



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services
according to
The Anglican Prayer book
of Australia
21-27 September 2020

Monday 21 September

Psalm 25

- 1 In you, O Lord my God, have I put my hope:
in you have I trusted, let me not be ashamed,
nor let my enemies triumph over me.
- 2 Let none who wait for you be put to shame:
but let those that break faith
be confounded and gain nothing.
- 3 Show me your ways, O Lord:
and teach me your paths.
- 4 Lead me in the ways of your truth, and teach me:
for you are the God of my salvation.
- 5 In you have I hoped all the day long:
because of your goodness, O Lord.
- 6 Call to mind your compassion and your loving-kindness:
for they are from of old.
- 7 Remember not the sins of my youth,
nor my transgressions:
but according to your mercy think on me.
- 8 Good and upright is the Lord:
therefore will he direct sinners in the way.
- 9 The meek he will guide in the path of justice:
and teach the humble his ways.
- 10 All the paths of the Lord are faithful and true:
for those who keep his covenant and his commandments.
- 11 For your name's sake, O Lord:
be merciful to my sin, though it is great.
- 12 Who are they that fear the Lord?:
them will the Lord direct
in the way that they should choose.
- 13 Their souls shall dwell at ease:
and their children shall inherit the land.
- 14 The confidences of God belong to those that fear him:
and his covenant shall give them understanding.
- 15 My eyes are ever looking to the Lord:
for he will bring my feet out of the net.
- 16 Turn your face toward me and be gracious:
for I am alone and in misery.
- 17 O free my heart from pain:
and bring me out of my distress.
- 18 Give heed to my affliction and adversity:
and forgive me all my sins.
- 19 Consider my enemies, how many they are:
and they bear a violent hate against me.
- 20 O keep my life, and deliver me:
put me not to shame, for I come to you for refuge.
- 21 Let innocence and integrity be my guard:
for in you have I hoped.
- 22 O God, deliver Israel:
out of all their tribulation.

Matthew 19.16-30

¹⁶ Then someone came to him and said, 'Teacher, what good deed must I do to have eternal life?' ¹⁷ And he said to him, 'Why do you ask me about what is good? There is only one who is good. If you wish to enter into life, keep the commandments.' ¹⁸ He said to him, 'Which ones?' And Jesus said, 'You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; ¹⁹ Honour your father and mother; also, You shall love your neighbour as yourself.' ²⁰ The young man said to him, 'I have kept all these; what do I still lack?' ²¹ Jesus said to him, 'If you wish to be perfect, go, sell your possessions, and give the money to the poor, and you will have treasure in heaven; then come, follow me.' ²² When the young man heard this word, he went away grieving, for he had many possessions. ²³ Then Jesus said to his disciples, 'Truly I tell you, it will be hard for a rich person to enter the kingdom of heaven. ²⁴ Again I tell you, it is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.' ²⁵ When the disciples heard this, they were greatly astounded and said, 'Then who can be saved?' ²⁶ But Jesus looked at them and said, 'For mortals it is impossible, but for God all things are possible.' ²⁷ Then Peter said in reply, 'Look, we have left everything and followed you. What then will we have?' ²⁸ Jesus said to them, 'Truly I tell you, at the renewal of all things, when the Son of Man is seated on the throne of his glory, you who have followed me will also sit on twelve thrones, judging the twelve tribes of Israel. ²⁹ And everyone who has left houses or brothers or sisters or father or mother or children or fields, for my name's sake, will receive a hundredfold, and will inherit eternal life. ³⁰ But many who are first will be last, and the last will be first.

