottle:  
are not these things noted in your book?
- 9 In the day that I call to you, my enemies shall turn back:  
this I know, for God is with me.
- 10 In God, whose word I praise,  
in God I trust and fear not:  
what can flesh and blood do to me?
- 11 To you, O God, must I perform my vows:  
I will pay the thank-offering that is due.
- 12 For you will deliver my soul from death,  
and my feet from falling:  
that I may walk before God in the light of the living.

#### 57

- 1 Be merciful to me, O God, be merciful:  
for I come to you for shelter;
- 2 And in the shadow of your wings will I take refuge:  
until these troubles are over-past.
- 3 I will call to God Most High:  
to the God who will fulfil his purpose for me.
- 4 He will send from heaven and save me:  
he will send forth his faithfulness  
and his loving-kindness,  
and rebuke those that would trample me down.
- 5 For I lie amidst ravening lions:  
those whose teeth are spears and arrows,  
and their tongue a sharpened sword.
- 6 Be exalted, O God, above the heavens:  
and let your glory be over all the earth.
- 7 They have set a net for my feet, and I am brought low:  
they have dug a pit before me,  
but shall fall into it themselves.

- 8 My heart is fixed, O God, my heart is fixed:  
I will sing and make melody.
- 9 Awake my soul, awake lute and harp:  
for I will awaken the morning.
- 10 I will give you thanks, O Lord, among the peoples:  
I will sing your praise among the nations.
- 11 For the greatness of your mercy reaches to the heavens:  
and your faithfulness to the clouds.
- 12 Be exalted, O God, above the heavens:  
and let your glory be over all the earth.

### **John 8.1-11**

<sup>1</sup> while Jesus went to the Mount of Olives. <sup>2</sup> Early in the morning he came again to the temple. All the people came to him and he sat down and began to teach them. <sup>3</sup> The scribes and the Pharisees brought a woman who had been caught in adultery; and making her stand before all of them, <sup>4</sup> they said to him, 'Teacher, this woman was caught in the very act of committing adultery. <sup>5</sup> Now in the law Moses commanded us to stone such women. Now what do you say?' <sup>6</sup> They said this to test him, so that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. <sup>7</sup> When they kept on questioning him, he straightened up and said to them, 'Let anyone among you who is without sin be the first to throw a stone at her.' <sup>8</sup> And once again he bent down and wrote on the ground. <sup>9</sup> When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him.

<sup>10</sup> Jesus straightened up and said to her, 'Woman, where are they? Has no one condemned you?' <sup>11</sup> She said, 'No one, sir.' And Jesus said, 'Neither do I condemn you. Go your way, and from now on do not sin again.'

## Saturday 25 July

### Psalms 62; 63

#### 62

- 1 My soul waits in silence for God:  
for from him comes my salvation.
- 2 He only is my rock and my salvation:  
my strong tower, so that I shall never be moved.
- 3 How long will you all plot against me to destroy me:  
as though I were a leaning fence or a buckling wall?
- 4 Their design is to thrust me from my height,  
and their delight is in lies:  
they bless with their lips, but inwardly they curse.
- 5 Nevertheless, my soul, wait in silence for God:  
for from him comes my hope.
- 6 He only is my rock and my salvation:  
my strong tower, so that I shall not be moved.
- 7 In God is my deliverance and my glory:  
God is my strong rock and my shelter.
- 8 Trust in him at all times, O my people:  
pour out your hearts before him, for God is our refuge.
- 9 The children of Adam are but breath,  
the children of earth are a lie:  
place them in the scales and they fly upward,  
they are as light as air.
- 10 Put no trust in extortion,  
do not grow worthless by robbery:  
if riches increase, set not your heart upon them.
- 11 God has spoken once, twice have I heard him say:  
that power belongs to God,
- 12 That to the Lord belongs a constant goodness:  
for you reward each one of us according to our works.

