



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services

according to

The Anglican Prayer book  
of Australia

28 September - 4 October 2020

## Monday 28 September

### Psalm 71

- 1 To you, Lord, have I come for shelter:  
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:  
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:  
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:  
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:  
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:  
you are he that brought me out of my mother's womb,  
and my praise is of you continually.
- 7 I have become as a fearful warning to many:  
but you are my strength and my refuge.
- 8 My mouth shall be filled with your praises:  
I shall sing of your glory all the day long.
- 9 Cast me not away in the time of old age:  
nor forsake me when my strength fails.
- 10 For my enemies speak against me:  
and those that watch for my life conspire together, saying,
- 11 'God has forsaken him:  
pursue him, take him, for there is none to save him.'
- 12 Be not far from me, O God:  
my God, make haste to help me.
- 13 Let my adversaries be confounded and put to shame:  
let those who seek my hurt  
be covered with scorn and disgrace.
- 14 As for me, I will wait in hope continually:  
and I will praise you more and more.
- 15 My mouth shall speak of your righteousness all the day:  
and tell of your salvation, though it exceeds my telling.
- 16 I will begin with the mighty acts of the Lord my God:  
and declare your righteous dealing—yours alone.
- 17 O God, you have taught me from my youth upward:  
and to this day, I proclaim your marvellous works.
- 18 Forsake me not, O God, in my old age,  
when I am grey-headed:  
till I have shown the strength of your arm  
to future generations,  
and your might to those that come after.
- 19 Your righteousness, O God, reaches to the heavens:  
great are the things that you have done;  
O God, who is like you?
- 20 You have burdened me with many and bitter troubles,  
O turn and renew me:  
and raise me up again from the depths of the earth.

- 21 Bless me beyond my former greatness:  
    O turn to me again, and comfort me.
- 22 Then will I praise you upon the lute  
for your faithfulness, O my God:  
    and sing your praises to the harp, O Holy One of Israel.
- 23 My lips shall rejoice in my singing:  
    and my soul also, for you have ransomed me.
- 24 My tongue shall speak of your righteous dealing  
all the day long:  
    for they shall be put to shame and disgraced  
    that seek to do me evil.

### **Matthew 9.1-13**

<sup>1</sup> And after getting into a boat he crossed the water and came to his own town. <sup>2</sup> And just then some people were carrying a paralysed man lying on a bed. When Jesus saw their faith, he said to the paralytic, 'Take heart, son; your sins are forgiven.' <sup>3</sup> Then some of the scribes said to themselves, 'This man is blaspheming.' <sup>4</sup> But Jesus, perceiving their thoughts, said, 'Why do you think evil in your hearts? <sup>5</sup> For which is easier, to say, "Your sins are forgiven", or to say, "Stand up and walk"? <sup>6</sup> But so that you may know that the Son of Man has authority on earth to forgive sins'—he then said to the paralytic—'Stand up, take your bed and go to your home.' <sup>7</sup> And he stood up and went to his home. <sup>8</sup> When the crowds saw it, they were filled with awe, and they glorified God, who had given such authority to human beings. <sup>9</sup> As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, 'Follow me.' And he got up and followed him. <sup>10</sup> And as he sat at dinner in the house, many tax-collectors and sinners came and were sitting with him and his disciples. <sup>11</sup> When the Pharisees saw this, they said to his disciples, 'Why does your teacher eat with tax-collectors and sinners?' <sup>12</sup> But when he heard this, he said, 'Those who are well have no need of a physician, but those who are sick. <sup>13</sup> Go and learn what this means, "I desire mercy, not sacrifice." For I have come to call not the righteous but sinners.'