Tuesday 22 September

Psalm 51

- 1 Have mercy on me, O God, in your enduring goodness:
according to the fulness of your compassion
blot out my offences.
- 2 Wash me thoroughly from my wickedness:
and cleanse me from my sin.
- 3 For I acknowledge my rebellion:
and my sin is ever before me.
- 4 Against you only have I sinned
and done what is evil in your eyes:
so you will be just in your sentence
and blameless in your judging.
- 5 Surely in wickedness I was brought to birth:
and in sin my mother conceived me.
- 6 You that desire truth in the inward parts:
O teach me wisdom in the secret places of the heart.
- 7 Purge me with hyssop, and I shall be clean:
wash me, and I shall be whiter than snow.
- 8 Make me hear of joy and gladness:
let the bones which you have broken rejoice.
- 9 Hide your face from my sins:
and blot out all my iniquities.
- 10 Create in me a clean heart, O God:
and renew a right spirit within me.
- 11 Do not cast me out from your presence:
do not take your holy spirit from me.
- 12 O give me the gladness of your help again:
and support me with a willing spirit.
- 13 Then will I teach transgressors your ways:
and sinners shall turn to you again.
- 14 O Lord God of my salvation, deliver me from bloodshed:
and my tongue shall sing of your righteousness.
- 15 O Lord, open my lips:
and my mouth shall proclaim your praise.
- 16 You take no pleasure in sacrifice, or I would give it:
burnt-offerings you do not want.
- 17 The sacrifice of God is a broken spirit:
a broken and contrite heart, O God, you will not despise.
- 18 In your graciousness do good to Zion:
rebuild the walls of Jerusalem.
- 19 Then will you delight in right sacrifices,
in burnt-offerings and oblations:
then will they offer young bulls upon your altar.

Matthew 6.25-7.5

^{6.25} 'Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And can any of you by worrying add a single hour to your span of life? ²⁸ And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not clothed like one of these. ³⁰ But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? ³¹ Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or "What will we wear?" ³² For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. ³³ But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ³⁴ 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

^{7.1} 'Do not judge, so that you may not be judged. ² For with the judgement you make you will be judged, and the measure you give will be the measure you get. ³ Why do you see the speck in your neighbour's eye, but do not notice the log in your own eye? ⁴ Or how can you say to your neighbour, "Let me take the speck out of your eye", while the log is in your own eye? ⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbour's eye.

Wednesday 23 September

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.

Matthew 7.6-23

⁶ 'Do not give what is holy to dogs; and do not throw your pearls before swine, or they will trample them under foot and turn and maul you. ⁷ 'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. ⁸ For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. ⁹ Is there anyone among you who, if your child asks for bread, will give a stone? ¹⁰ Or if the child asks for a fish, will give a snake? ¹¹ If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him! ¹² 'In everything do to others as you would have them do to you; for this is the law and the prophets. ¹³ 'Enter through the narrow gate; for the gate is wide and the road is easy that leads to destruction, and there are many who take it. ¹⁴ For the gate is narrow and the road is hard that leads to life, and there are few who find it. ¹⁵ 'Beware of false prophets, who come to you in sheep's clothing but inwardly are ravenous wolves. ¹⁶ You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles? ¹⁷ In the same way, every good tree bears good fruit, but the bad tree bears bad fruit. ¹⁸ A good tree cannot bear bad fruit, nor can a bad tree bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire. ²⁰ Thus you will know them by their fruits. ²¹ 'Not everyone who says to me, "Lord, Lord", will enter the kingdom of heaven, but only one who does the will of my Father in heaven. ²² On that day many will say to me, "Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many deeds of power in your name?" ²³ Then I will declare to them, "I never knew you; go away from me, you evildoers."

Thursday 24 September

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.

Matthew 7.24-8.4

^{7.24} 'Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. ²⁵ The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. ²⁶ And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. ²⁷ The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!' ²⁸ Now when Jesus had finished saying these things, the crowds were astounded at his teaching, ²⁹ for he taught them as one having authority, and not as their scribes. ^{8.1} When Jesus had come down from the mountain, great crowds followed him; ² and there was a leper who came to him and knelt before him, saying, 'Lord, if you choose, you can make me clean.' ³ He stretched out his hand and touched him, saying, 'I do choose. Be made clean!' Immediately his leprosy was cleansed. ⁴ Then Jesus said to him, 'See that you say nothing to anyone; but go, show yourself to the priest, and offer the gift that Moses commanded, as a testimony to them.'

Friday 25 September

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.

