



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

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

24-30 August 2020

Monday 24 August

Psalm 86

- 1 Incline your ear to me, O God, and answer me:
for I am poor and in misery.
- 2 Preserve my life, for I am faithful:
My God, save your servant who trusts in you.
- 3 Be merciful to me, O Lord:
for I call to you all the day long.
- 4 O make glad the soul of your servant:
for I put my hope in you, O Lord.
- 5 For you, Lord, are good and forgiving:
of great and continuing kindness
to all who call upon you.
- 6 Hear my prayer, O Lord:
and give heed to the voice of my supplication.
- 7 In the day of my trouble I call upon you:
for you will surely answer.
- 8 Among the gods there is none like you, O Lord:
nor are there any deeds like yours.
- 9 All the nations you have made
shall come and worship before you:
O Lord, they shall glorify your name.
- 10 For you are great and do marvellous things:
and you alone are God.
- 11 Show me your way, O Lord, and I will walk in your truth:
let my heart delight to fear your name.
- 12 I will praise you, O Lord my God, with all my heart:
and I will glorify your name for ever.
- 13 For great is your abiding love toward me:
and you have delivered my life
from the lowest depths of the grave.
- 14 The insolent, O God, have risen against me:
a ruthless band seek my life,
they have not set God before their eyes.
- 15 But you, Lord, are a God gracious and compassionate:
slow to anger, full of goodness and truth.
- 16 Turn to me and be merciful,
give your strength to your servant:
and save the child of your handmaid.
- 17 Show me some token of your goodness:
that those who hate me may see it and be ashamed,
because you, Lord, are my helper and my comforter.

Matthew 10.1-15

¹ Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. ² These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; ³ Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; ⁴ Simon the Cananaean, and Judas Iscariot, the one who betrayed him. ⁵ These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, ⁶ but go rather to the lost sheep of the house of Israel. ⁷ As you go, proclaim the good news, "The kingdom of heaven has come near." ⁸ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. ⁹ Take no gold, or silver, or copper in your belts, ¹⁰ no bag for your journey, or two tunics, or sandals, or a staff; for labourers deserve their food. ¹¹ Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. ¹² As you enter the house, greet it. ¹³ If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. ¹⁴ If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. ¹⁵ Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

Tuesday 25 August

Psalm 135

- 1 Praise the Lord, praise the name of the Lord:
praise him, you servants of the Lord,
- 2 Who stand in the house of the Lord:
in the courts of the house of our God.
- 3 Praise the Lord, for the Lord is gracious:
sing praises to his name, for it is good.
- 4 For the Lord has chosen Jacob for himself:
and Israel as his own possession.
- 5 I know that the Lord is great:
and that our Lord is above all gods.
- 6 He does whatever he wills, in heaven and upon the earth:
in the seas and in the great depths.
- 7 He brings up clouds from the ends of the earth:
he makes lightning for the rain
and brings the wind out of his storehouses.
- 8 He struck down the firstborn of Egypt:
both man and beast alike.
- 9 He sent signs and wonders into your midst, O Egypt:
against Pharaoh and against all his servants.
- 10 He struck down great nations:
and slew mighty kings,
- 11 Sihon, king of the Amorites, and Og, the king of Bashan:
and all the princes of Canaan.
- 12 He made over their land as a heritage:
a heritage for Israel his people.
- 13 O Lord, your name shall endure for ever:
so shall your renown, throughout all generations.
- 14 For the Lord will vindicate his people:
he will take pity on his servants.
- 15 As for the idols of the nations,
they are but silver and gold:
the work of human hands.
- 16 They have mouths, but speak not:
they have eyes, but they cannot see.
- 17 They have ears, yet hear nothing:
there is no breath in their nostrils.
- 18 Those who make them shall be like them:
so shall everyone that trusts in them.
- 19 Bless the Lord, O house of Israel:
bless the Lord, O house of Aaron.
- 20 Bless the Lord, O house of Levi:
you that fear the Lord, bless the Lord.
- 21 Blessed be the Lord from Zion:
he that dwells in Jerusalem. Praise the Lord.

