

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

30 November - 6 December 2020

Monday 30 November

Psalm 147

1.30	
1	O praise the Lord,
	for it is good to sing praises to our God:
	and to praise him is joyful and right.
2	The Lord is rebuilding Jerusalem:
	he is gathering together the scattered outcasts of Israel.
3	He heals the broken in spirit:
•	and binds up their wounds.
4	He counts the number of the stars:
•	and calls them all by name.
5	Great is our Lord, and great is his power:
U	there is no measuring his understanding.
6	The Lord restores the humble:
0	but he brings down the wicked to the dust.
7	O sing to the Lord a song of thanksgiving:
1	sing praises to our God upon the harp.
8	He covers the heavens with cloud,
0	and prepares rain for the earth:
	and makes the grass to sprout upon the mountains.
9	He gives the cattle their food:
3	and feeds the young ravens that call to him.
10	He takes no pleasure in the strength of a horse:
10	nor does he delight in anyone's legs,
11	But the Lord's delight is in those that fear him:
11	
12	who wait in hope for his mercy. Praise the Lord, O Jerusalem:
12	
10	sing praises to your God, O Zion.
13	
11	and blessed your children within you.
14	He makes peace within your borders:
15	and satisfies you with the finest wheat.
15	He sends his command to the earth:
16	and his word runs very swiftly.
16	He gives snow like wool:
47	and scatters the hoar-frost like ashes.
17	He sprinkles his ice like morsels of bread:
40	and the waters harden at his frost.
18	He sends out his word and melts them:
40	he blows with his wind and the waters flow.
19	He made his word known to Jacob:
~~	his statutes and judgements to Israel.
20	He has not dealt so with any other nation:
	nor have they knowledge of his laws. Praise the Lord.

John 1.35-42

³⁵ The next day John again was standing with two of his disciples, ³⁶ and as he watched Jesus walk by, he exclaimed, 'Look, here is the Lamb of God!' ³⁷ The two disciples heard him say this, and they followed Jesus. ³⁸ When Jesus turned and saw them following, he said to them, 'What are you looking for?' They said to him, 'Rabbi' (which translated means Teacher), 'where are you staying?' ³⁹ He said to them, 'Come and see.' They came and saw where he was staying, and they remained with him that day. It was about four o'clock in the afternoon. ⁴⁰ One of the two who heard John speak and followed him was Andrew, Simon Peter's brother. ⁴¹ He first found his brother Simon and said to him, 'We have found the Messiah' (which is translated Anointed). ⁴² He brought Simon to Jesus, who looked at him and said, 'You are Simon son of John. You are to be called Cephas' (which is translated Peter).

Tuesday 1 December

Psalm 74

- O Lord our God, why cast us off so utterly: 1 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. Your adversaries have made uproar 4 in the place appointed for your praise: they have set up their standards in triumph. They have destroyed on every side: 5 like those who take axes up to a thicket of trees. All the carved woodwork they have broken down: 6 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,
 - 4

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.

Mark 4.21-41

²¹ He said to them, 'Is a lamp brought in to be put under the bushel basket, or under the bed, and not on the lampstand? ²² For there is nothing hidden, except to be disclosed; nor is anything secret, except to come to light. ²³ Let anyone with ears to hear listen!'²⁴ And he said to them, 'Pay attention to what you hear; the measure you give will be the measure you get, and still more will be given you.²⁵ For to those who have, more will be given; and from those who have nothing, even what they have will be taken away.²⁶ He also said, 'The kingdom of God is as if someone would scatter seed on the ground, ²⁷ and would sleep and rise night and day, and the seed would sprout and grow, he does not know how.²⁸ The earth produces of itself, first the stalk, then the head, then the full grain in the head. ²⁹ But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.³⁰ He also said, 'With what can we compare the kingdom of God, or what parable will we use for it?³¹ It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth: ³² yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade.' ³³ With many such parables he spoke the word to them, as they were able to hear it; ³⁴ he did not speak to them except in parables, but he explained everything in private to his disciples. ³⁵ On that day, when evening had come, he said to them, 'Let us go across to the other side.' ³⁶ And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. ³⁷ A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. ³⁸ But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' ³⁹ He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm.⁴⁰ He said to them, 'Why are you afraid? Have you still no faith?' ⁴¹ And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

Wednesday 2 December

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:
5	I remember the years of long ago.
6	
6	At night I am grieved to the heart:
7	I ponder, and my spirit makes search; 'Will the Lord cast us off for ever:
7	
0	will he show us his favour no more?
8	'Is his mercy clean gone for ever:
0	and his promise come to an end for all generations?
9	'Has God forgotten to be gracious:
10	has he shut up his pity in displeasure?'
10	And I say 'Has the right hand of the Most High
	lost its strength:
11	has the arm of the Lord changed?'
	I will declare the mighty acts of the Lord:
40	I will call to mind your wonders of old.
12	
40	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:
4 5	you made known your power among the nations;
15	By your mighty arm you redeemed your people:
4.0	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.