Matthew 8.5-22

⁵ When he entered Capernaum, a centurion came to him, appealing to him
⁶ and saying, 'Lord, my servant is lying at home paralysed, in terrible
distress.'⁷ And he said to him, 'I will come and cure him.'⁸ The centurion
answered, 'Lord, I am not worthy to have you come under my roof; but only speak
the word, and my servant will be healed.'⁹ For I also am a man under authority,
with soldiers under me; and I say to one, "Go", and he goes, and to another,
"Come", and he comes, and to my slave, "Do this", and the slave does it.'

¹⁰ When Jesus heard him, he was amazed and said to those who followed him,
'Truly I tell you, in no one in Israel have I found such faith.'¹¹ I tell you, many will
come from east and west and will eat with Abraham and Isaac and Jacob in the
kingdom of heaven,¹² while the heirs of the kingdom will be thrown into the outer
darkness, where there will be weeping and gnashing of teeth.'¹³ And to the
centurion Jesus said, 'Go; let it be done for you according to your faith.' And the
servant was healed in that hour.¹⁴ When Jesus entered Peter's house, he saw his
mother-in-law lying in bed with a fever;¹⁵ he touched her hand, and the fever left
her, and she got up and began to serve him.¹⁶ That evening they brought to him
many who were possessed by demons; and he cast out the spirits with a word, and
cured all who were sick.¹⁷ This was to fulfil what had been spoken through the
prophet Isaiah, 'He took our infirmities and bore our diseases.'¹⁸ Now when Jesus
saw great crowds around him, he gave orders to go over to the other side.

¹⁹ A scribe then approached and said, 'Teacher, I will follow you wherever you
go.'²⁰ And Jesus said to him, 'Foxes have holes, and birds of the air have nests;
but the Son of Man has nowhere to lay his head.'²¹ Another of his disciples said to
him, 'Lord, first let me go and bury my father.'²² But Jesus said to him, 'Follow me,
and let the dead bury their own dead.'

Saturday 26 September

Psalms 65; 70

65

- 1 You are to be praised, O God, in Zion:
to you shall vows be paid, you that answer prayer.
- 2 To you shall all flesh come to confess their sins:
when our misdeeds prevail against us,
you will purge them away.
- 3 Blessed are those whom you choose and take to yourself
to dwell within your courts:
we shall be filled with the good things of your house,
of your holy temple.
- 4 You will answer us in your righteousness
with terrible deeds, O God our saviour:
you that are the hope of all the ends of the earth
and of the distant seas;
- 5 Who by your strength made fast the mountains:
you that are girded with power;
- 6 Who stilled the raging of the seas,
the roaring of the waves:
and the tumult of the peoples.
- 7 Those who dwell at the ends of the earth
are afraid at your wonders:
the dawn and the evening sing your praises.
- 8 You tend the earth and water it:
you make it rich and fertile.
- 9 The river of God is full of water:
and so providing for the earth,
you provide grain for us all.
- 10 You drench its furrows, you level the ridges between:
you soften it with showers and bless its early growth.
- 11 You crown the year with your goodness:
and the tracks where you have passed drip with fatness.
- 12 The pastures of the wilderness run over:
and the hills are girded with joy.
- 13 The meadows are clothed with sheep:
and the valleys stand so thick with corn,
they shout for joy and sing.

70

- 1 O God, be pleased to deliver me:
O Lord, make haste to help me.
- 2 Let them be put to shame and confounded
who seek my life:
let them be turned back and disgraced who wish me evil.
- 3 Let them turn away for shame:
who say to me 'Aha, aha!'
- 4 Let all who seek you be joyful and glad because of you:
let those who love your salvation
say always 'God is great.'

- 5 As for me, I am poor and needy:
O God, be swift to save me.
- 6 You are my helper and my deliverer:
O Lord, make no delay.

Matthew 8.23-34

²³ And when he got into the boat, his disciples followed him. ²⁴ A gale arose on the lake, so great that the boat was being swamped by the waves; but he was asleep. ²⁵ And they went and woke him up, saying, 'Lord, save us! We are perishing!' ²⁶ And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm.