## Tuesday 29 September

### Psalm 34

- 1 I will bless the Lord continually:  
his praise shall be always in my mouth.
- 2 Let my soul boast of the Lord:  
the humble shall hear it and rejoice.
- 3 O praise the Lord with me:  
let us exalt his name together.
- 4 For I sought the Lord's help and he answered:  
and he freed me from all my fears.
- 5 Look towards him and be bright with joy:  
your faces shall not be ashamed.
- 6 Here is a wretch who cried, and the Lord heard me:  
and saved me from all my troubles.
- 7 The angel of the Lord encamps round those who fear him:  
and delivers them in their need.
- 8 O taste and see that the Lord is good:  
happy are they that hide in him!
- 9 Fear the Lord, all you his holy ones:  
for those who fear him never lack.
- 10 Lions may suffer want and go hungry:  
but those who seek the Lord lack nothing good.
- 11 Come, my children, listen to me:  
and I will teach you the fear of the Lord.
- 12 Which of you relishes life:  
wants time to enjoy good things?
- 13 Keep your tongue from evil:  
and your lips from telling lies.
- 14 Turn from evil and do good:  
seek peace and pursue it.
- 15 The eyes of God are on the righteous:  
and his ears towards their cry.
- 16 The Lord sets his face against wrongdoers:  
to root out their memory from the earth.
- 17 The righteous cry; the Lord hears it:  
and frees them from all their afflictions.
- 18 The Lord is close to those who are broken-hearted:  
and the crushed in spirit he saves.
- 19 The trials of the righteous are many:  
but our God delivers us from them all.
- 20 He guards all our bones:  
so that not one is broken.
- 21 Evil will slay the wicked:  
and those who hate the righteous will be destroyed.
- 22 The Lord ransoms the lives of his servants:  
and none who hide in him will be destroyed.

## **Acts 12.1-11**

<sup>1</sup> About that time King Herod laid violent hands upon some who belonged to the church. <sup>2</sup> He had James, the brother of John, killed with the sword. <sup>3</sup> After he saw that it pleased the Jews, he proceeded to arrest Peter also. (This was during the festival of Unleavened Bread.) <sup>4</sup> When he had seized him, he put him in prison and handed him over to four squads of soldiers to guard him, intending to bring him out to the people after the Passover. <sup>5</sup> While Peter was kept in prison, the church prayed fervently to God for him. <sup>6</sup> The very night before Herod was going to bring him out, Peter, bound with two chains, was sleeping between two soldiers, while guards in front of the door were keeping watch over the prison. <sup>7</sup> Suddenly an angel of the Lord appeared and a light shone in the cell. He tapped Peter on the side and woke him, saying, 'Get up quickly.' And the chains fell off his wrists. <sup>8</sup> The angel said to him, 'Fasten your belt and put on your sandals.' He did so. Then he said to him, 'Wrap your cloak around you and follow me.' <sup>9</sup> Peter went out and followed him; he did not realize that what was happening with the angel's help was real; he thought he was seeing a vision. <sup>10</sup> After they had passed the first and the second guard, they came before the iron gate leading into the city. It opened for them of its own accord, and they went outside and walked along a lane, when suddenly the angel left him. <sup>11</sup> Then Peter came to himself and said, 'Now I am sure that the Lord has sent his angel and rescued me from the hands of Herod and from all that the Jewish people were expecting.'

## Wednesday 30 September

### Psalm 72

- 1 Give the king your judgement, O God:  
and your righteousness to the son of a king,
- 2 That he may judge your people rightly:  
and the poor of the land with equity.
- 3 Let the mountains be laden with peace  
because of his righteousness:  
and the hills also with prosperity for his people.
- 4 May he give justice to the poor among the people:  
and rescue the children of the needy,  
and crush the oppressor.
- 5 May he live while the sun endures:  
and while the moon gives light,  
throughout all generations.
- 6 May he come down like rain upon the new-mown fields:  
and as showers that water the earth.
- 7 In his time shall righteousness flourish:  
and abundance of peace, till the moon shall be no more.
- 8 His dominion shall stretch from sea to sea:  
from the Great River to the ends of the earth.
- 9 His adversaries shall bow down before him:  
and his enemies shall lick the dust.
- 10 The kings of Tarshish and of the isles  
shall bring tribute:  
the kings of Sheba and Seba shall offer gifts.
- 11 All kings shall fall down before him:  
and all nations do him service.
- 12 He will deliver the needy when they cry:  
and the poor that have no helper.
- 13 He will pity the helpless and the needy:  
and save the lives of the poor.
- 14 He will redeem them from oppression and violence:  
and their blood shall be precious in his sight.
- 15 Long may he live, and be given of the gold of Sheba:  
may prayer be made for him continually,  
may they bless him every day.
- 16 Let there be abundance of wheat in the land:  
let it flourish on the tops of the mountains;
- 17 Let its ears grow fat like the grain of Lebanon:  
and its sheaves thicken like the grass of the field.
- 18 Let his name live for ever:  
and endure as long as the sun.
- 19 Let all peoples use his name in blessing:  
and all nations call him blessed.
- 20 Blessed be the Lord God, the God of Israel:  
who alone does great wonders.
- 21 Blessed be his glorious name for ever:  
and let the whole earth be filled with his glory.  
Amen, Amen.