Acts 21.15-26

¹⁵ After these days we got ready and started to go up to Jerusalem. ¹⁶ Some of the disciples from Caesarea also came along and brought us to the house of Mnason of Cyprus, an early disciple, with whom we were to stay. ¹⁷ When we arrived in Jerusalem, the brothers welcomed us warmly. ¹⁸ The next day Paul went with us to visit James; and all the elders were present. ¹⁹ After greeting them, he related one by one the things that God had done among the Gentiles through his ministry. ²⁰ When they heard it, they praised God. Then they said to him, 'You see, brother, how many thousands of believers there are among the Jews, and they are all zealous for the law. ²¹ They have been told about you that you teach all the Jews living among the Gentiles to forsake Moses, and that you tell them not to circumcise their children or observe the customs. ²² What then is to be done? They will certainly hear that you have come. ²³ So do what we tell you. We have four men who are under a vow. ²⁴ Join these men, go through the rite of purification with them, and pay for the shaving of their heads. Thus all will know that there is nothing in what they have been told about you, but that you yourself observe and guard the law. ²⁵ But as for the Gentiles who have become believers, we have sent a letter with our judgement that they should abstain from what has been sacrificed to idols and from blood and from what is strangled and from fornication.' ²⁶ Then Paul took the men, and the next day, having purified himself, he entered the temple with them, making public the completion of the days of purification when the sacrifice would be made for each of them.

Wednesday 26 August

Psalms 137.1-6; 138

137

- 1 By the waters of Babylon we sat down and wept:
when we remembered Zion.
- 2 As for our harps we hung them up:
upon the trees that are in that land.
- 3 For there those who led us away captive
required of us a song:
and those who had despoiled us demanded mirth,
saying 'Sing us one of the songs of Zion.'
- 4 How can we sing the Lord's song in a strange land?
- 5 If I forget you, O Jerusalem:
let my right hand forget its mastery.
- 6 Let my tongue cling to the roof of my mouth:
if I do not remember you,
if I do not prefer Jerusalem above my chief joy.

138

- 1 I will give you thanks, O Lord, with my whole heart:
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple
and give thanks to your name:
because of your faithfulness and your loving-kindness,
for you have made your name and your word
supreme over all things.
- 3 At a time when I called to you, you gave me answer:
and put new strength within my soul.
- 4 All the kings of the earth shall praise you, O Lord:
for they have heard the words of your mouth;
- 5 And they shall sing of the ways of the Lord:
that the glory of the Lord is great.
- 6 For though the Lord is exalted, he looks upon the lowly:
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,
yet will you preserve my life:
you will stretch out your hand against the fury of my
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:
your loving-kindness, O Lord, endures for ever;
do not forsake the work of your own hands.

Acts 21.27-39

²⁷ When the seven days were almost completed, the Jews from Asia, who had seen him in the temple, stirred up the whole crowd. They seized him, ²⁸ shouting, 'Fellow-Israelites, help! This is the man who is teaching everyone everywhere against our people, our law, and this place; more than that, he has actually brought Greeks into the temple and has defiled this holy place.' ²⁹ For they had previously seen Trophimus the Ephesian with him in the city, and they supposed that Paul had brought him into the temple. ³⁰ Then all the city was aroused, and the people rushed together. They seized Paul and dragged him out of the temple, and immediately the doors were shut. ³¹ While they were trying to kill him, word came to the tribune of the cohort that all Jerusalem was in an uproar. ³² Immediately he took soldiers and centurions and ran down to them. When they saw the tribune and the soldiers, they stopped beating Paul. ³³ Then the tribune came, arrested him, and ordered him to be bound with two chains; he inquired who he was and what he had done. ³⁴ Some in the crowd shouted one thing, some another; and as he could not learn the facts because of the uproar, he ordered him to be brought into the barracks. ³⁵ When Paul came to the steps, the violence of the mob was so great that he had to be carried by the soldiers. ³⁶ The crowd that followed kept shouting, 'Away with him!' ³⁷ Just as Paul was about to be brought into the barracks, he said to the tribune, 'May I say something to you?' The tribune replied, 'Do you know Greek?' ³⁸ Then you are not the Egyptian who recently stirred up a revolt and led the four thousand assassins out into the wilderness?' ³⁹ Paul replied, 'I am a Jew, from Tarsus in Cilicia, a citizen of an important city; I beg you, let me speak to the people.'

Thursday 27 August

Psalm 140

- 1 Deliver me, O Lord, from evildoers:
and preserve me from the violent.
- 2 Who devise mischief in their hearts:
who stir up enmity day by day.
- 3 They have sharpened their tongues like a serpent's:
and the venom of asps is under their lips.
- 4 Keep me, O Lord, from the power of the wicked:
preserve me from the violent,
who think to thrust me from my course.
- 5 The arrogant have laid a snare for me,
and rogues have stretched the net:
they have set traps along my way.
- 6 But I have said to the Lord 'You are my God':
hear, O Lord, the voice of my pleading.
- 7 O Lord my God and my sure stronghold:
you have covered my head in the day of battle.
- 8 Do not fulfil, O Lord, the desire of the wicked:
nor further the evil that they have devised.
- 9 Let not those that beset me lift their heads:
but let the mischief that is on their lips bury them.
- 10 Let hot burning coals be poured upon them:
let them be plunged into that miry pit
from which they shall never arise.
- 11 Let no one of evil tongue find footing in the land:
the evil, the violent—let them be hunted to the end.]
- 12 I know that the Lord will work justice for the oppressed:
and right judgements for the poor.
- 13 Surely the righteous shall have cause to praise your name:
and the just shall dwell in your sight.

