



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services
according to
The Anglican Prayer book
of Australia
4-10 January 2021

Monday 4 January

Psalms 11; 12

11

- 1 In the Lord I have found my refuge:
how then can you say to me
'Flee like a bird to the mountains;
- 2 'Look how the wicked make ready the bow,
and notch their arrows upon the string:
to shoot from the darkness at the true of heart;
- 3 'If the foundations are destroyed:
what can the righteous do?'
- 4 The Lord is in his holy place,
the Lord is enthroned in heaven:
his eyes search out, his glance tries the children of Adam.
- 5 He tries the righteous and the wicked:
and those that delight in violence his soul abhors.
- 6 He will rain down coals of fire and brimstone
upon the wicked:
a scorching wind shall be their cup to drink.
- 7 For the Lord is righteous and loves righteous acts:
the upright shall see his face.

12

- 1 Help, Lord, for there is not one godly person left:
the faithful have vanished from among
the children of Adam.
- 2 Everyone tells lies to their neighbour:
they flatter with their lips,
but speak from a double heart.
- 3 If only the Lord would cut off all flattering lips:
and the tongue that speaks so proudly!
- 4 They say 'By our tongues we shall prevail:
our lips are our servants—who is lord over us?'
- 5 Because of the oppression of the poor,
because of the groaning of the needy:
'I will arise', says the Lord,
'and set them in safety from those that
snarl after them.'
- 6 The words of the Lord are pure,
as silver refined in a crucible:
as gold that is seven times purified in the fire.
- 7 You will surely guard us, O Lord:
and shield us for ever from this evil generation,
- 8 Though the ungodly strut on every side:
though the vilest lord it over the children of Adam.

John 4.1-14

¹ Now when Jesus learned that the Pharisees had heard, ‘Jesus is making and baptizing more disciples than John’—² although it was not Jesus himself but his disciples who baptized—³ he left Judea and started back to Galilee. ⁴ But he had to go through Samaria. ⁵ So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. ⁶ Jacob’s well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

⁷ A Samaritan woman came to draw water, and Jesus said to her, ‘Give me a drink’. ⁸ (His disciples had gone to the city to buy food.) ⁹ The Samaritan woman said to him, ‘How is it that you, a Jew, ask a drink of me, a woman of Samaria?’ (Jews do not share things in common with Samaritans.) ¹⁰ Jesus answered her, ‘If you knew the gift of God, and who it is that is saying to you, “Give me a drink”, you would have asked him, and he would have given you living water.’ ¹¹ The woman said to him, ‘Sir, you have no bucket, and the well is deep. Where do you get that living water?’ ¹² Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?’ ¹³ Jesus said to her, ‘Everyone who drinks of this water will be thirsty again, ¹⁴ but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.’

Tuesday 5 January

Psalms 15; 16

15

- 1 Lord, who may abide in your tabernacle:
or who may dwell upon your holy hill?
- 2 Whoever leads an uncorrupt life
and does the thing which is right:
who speaks the truth from the heart,
and has not slandered with the tongue;
- 3 Who has done no evil to a friend:
nor vented abuse against a neighbour;
- 4 In whose eyes the worthless have no honour:
but who makes much of those that fear the Lord;
- 5 Whoever has sworn to a neighbour:
and will not go back on that oath;
- 6 Who has not put money to usury:
nor taken a bribe against the innocent.
- 7 Whoever does these things:
shall never be overthrown.

16

- 1 Preserve me, O God:
for in you have I taken refuge.
- 2 I have said to the Lord, You are my lord:
and all my good depends on you.
- 3 As for those who are held holy on the earth:
the other gods in whom people delight,
- 4 Though the idols are many that they run after:
their offerings of blood I will not offer,
nor take their name upon my lips.
- 5 The Lord is my appointed portion and my cup:
you hold my lot in your hands.
- 6 The share that has fallen to me is in pleasant places:
and a fair land is my possession.
- 7 I will bless the Lord who has given me counsel:
at night also he has instructed my heart.
- 8 I have set the Lord always before me:
he is at my right hand, and I shall not fall.
- 9 Therefore my heart is glad and my spirit rejoices:
my flesh also shall rest secure.
- 10 For you will not give me over to the power of death:
nor suffer your faithful one to see the Pit.
- 11 You will show me the path of life:
in your presence is the fulness of joy,
and from your right hand flow delights for evermore.