#### 63

- 1 O God, you are my God:  
eagerly will I seek you.
- 2 My soul thirsts for you, my flesh longs for you:  
as a dry and thirsty land where no water is.
- 3 So it was when I beheld you in the sanctuary:  
and saw your power and your glory.
- 4 For your unchanging goodness is better than life:  
therefore my lips shall praise you.
- 5 And so I will bless you as long as I live:  
and in your name will I lift my hands on high.
- 6 My longing shall be satisfied as with marrow and fatness:  
my mouth shall praise you with exultant lips.
- 7 When I remember you upon my bed:  
when I meditate upon you in the night watches,
- 8 How you have been my helper:  
then I sing for joy in the shadow of your wings,

- 9 Then my soul clings to you:  
and your right hand upholds me.
- 10 Those that seek my life are marked for destruction:  
they shall go down to the deep places of the earth.
- 11 They shall be delivered to the sword:  
they shall be a portion for jackals.
- 12 The king will rejoice in God,  
and all who take oaths on his name shall glory:  
but the mouths of liars shall be stopped.

### **John 8.12-30**

<sup>12</sup> Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.' <sup>13</sup> Then the Pharisees said to him, 'You are testifying on your own behalf; your testimony is not valid.' <sup>14</sup> Jesus answered, 'Even if I testify on my own behalf, my testimony is valid because I know where I have come from and where I am going, but you do not know where I come from or where I am going. <sup>15</sup> You judge by human standards; I judge no one. <sup>16</sup> Yet even if I do judge, my judgement is valid; for it is not I alone who judge, but I and the Father who sent me. <sup>17</sup> In your law it is written that the testimony of two witnesses is valid. <sup>18</sup> I testify on my own behalf, and the Father who sent me testifies on my behalf.' <sup>19</sup> Then they said to him, 'Where is your Father?' Jesus answered, 'You know neither me nor my Father. If you knew me, you would know my Father also.' <sup>20</sup> He spoke these words while he was teaching in the treasury of the temple, but no one arrested him, because his hour had not yet come. <sup>21</sup> Again he said to them, 'I am going away, and you will search for me, but you will die in your sin. Where I am going, you cannot come.' <sup>22</sup> Then the Jews said, 'Is he going to kill himself? Is that what he means by saying, "Where I am going, you cannot come"?' <sup>23</sup> He said to them, 'You are from below, I am from above; you are of this world, I am not of this world. <sup>24</sup> I told you that you would die in your sins, for you will die in your sins unless you believe that I am he.'

<sup>25</sup> They said to him, 'Who are you?' Jesus said to them, 'Why do I speak to you at all? <sup>26</sup> I have much to say about you and much to condemn; but the one who sent me is true, and I declare to the world what I have heard from him.' <sup>27</sup> They did not understand that he was speaking to them about the Father. <sup>28</sup> So Jesus said, 'When you have lifted up the Son of Man, then you will realize that I am he, and that I do nothing on my own, but I speak these things as the Father instructed me. <sup>29</sup> And the one who sent me is with me; he has not left me alone, for I always do what is pleasing to him.' <sup>30</sup> As he was saying these things, many believed in him.

## Sunday 26 July

### Psalm 119.129-136

- 129 Wonderful are your commands:  
and therefore my soul keeps them.
- 130 The unfolding of your word gives light:  
it gives understanding to the simple.
- 131 I open my mouth and draw in my breath:  
for I yearn for your commandments.
- 132 O turn to me and be merciful to me:  
as is your way with those who love your name.
- 133 Order my steps according to your word:  
that no evil may get mastery over me.
- 134 Deliver me from my oppressors:  
that I may keep your precepts.
- 135 Make your face shine upon your servant:  
and teach me your statutes.
- 136 My eyes gush out with streams of water:  
because they pay no heed to your law.

## **Romans 10.5-15**

<sup>5</sup> Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.'

<sup>6</sup> But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down)

<sup>7</sup> 'or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead).

<sup>8</sup> But what does it say?

'The word is near you,

on your lips and in your heart' (that is, the word of faith that we proclaim);

<sup>9</sup> because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

<sup>10</sup> For one believes with the heart and so is justified, and one confesses with the mouth and so is saved.

<sup>11</sup> The scripture says, 'No one who believes in him will be put to shame.'

<sup>12</sup> For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him.

<sup>13</sup> For, 'Everyone who calls on the name of the Lord shall be saved.'

<sup>14</sup> But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him?

<sup>15</sup> And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