Acts 21.40-22.16

^{21.40} When he had given him permission, Paul stood on the steps and motioned to the people for silence; and when there was a great hush, he addressed them in the Hebrew language, saying: ^{22.1} ‘Brothers and fathers, listen to the defence that I now make before you.’ ² When they heard him addressing them in Hebrew, they became even more quiet. Then he said: ³ ‘I am a Jew, born in Tarsus in Cilicia, but brought up in this city at the feet of Gamaliel, educated strictly according to our ancestral law, being zealous for God, just as all of you are today. ⁴ I persecuted this Way up to the point of death by binding both men and women and putting them in prison, ⁵ as the high priest and the whole council of elders can testify about me. From them I also received letters to the brothers in Damascus, and I went there in order to bind those who were there and to bring them back to Jerusalem for punishment. ⁶ ‘While I was on my way and approaching Damascus, about noon a great light from heaven suddenly shone about me. ⁷ I fell to the ground and heard a voice saying to me, “Saul, Saul, why are you persecuting me?” ⁸ I answered, “Who are you, Lord?” Then he said to me, “I am Jesus of Nazareth whom you are persecuting.” ⁹ Now those who were with me saw the light but did not hear the voice of the one who was speaking to me. ¹⁰ I asked, “What am I to do, Lord?” The Lord said to me, “Get up and go to Damascus; there you will be told everything that has been assigned to you to do.” ¹¹ Since I could not see because of the brightness of that light, those who were with me took my hand and led me to Damascus. ¹² ‘A certain Ananias, who was a devout man according to the law and well spoken of by all the Jews living there, ¹³ came to me; and standing beside me, he said, “Brother Saul, regain your sight!” In that very hour I regained my sight and saw him. ¹⁴ Then he said, “The God of our ancestors has chosen you to know his will, to see the Righteous One and to hear his own voice; ¹⁵ for you will be his witness to all the world of what you have seen and heard. ¹⁶ And now why do you delay? Get up, be baptized, and have your sins washed away, calling on his name.”

Friday 28 August

Psalms 143; 146

143

- 1 Hear my prayer, O Lord:
in your faithfulness consider my petition,
and in your righteousness give me answer.
- 2 Bring not your servant into judgement:
for in your sight can no one living be justified.
- 3 For the enemy has pursued me,
they have crushed my life to the ground:
they have made me dwell in darkness,
like those for ever dead.
- 4 Therefore my spirit grows faint:
and my heart is appalled within me.
- 5 I remember the days of old,
I think on all that you have done:
I consider the works of your hands.
- 6 I stretch out my hands toward you:
my soul yearns for you like a thirsty land.
- 7 Be swift to hear me, O Lord, for my spirit fails:
hide not your face from me,
lest I be like those who go down to the Pit.
- 8 O let me hear of your merciful kindness in the morning,
for my trust is in you:
show me the way that I should go,
for you are my hope.
- 9 Deliver me from my enemies, O Lord:
for I run to you for shelter.
- 10 Teach me to do your will, for you are my God:
let your kindly spirit lead me in an even path.
- 11 For your name's sake, O Lord, preserve my life:
and for the sake of your righteousness,
bring me out of trouble.
- 12 In your merciful goodness slay my enemies,
and destroy all those that come against me:
for truly I am your servant.

146

- 1 Praise the Lord, praise the Lord, O my soul:
while I live I will praise the Lord;
- 2 While I have any being:
I will sing praises to my God.
- 3 Put not your trust in princes:
nor in flesh and blood, which cannot save.
- 4 For when their breath goes from them,
they return again to the earth:
and on that day all their thoughts perish.
- 5 Blessed are those whose help is the God of Jacob:
whose hope is in the Lord their God,

- 6 The God who made heaven and earth:
the sea, and all that is in them,
7 Who keeps faith for ever:
who deals justice to those that are oppressed.
8 The Lord gives food to the hungry:
and sets the captives free.
9 The Lord gives sight to the blind:
the Lord lifts up those that are bowed down.
10 The Lord loves the righteous:
the Lord cares for the stranger in the land.
11 He upholds the widow and the fatherless:
as for the way of the wicked, he turns it upside down.
12 The Lord shall be king for ever:
your God, O Zion, shall reign through all generations.
Praise the Lord.