John 4.13-26

¹³ Jesus said to her, 'Everyone who drinks of this water will be thirsty again,
¹⁴ but those who drink of the water that I will give them will never be thirsty.
The water that I will give will become in them a spring of water gushing up to
eternal life.' ¹⁵ The woman said to him, 'Sir, give me this water, so that I may never
be thirsty or have to keep coming here to draw water.' ¹⁶ Jesus said to her, 'Go, call
your husband, and come back.' ¹⁷ The woman answered him, 'I have no husband.'
Jesus said to her, 'You are right in saying, "I have no husband"; ¹⁸ for you have had
five husbands, and the one you have now is not your husband. What you have said
is true!' ¹⁹ The woman said to him, 'Sir, I see that you are a prophet. ²⁰ Our
ancestors worshipped on this mountain, but you say that the place where people
must worship is in Jerusalem.' ²¹ Jesus said to her, 'Woman, believe me, the hour is
coming when you will worship the Father neither on this mountain nor in
Jerusalem. ²² You worship what you do not know; we worship what we know, for
salvation is from the Jews. ²³ But the hour is coming, and is now here, when the
true worshippers will worship the Father in spirit and truth, for the Father seeks
such as these to worship him. ²⁴ God is spirit, and those who worship him must
worship in spirit and truth.' ²⁵ The woman said to him, 'I know that Messiah is
coming' (who is called Christ). 'When he comes, he will proclaim all things to
us.' ²⁶ Jesus said to her, 'I am he, the one who is speaking to you.'

Wednesday 6 January

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.
- 4 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.

Matthew 12.14-23

¹⁴ But the Pharisees went out and conspired against him, how to destroy him.

¹⁵ When Jesus became aware of this, he departed. Many crowds followed him, and he cured all of them,

¹⁶ and he ordered them not to make him known.

¹⁷ This was to fulfil what had been spoken through the prophet Isaiah:

¹⁸ 'Here is my servant, whom I have chosen,
my beloved, with whom my soul is well pleased.

I will put my Spirit upon him,
and he will proclaim justice to the Gentiles.

¹⁹ He will not wrangle or cry aloud,
nor will anyone hear his voice in the streets.

²⁰ He will not break a bruised reed
or quench a smouldering wick

until he brings justice to victory.

²¹ And in his name the Gentiles will hope.'

²² Then they brought to him a demoniac who was blind and mute; and he cured him, so that the one who had been mute could speak and see.

²³ All the crowds were amazed and said, 'Can this be the Son of David?'

Thursday 7 January

Psalm 19

- 1 The heavens declare the glory of God:
and the firmament proclaims his handiwork;
- 2 One day tells it to another:
and night to night communicates knowledge.
- 3 There is no speech or language:
nor are their voices heard;
- 4 Yet their sound has gone out through all the world:
and their words to the ends of the earth.
- 5 There he has pitched a tent for the sun:
which comes out as a bridegroom from his chamber,
and rejoices like a strong man to run his course.
- 6 Its rising is at one end of the heavens,
and its circuit to their farthest bound:
and nothing is hidden from its heat.
- 7 The law of the Lord is perfect, reviving the soul:
the command of the Lord is true,
and makes wise the simple.
- 8 The precepts of the Lord are right,
and rejoice the heart:
the commandment of the Lord is pure,
and gives light to the eyes.
- 9 The fear of the Lord is clean, and endures for ever:
the judgements of the Lord are unchanging,
and righteous every one.
- 10 More to be desired are they than gold,
even much fine gold:
sweeter also than honey,
than the honey that drips from the comb.
- 11 Moreover, by them is your servant taught:
and in keeping them there is great reward.
- 12 Who can know their own unwitting sins?:
O cleanse me from my secret faults.
- 13 Keep your servant also from presumptuous sins,
lest they get the mastery over me:
so I shall be clean, and innocent of great offence.
- 14 May the words of my mouth and the meditation
of my heart be acceptable in your sight:
O Lord, my strength and my redeemer.