## **Matthew 9.27-38**

<sup>27</sup> As Jesus went on from there, two blind men followed him, crying loudly, 'Have mercy on us, Son of David!' <sup>28</sup> When he entered the house, the blind men came to him; and Jesus said to them, 'Do you believe that I am able to do this?' They said to him, 'Yes, Lord.' <sup>29</sup> Then he touched their eyes and said, 'According to your faith let it be done to you.' <sup>30</sup> And their eyes were opened. Then Jesus sternly ordered them, 'See that no one knows of this.' <sup>31</sup> But they went away and spread the news about him throughout that district. <sup>32</sup> After they had gone away, a demoniac who was mute was brought to him. <sup>33</sup> And when the demon had been cast out, the one who had been mute spoke; and the crowds were amazed and said, 'Never has anything like this been seen in Israel.' <sup>34</sup> But the Pharisees said, 'By the ruler of the demons he casts out the demons.' <sup>35</sup> Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. <sup>36</sup> When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup> Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; <sup>38</sup> therefore ask the Lord of the harvest to send out labourers into his harvest.'

## Thursday 1 October

### Psalm 74

- 1 O Lord our God, why cast us off so utterly:  
    why does your anger burn  
    against the sheep of your pasture?
- 2 Remember your congregation,  
whom you took to yourself of old:  
    the people that you redeemed to be your own possession,  
    and Mount Zion where you have dwelt.
- 3 Rouse yourself and go to the utter ruins:  
    to all the harm that the enemy has done in the sanctuary.
- 4 Your adversaries have made uproar  
in the place appointed for your praise:  
    they have set up their standards in triumph.
- 5 They have destroyed on every side:  
    like those who take axes up to a thicket of trees.
- 6 All the carved woodwork they have broken down:  
    and smashed it with hammers and hatchets.
- 7 They have set fire to your sanctuary:  
    and defiled to the ground  
    the dwelling-place of your name.
- 8 They have said in their hearts  
‘Let us make havoc of them’:  
    they have burned down  
    all the holy places of God in the land.
- 9 We see no signs, there is not one prophet left:  
    there is none who knows how long these things shall be.
- 10 How long shall the adversary taunt you, O God:  
    shall the enemy blaspheme your name for ever?
- 11 Why do you hold back your hand:  
    why do you keep your right hand in your bosom?
- 12 Yet God is my king from of old:  
    who wrought deliverance upon the earth.
- 13 You divided the sea by your might:  
    you shattered the heads of the dragons in the waters.
- 14 You crushed the heads of Leviathan:  
    and gave him as food to the creatures of the desert waste.
- 15 You cleft open spring and fountain:  
    you dried up the everflowing waters.
- 16 The day is yours, and so also is the night:  
    you have established the moon and the sun.
- 17 You set all the boundaries of the earth:  
    you created winter and summer.
- 18 Remember, O Lord, the taunts of the enemy:  
    how a mindless people have blasphemed your name.
- 19 Do not give to the wild beasts the soul that praises you:  
    do not forget for ever the life of your afflicted.
- 20 Look on all that you have made:  
    for it is full of darkness,  
    and violence inhabits the earth.



- 21 Let not the oppressed and reviled turn away rejected:  
but let the poor and needy praise your name.
- 22 Arise, O God, plead your own cause:  
remember how a mindless people taunt you all day long.
- 23 Do not forget the clamour of your adversaries:  
or how the shouting of your enemies ascends continually.

### **Matthew 10.1-15**

<sup>1</sup> 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. <sup>2</sup> 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; <sup>3</sup> Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; <sup>4</sup> Simon the Cananaean, and Judas Iscariot, the one who betrayed him. <sup>5</sup> These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, <sup>6</sup> but go rather to the lost sheep of the house of Israel. <sup>7</sup> As you go, proclaim the good news, "The kingdom of heaven has come near." <sup>8</sup> Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. <sup>9</sup> Take no gold, or silver, or copper in your belts, <sup>10</sup> no bag for your journey, or two tunics, or sandals, or a staff; for labourers deserve their food. <sup>11</sup> Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. <sup>12</sup> As you enter the house, greet it. <sup>13</sup> If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. <sup>14</sup> 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. <sup>15</sup> 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.