Acts 22.17-30

¹⁷ 'After I had returned to Jerusalem and while I was praying in the temple, I fell into a trance ¹⁸ and saw Jesus saying to me, "Hurry and get out of Jerusalem quickly, because they will not accept your testimony about me." ¹⁹ And I said, "Lord, they themselves know that in every synagogue I imprisoned and beat those who believed in you. ²⁰ And while the blood of your witness Stephen was shed, I myself was standing by, approving and keeping the coats of those who killed him."
²¹ Then he said to me, "Go, for I will send you far away to the Gentiles." ' ²² Up to this point they listened to him, but then they shouted, 'Away with such a fellow from the earth! For he should not be allowed to live.' ²³ And while they were shouting, throwing off their cloaks, and tossing dust into the air, ²⁴ the tribune directed that he was to be brought into the barracks, and ordered him to be examined by flogging, to find out the reason for this outcry against him. ²⁵ But when they had tied him up with thongs, Paul said to the centurion who was standing by, 'Is it legal for you to flog a Roman citizen who is uncondemned?' ²⁶ When the centurion heard that, he went to the tribune and said to him, 'What are you about to do? This man is a Roman citizen.' ²⁷ The tribune came and asked Paul, 'Tell me, are you a Roman citizen?' And he said, 'Yes.' ²⁸ The tribune answered, 'It cost me a large sum of money to get my citizenship.' Paul said, 'But I was born a citizen.' ²⁹ Immediately those who were about to examine him drew back from him; and the tribune also was afraid, for he realized that Paul was a Roman citizen and that he had bound him. ³⁰ Since he wanted to find out what Paul was being accused of by the Jews, the next day he released him and ordered the chief priests and the entire council to meet. He brought Paul down and had him stand before them.

Saturday 29 August

Psalm 145

- 1 I will exalt you, O God my king:
I will bless your name for ever and ever.
- 2 Every day will I bless you:
and praise your name for ever and ever.
- 3 Great is the Lord, and wonderfully worthy to be praised:
his greatness is past searching out.
- 4 One generation shall praise your works to another:
and declare your mighty acts.
- 5 As for me, I will be talking
of the glorious splendour of your majesty:
I will tell the story of your marvellous works.
- 6 All people shall speak of the power of your terrible deeds:
and I will proclaim your greatness.
- 7 Their lips shall flow with the remembrance
of your abundant goodness:
they shall shout for joy at your righteousness.
- 8 The Lord is gracious and compassionate:
slow to anger and of great goodness.
- 9 The Lord is loving to every one of us:
and his mercy is over all his works.
- 10 All creation praises you, O Lord:
and your faithful servants bless your name.
- 11 They speak of the glory of your kingdom:
and tell of your great might,
- 12 That the whole earth may know your mighty acts:
and the glorious splendour of your kingdom.
- 13 Your kingdom is an everlasting kingdom:
and your dominion endures through all generations.
- 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.

Acts 23.1-11

¹ While Paul was looking intently at the council he said, 'Brothers, up to this day I have lived my life with a clear conscience before God.' ² Then the high priest Ananias ordered those standing near him to strike him on the mouth. ³ At this Paul said to him, 'God will strike you, you whitewashed wall! Are you sitting there to judge me according to the law, and yet in violation of the law you order me to be struck?' ⁴ Those standing nearby said, 'Do you dare to insult God's high priest?' ⁵ And Paul said, 'I did not realize, brothers, that he was high priest; for it is written, "You shall not speak evil of a leader of your people." ' ⁶ When Paul noticed that some were Sadducees and others were Pharisees, he called out in the council, 'Brothers, I am a Pharisee, a son of Pharisees. I am on trial concerning the hope of the resurrection of the dead.' ⁷ When he said this, a dissension began between the Pharisees and the Sadducees, and the assembly was divided. ⁸ (The Sadducees say that there is no resurrection, or angel, or spirit; but the Pharisees acknowledge all three.) ⁹ Then a great clamour arose, and certain scribes of the Pharisees' group stood up and contended, 'We find nothing wrong with this man. What if a spirit or an angel has spoken to him?' ¹⁰ When the dissension became violent, the tribune, fearing that they would tear Paul to pieces, ordered the soldiers to go down, take him by force, and bring him into the barracks. ¹¹ That night the Lord stood near him and said, 'Keep up your courage! For just as you have testified for me in Jerusalem, so you must bear witness also in Rome.'

Sunday 30 August

Psalm 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.

Romans 12.1–8

¹ I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ² Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. ³ For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. ⁴ For as in one body we have many members, and not all the members have the same function, ⁵ so we, who are many, are one body in Christ, and individually we are members one of another. ⁶ We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ⁷ ministry, in ministering; the teacher, in teaching; ⁸ the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