Mark 5.1-20

¹ They came to the other side of the lake, to the country of the Gerasenes. ² And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him.³ He lived among the tombs; and no one could restrain him any more, even with a chain; ⁴ for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. ⁵ Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. ⁶ When he saw Jesus from a distance, he ran and bowed down before him; ⁷ and he shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.' ⁸ For he had said to him, 'Come out of the man, you unclean spirit!' ⁹ Then Jesus asked him, 'What is your name?' He replied, 'My name is Legion; for we are many.' ¹⁰ He begged him earnestly not to send them out of the country. ¹¹ Now there on the hillside a great herd of swine was feeding; ¹² and the unclean spirits begged him, 'Send us into the swine; let us enter them.' ¹³ So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the lake, and were drowned in the lake.¹⁴ The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. ¹⁵ They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid. ¹⁶ Those who had seen what had happened to the demoniac and to the swine reported it. ¹⁷ Then they began to beg Jesus to leave their neighbourhood. ¹⁸ As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him. ¹⁹ But Jesus refused, and said to him, 'Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.' ²⁰ And he went away and began to proclaim in the Decapolis how much Jesus had done for him: and everyone was amazed.

Thursday 3 December

Psalm 78.16-38

1 30	111 70.10-00
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	
40	'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,
20	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:
05	and he sent them food in abundance.
25	He stirred up the south east wind in the heavens:
26	and guided it by his power. He rained down meat upon them thick as dust:
20	and winged birds like the sands of the sea.
27	•
	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,
31	and laid low the youth of Israel. But for all this they sinned yet more:
51	and put no faith in his wonders.
32	So he ended their days like a breath:
02	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.

Mark 5.21-43

²¹ When Jesus had crossed again in the boat to the other side, a great crowd gathered round him; and he was by the lake. ²² Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet and begged him repeatedly, 'My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live.' ²⁴ So he went with him.And a large crowd followed him and pressed in on him. ²⁵ Now there was a woman who had been suffering from haemorrhages for twelve years. ²⁶ She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. ²⁷ She had heard about Jesus, and came up behind him in the crowd and touched his cloak, ²⁸ for she said, 'If I but touch his clothes, I will be made well.'²⁹ Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. ³⁰ Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, 'Who touched my clothes?' ³¹ And his disciples said to him, 'You see the crowd pressing in on you; how can you say, "Who touched me?" ' ³² He looked all round to see who had done it. ³³ But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. ³⁴ He said to her. 'Daughter, your faith has made you well; go in peace, and be healed of your disease.' ³⁵ While he was still speaking, some people came from the leader's house to say, 'Your daughter is dead. Why trouble the teacher any further?' ³⁶ But overhearing what they said, Jesus said to the leader of the synagogue, 'Do not fear, only believe.' ³⁷ He allowed no one to follow him except Peter, James, and John, the brother of James. ³⁸ When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. ³⁹ When he had entered, he said to them, Why do you make a commotion and weep? The child is not dead but sleeping.' ⁴⁰ And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was.⁴¹ He took her by the hand and said to her, 'Talitha cum', which means, 'Little girl, get up!'⁴² And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. ⁴³ He strictly ordered them that no one should know this, and told them to give her something to eat.

Friday 4 December

Psalm 80 Hear, O Shepherd of Israel, 1 you that led Joseph like a flock: you that are enthroned upon the cherubim, shine out in glory; 2 Before Ephraim, Benjamin and Manasseh: stir up your power, and come to save us. 3 Restore us again, O Lord of hosts: show us the light of your countenance, and we shall be saved. 4 O Lord God of hosts: how long will you be angry at your people's prayer? 5 You have fed them with the bread of tears: and given them tears to drink in good measure. 6 You have made us the victim of our neighbours: and our enemies laugh us to scorn. 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. You cleared the ground before it: 9 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. Why then have you broken down its walls: 12 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. As for those that burn it with fire and cut it down: 16 let them perish at the rebuke of your countenance. 17 Let your power rest on the man at your right hand: on that son of man whom you made so strong for yourself. 18 And so we shall not turn back from you: give us life, and we will call upon your name. Restore us again, O Lord of hosts: 19 show us the light of your countenance, and we shall be saved.

Mark 6.1-13

He left that place and came to his home town, and his disciples followed him. ² On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him.⁴ Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' ⁵ And he could do no deed of power there, except that he laid his hands on a few sick people and cured them.⁶ And he was amazed at their unbelief. Then he went about among the villages teaching.⁷ He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits.⁸ He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; ⁹ but to wear sandals and not to put on two tunics. ¹⁰ He said to them, 'Wherever you enter a house, stay there until you leave the place. ¹¹ If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.¹² So they went out and proclaimed that all should repent.¹³ They cast out many demons, and anointed with oil many who were sick and cured them.