## Friday 2 October

### Psalm 77

- 1 I call to my God, I cry out toward him:  
I call to my God, and surely he will answer.
- 2 In the day of my distress I seek the Lord,  
I stretch out my hands to him by night:  
my soul is poured out without ceasing,  
it refuses all comfort.
- 3 I think upon God and groan aloud:  
I muse, and my spirit faints.
- 4 You hold my eyelids open:  
I am so dazed that I cannot flee.
- 5 I consider the times that are past:  
I remember the years of long ago.
- 6 At night I am grieved to the heart:  
I ponder, and my spirit makes search;
- 7 'Will the Lord cast us off for ever:  
will he show us his favour no more?
- 8 'Is his mercy clean gone for ever:  
and his promise come to an end for all generations?
- 9 'Has God forgotten to be gracious:  
has he shut up his pity in displeasure?'
- 10 And I say 'Has the right hand of the Most High  
lost its strength:  
has the arm of the Lord changed?'
- 11 I will declare the mighty acts of the Lord:  
I will call to mind your wonders of old.
- 12 I will think on all that you have done:  
and meditate upon your works.
- 13 Your way, O God, is holy:  
who is so great a god as our God?
- 14 You are the God that works wonders:  
you made known your power among the nations;
- 15 By your mighty arm you redeemed your people:  
the children of Jacob and Joseph.
- 16 The waters saw you, O God,  
the waters saw you and were afraid:  
the depths also were troubled.
- 17 The clouds poured out water, the heavens spoke:  
and your arrows darted forth.
- 18 The voice of your thunder was heard in the whirlwind:  
your lightnings lit the world,  
the earth shuddered and quaked.
- 19 Your way was in the sea, your path in the great waters:  
and your footsteps were not seen.
- 20 You led your people like sheep:  
by the hand of Moses and Aaron.

## **Matthew 10.16-27**

<sup>16</sup> 'See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. <sup>17</sup> Beware of them, for they will hand you over to councils and flog you in their synagogues; <sup>18</sup> and you will be dragged before governors and kings because of me, as a testimony to them and the Gentiles. <sup>19</sup> When they hand you over, do not worry about how you are to speak or what you are to say; for what you are to say will be given to you at that time; <sup>20</sup> for it is not you who speak, but the Spirit of your Father speaking through you. <sup>21</sup> Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; <sup>22</sup> and you will be hated by all because of my name. But the one who endures to the end will be saved. <sup>23</sup> When they persecute you in one town, flee to the next; for truly I tell you, you will not have gone through all the towns of Israel before the Son of Man comes. <sup>24</sup> 'A disciple is not above the teacher, nor a slave above the master; <sup>25</sup> it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! <sup>26</sup> 'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. <sup>27</sup> What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops.

## Saturday 3 October

### Psalm 78.16-38

- 16 But for all this they sinned yet more against him:  
and rebelled against the Most High in the desert.
- 17 They wilfully put God to the test:  
and demanded food for their appetite.
- 18 They spoke against God, and said:  
'Can God prepare a table in the wilderness?
- 19 'He indeed struck the rock,  
so that the waters gushed and the streams overflowed:  
but can he also give bread,  
or provide meat for his people?'
- 20 When the Lord heard it he was angry,  
and a fire was kindled against Jacob:  
his wrath blazed against Israel.
- 21 For they put no trust in God:  
nor would they believe his power to save.
- 22 Then he commanded the clouds above:  
and opened the doors of heaven.
- 23 He rained down manna for them to eat:  
and gave them the grain of heaven.
- 24 So they ate the bread of angels:  
and he sent them food in abundance.
- 25 He stirred up the south east wind in the heavens:  
and guided it by his power.
- 26 He rained down meat upon them thick as dust:  
and winged birds like the sands of the sea.
- 27 He made them fall into the midst of their camp:  
and all about their tents.
- 28 So they ate and were well-filled:  
for he had given them what they desired.
- 29 But before they had satisfied their craving:  
while the food was still in their mouths,
- 30 The anger of God blazed up against them:  
and he slew their strongest men,  
and laid low the youth of Israel.
- 31 But for all this they sinned yet more:  
and put no faith in his wonders.
- 32 So he ended their days like a breath:  
and their years with sudden terror.
- 33 When he struck them down, then they sought him:  
they turned, and sought eagerly for God.
- 34 They remembered that God was their rock:  
that God Most High was their redeemer.
- 35 But they lied to him with their mouths:  
and dissembled with their tongues;
- 36 For their hearts were not fixed upon him:  
nor were they true to his covenant.