²⁷ They were amazed, saying, 'What sort of man is this, that even the winds and the sea obey him?' ²⁸ When he came to the other side, to the country of the Gadarenes, two demoniacs coming out of the tombs met him. They were so fierce that no one could pass that way. ²⁹ Suddenly they shouted, 'What have you to do with us, Son of God? Have you come here to torment us before the time?' ³⁰ Now a large herd of swine was feeding at some distance from them. ³¹ The demons begged him, 'If you cast us out, send us into the herd of swine.' ³² And he said to them, 'Go!' So they came out and entered the swine; and suddenly, the whole herd rushed down the steep bank into the lake and perished in the water.

³³ The swineherds ran off, and on going into the town, they told the whole story about what had happened to the demoniacs. ³⁴ Then the whole town came out to meet Jesus; and when they saw him, they begged him to leave their neighbourhood.

Sunday 27 September

Psalm 25.1-9

- 1 In you, O Lord my God, have I put my hope:
in you have I trusted, let me not be ashamed,
nor let my enemies triumph over me.
- 2 Let none who wait for you be put to shame:
but let those that break faith
be confounded and gain nothing.
- 3 Show me your ways, O Lord:
and teach me your paths.
- 4 Lead me in the ways of your truth, and teach me:
for you are the God of my salvation.
- 5 In you have I hoped all the day long:
because of your goodness, O Lord.
- 6 Call to mind your compassion and your loving-kindness:
for they are from of old.
- 7 Remember not the sins of my youth,
nor my transgressions:
but according to your mercy think on me.
- 8 Good and upright is the Lord:
therefore will he direct sinners in the way.
- 9 The meek he will guide in the path of justice:
and teach the humble his ways.

Romans 15.14-33

¹⁴ I myself feel confident about you, my brothers and sisters, that you yourselves are full of goodness, filled with all knowledge, and able to instruct one another.

¹⁵ Nevertheless, on some points I have written to you rather boldly by way of reminder, because of the grace given me by God

¹⁶ to be a minister of Christ Jesus to the Gentiles in the priestly service of the gospel of God, so that the offering of the Gentiles may be acceptable, sanctified by the Holy Spirit.

¹⁷ In Christ Jesus, then, I have reason to boast of my work for God.

¹⁸ For I will not venture to speak of anything except what Christ has accomplished through me to win obedience from the Gentiles, by word and deed,

¹⁹ by the power of signs and wonders, by the power of the Spirit of God, so that from Jerusalem and as far around as Illyricum I have fully proclaimed the good news of Christ.

²⁰ Thus I make it my ambition to proclaim the good news, not where Christ has already been named, so that I do not build on someone else's foundation,

²¹ but as it is written,

'Those who have never been told of him shall see,
and those who have never heard of him shall understand.'

²² This is the reason that I have so often been hindered from coming to you.

²³ But now, with no further place for me in these regions, I desire, as I have for many years, to come to you

²⁴ when I go to Spain. For I do hope to see you on my journey and to be sent on by you, once I have enjoyed your company for a little while.

²⁵ At present, however, I am going to Jerusalem in a ministry to the saints;

²⁶ for Macedonia and Achaia have been pleased to share their resources with the poor among the saints at Jerusalem.

²⁷ They were pleased to do this, and indeed they owe it to them; for if the Gentiles have come to share in their spiritual blessings, they ought also to be of service to them in material things.

²⁸ So, when I have completed this, and have delivered to them what has been collected, I will set out by way of you to Spain;

²⁹ and I know that when I come to you, I will come in the fullness of the blessing of Christ.

³⁰ I appeal to you, brothers and sisters, by our Lord Jesus Christ and by the love of the Spirit, to join me in earnest prayer to God on my behalf,

³¹ that I may be rescued from the unbelievers in Judea, and that my ministry to Jerusalem may be acceptable to the saints,

³² so that by God's will I may come to you with joy and be refreshed in your company.

³³ The God of peace be with all of you. Amen.