Saturday 5 December

Psalms 82; 84

82

- God has stood up in the council of heaven: in the midst of the gods he gives judgement.
- 2 'How long will you judge unjustly: and favour the cause of the wicked?
- 3 'Judge for the poor and fatherless: vindicate the afflicted and oppressed.
- 4 'Rescue the poor and needy: and save them from the hands of the wicked.
- 5 'They do not know, they do not understand, they walk about in darkness: all the foundations of the earth are shaken.
 - 'Therefore I say, "Though you are gods:
 - and all of you children of the Most High,
- 7 "Nevertheless you shall die like a mortal: and fall like one of the princes."
- 8 Arise, O God, and judge the earth: for you shall take all nations as your possession.

84

6

- 1 How lovely is your dwelling-place: O Lord God of hosts!
- 2 My soul has a desire and longing to enter the courts of the Lord: my heart and my flesh rejoice in the living God.
- 3 The sparrow has found her a home, and the swallow a nest where she may lay her young: even your altar, O Lord of hosts, my King and my God.
- 4 Blessed are those who dwell in your house: they will always be praising you.
- 5 Blessed are those whose strength is in you: in whose heart are the highways to Zion;
- 6 Who, going through the valley of dryness, find there a spring from which to drink: till the autumn rain shall clothe it with blessings.
- 7 They go from strength to strength: they appear, every one of them, before the God of gods in Zion.
- 8 O Lord God of hosts, hear my prayer: give ear, O God of Jacob.
- 9 Behold, O God, him who reigns over us: and look upon the face of your anointed.
- 10 One day in your courts is better than a thousand: I would rather stand at the threshold of the house of my God than dwell in the tents of ungodliness.

- 11 For the Lord God is a light and a shield, the Lord gives favour and honour: and no good thing will he withhold from those who walk in innocence.
- 12 O Lord God of hosts: blessed are those who put their trust in you.

Mark 6.14-29

¹⁴ King Herod heard of it, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' ¹⁵ But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.¹⁶ But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.' ¹⁷ For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. ¹⁸ For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' ¹⁹ And Herodias had a grudge against him, and wanted to kill him. But she could not, ²⁰ for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him.²¹ But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee.²² When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' ²³ And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.'²⁴ She went out and said to her mother. 'What should I ask for?' She replied, 'The head of John the baptizer.' ²⁵ Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.²⁶ The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her.²⁷ Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, ²⁸ brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. ²⁹ When his disciples heard about it, they came and took his body, and laid it in a tomb.

Sunday 6 December

Psalm 87

- 1 He has founded it upon a holy hill: and the Lord loves the gates of Zion more than all the dwellings of Jacob.
- 2 Glorious things shall be spoken of you: O Zion, city of our God.
- 3 I might speak of my kindred in Egypt or in Babylon: in Philistia, Tyre or Nubia, where each was born.
- But of Zion it shall be said:
 many were born in her,
 he that is Most High has established her.
- 5 When the Lord draws up the record of the nations: he shall take note where everyone was born.
- 6 And the singers and the dancers together: shall make their song to your name.

Luke 1.5-25

^b In the days of King Herod of Judea, there was a priest named Zechariah, who belonged to the priestly order of Abijah. His wife was a descendant of Aaron, and her name was Elizabeth.⁶ Both of them were righteous before God, living blamelessly according to all the commandments and regulations of the Lord. But they had no children, because Elizabeth was barren, and both were getting on in years.⁸ Once when he was serving as priest before God and his section was on duty, ⁹ he was chosen by lot, according to the custom of the priesthood, to enter the sanctuary of the Lord and offer incense. ¹⁰ Now at the time of the incense-offering, the whole assembly of the people was praying outside. ¹¹ Then there appeared to him an angel of the Lord, standing at the right side of the altar of incense. ¹² When Zechariah saw him, he was terrified; and fear overwhelmed him. ¹³ But the angel said to him, 'Do not be afraid, Zechariah, for your prayer has been heard. Your wife Elizabeth will bear you a son, and you will name him John. ¹⁴ You will have joy and gladness, and many will rejoice at his birth, ¹⁵ for he will be great in the sight of the Lord. He must never drink wine or strong drink; even before his birth he will be filled with the Holy Spirit. ¹⁶ He will turn many of the people of Israel to the Lord their God. ¹⁷ With the spirit and power of Elijah he will go before him, to turn the hearts of parents to their children, and the disobedient to the wisdom of the righteous, to make ready a people prepared for the Lord.' ¹⁸ Zechariah said to the angel, 'How will I know that this is so? For I am an old man, and my wife is getting on in years.¹⁹ The angel replied. 'I am Gabriel. I stand in the presence of God. and I have been sent to speak to you and to bring you this good news.²⁰ But now, because you did not believe my words, which will be fulfilled in their time, you will become mute, unable to speak, until the day these things occur.' ²¹ Meanwhile. the people were waiting for Zechariah, and wondered at his delay in the sanctuary.²² When he did come out, he could not speak to them, and they realized that he had seen a vision in the sanctuary. He kept motioning to them and remained unable to speak.²³ When his time of service was ended, he went to his home. ²⁴ After those days his wife Elizabeth conceived, and for five months she remained in seclusion. She said, ²⁵ 'This is what the Lord has done for me when he looked favourably on me and took away the disgrace I have endured among my people.'