- 37 Yet he, being merciful, forgave their iniquity  
and did not destroy them:  
many times he turned his anger aside,  
and would not wholly arouse his fury.
- 38 He remembered that they were but flesh:  
like a wind that passes, and does not return.

### **Matthew 10.28-42**

- <sup>28</sup> Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell.
- <sup>29</sup> Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father.
- <sup>30</sup> And even the hairs of your head are all counted.
- <sup>31</sup> So do not be afraid; you are of more value than many sparrows.
- <sup>32</sup> 'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven;
- <sup>33</sup> but whoever denies me before others, I also will deny before my Father in heaven.
- <sup>34</sup> 'Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.
- <sup>35</sup> For I have come to set a man against his father,  
and a daughter against her mother,  
and a daughter-in-law against her mother-in-law;
- <sup>36</sup> and one's foes will be members of one's own household.
- <sup>37</sup> Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me;
- <sup>38</sup> and whoever does not take up the cross and follow me is not worthy of me.
- <sup>39</sup> Those who find their life will lose it, and those who lose their life for my sake will find it.
- <sup>40</sup> 'Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me.
- <sup>41</sup> Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous;
- <sup>42</sup> and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.'

## Sunday 4 October

### Psalm 80.7-15

- 7 Restore us again, O Lord of hosts:  
show us the light of your countenance,  
and we shall be saved.
- 8 You brought a vine out of Egypt:  
you drove out the nations, and planted it in.
- 9 You cleared the ground before it:  
and it struck root and filled the land.
- 10 The hills were covered with its shadow:  
and its boughs were like the boughs of the great cedars.
- 11 It stretched out its branches to the sea:  
and its tender shoots to the Great River.
- 12 Why then have you broken down its walls:  
so that every passer-by can pluck its fruit?
- 13 The wild boar out of the woods roots it up:  
and the locusts from the wild places devour it.
- 14 Turn to us again, O Lord of hosts:  
look down from heaven, and see.
- 15 Bestow your care upon this vine:  
the stock which your own right hand has planted.

## **Romans 16.1-16**

<sup>1</sup> I commend to you our sister Phoebe, a deacon of the church at Cenchreae,  
<sup>2</sup> so that you may welcome her in the Lord as is fitting for the saints, and help her in whatever she may require from you, for she has been a benefactor of many and of myself as well. <sup>3</sup> Greet Prisca and Aquila, who work with me in Christ Jesus,  
<sup>4</sup> and who risked their necks for my life, to whom not only I give thanks, but also all the churches of the Gentiles. <sup>5</sup> Greet also the church in their house. Greet my beloved Epaenetus, who was the first convert in Asia for Christ. <sup>6</sup> Greet Mary, who has worked very hard among you. <sup>7</sup> Greet Andronicus and Junia, my relatives who were in prison with me; they are prominent among the apostles, and they were in Christ before I was. <sup>8</sup> Greet Ampliatus, my beloved in the Lord. <sup>9</sup> Greet Urbanus, our co-worker in Christ, and my beloved Stachys. <sup>10</sup> Greet Apelles, who is approved in Christ. Greet those who belong to the family of Aristobulus. <sup>11</sup> Greet my relative Herodion. Greet those in the Lord who belong to the family of Narcissus.  
<sup>12</sup> Greet those workers in the Lord, Tryphaena and Tryphosa. Greet the beloved Persis, who has worked hard in the Lord. <sup>13</sup> Greet Rufus, chosen in the Lord; and greet his mother—a mother to me also. <sup>14</sup> Greet Asyncritus, Phlegon, Hermes, Patrobas, Hermas, and the brothers and sisters who are with them. <sup>15</sup> Greet Philologus, Julia, Nereus and his sister, and Olympas, and all the saints who are with them. <sup>16</sup> Greet one another with a holy kiss. All the churches of Christ greet you.