John 4.39-54

³⁹ Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.'⁴⁰ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days.⁴¹ And many more believed because of his word.⁴² They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'⁴³ When the two days were over, he went from that place to Galilee⁴⁴ (for Jesus himself had testified that a prophet has no honour in the prophet's own country).⁴⁵ When he came to Galilee, the Galileans welcomed him, since they had seen all that he had done in Jerusalem at the festival; for they too had gone to the festival.⁴⁶ Then he came again to Cana in Galilee where he had changed the water into wine. Now there was a royal official whose son lay ill in Capernaum.⁴⁷ When he heard that Jesus had come from Judea to Galilee, he went and begged him to come down and heal his son, for he was at the point of death.⁴⁸ Then Jesus said to him, 'Unless you see signs and wonders you will not believe.'⁴⁹ The official said to him, 'Sir, come down before my little boy dies.'⁵⁰ Jesus said to him, 'Go; your son will live.' The man believed the word that Jesus spoke to him and started on his way.⁵¹ As he was going down, his slaves met him and told him that his child was alive.⁵² So he asked them the hour when he began to recover, and they said to him, 'Yesterday at one in the afternoon the fever left him.'⁵³ The father realized that this was the hour when Jesus had said to him, 'Your son will live.' So he himself believed, along with his whole household.⁵⁴ Now this was the second sign that Jesus did after coming from Judea to Galilee.

Friday 8 January

Psalms 20; 21.1-7

20

- 1 May the Lord hear you in the day of trouble:
the God of Jacob lift you up to safety.
- 2 May he send you his help from the sanctuary:
and be your strong support from Zion.
- 3 May he remember all your offerings:
and accept with favour your burnt sacrifices,
- 4 Grant you your heart's desire:
and fulfil all your purposes.
- 5 May we also rejoice in your victory
and triumph in the name of our God:
the Lord perform all your petitions.
- 6 Now I know that the Lord will save his anointed:
that he will answer him from his holy heaven
with the victorious strength of his right hand.
- 7 Some put their trust in chariots and some in horses:
but we will trust in the name of the Lord our God.
- 8 They are brought down and fallen:
but we are made strong and stand upright.
- 9 O Lord, save the king:
and hear us when we call upon you.

21

- 1 The king shall rejoice in your strength, O Lord:
he shall exult in your salvation.
- 2 You have given him his heart's desire:
you have not denied him the request of his lips.
- 3 For you came to meet him with the blessings of success:
and placed a crown of gold upon his head.
- 4 He asked you for life and you gave it him:
length of days for ever and ever.
- 5 Great is his glory because of your salvation:
you have clothed him with honour and majesty.
- 6 You have given him everlasting felicity:
and made him glad with the joy of your presence.
- 7 For the king puts his trust in the Lord:
and through the tender mercy of the Most High
he shall never be moved.

John 5.1-18

¹ After this there was a festival of the Jews, and Jesus went up to Jerusalem.

² Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. ³ In these lay many invalids—blind, lame, and paralysed. ⁵ One man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there and knew that he had been there a long time, he said to him, 'Do you want to be made well?' ⁷ The sick man answered him, 'Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.' ⁸ Jesus said to him, 'Stand up, take your mat and walk.' ⁹ At once the man was made well, and he took up his mat and began to walk. Now that day was a sabbath. ¹⁰ So the Jews said to the man who had been cured, 'It is the sabbath; it is not lawful for you to carry your mat.' ¹¹ But he answered them, 'The man who made me well said to me, "Take up your mat and walk." ' ¹² They asked him, 'Who is the man who said to you, "Take it up and walk"?' ¹³ Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there. ¹⁴ Later Jesus found him in the temple and said to him, 'See, you have been made well! Do not sin any more, so that nothing worse happens to you.' ¹⁵ The man went away and told the Jews that it was Jesus who had made him well. ¹⁶ Therefore the Jews started persecuting Jesus, because he was doing such things on the sabbath. ¹⁷ But Jesus answered them, 'My Father is still working, and I also am working.' ¹⁸ For this reason the Jews were seeking all the more to kill him, because he was not only breaking the sabbath, but was also calling God his own Father, thereby making himself equal to God.

Saturday 9 January

Psalm 22.1-22

- 1 My God, my God, why have you forsaken me:
why are you so far from helping me
and from the words of my groaning?
- 2 My God, I cry to you by day, but you do not answer:
and by night also I take no rest.
- 3 But you continue holy:
you that are the praise of Israel.
- 4 In you our forebears trusted:
they trusted, and you delivered them;
- 5 To you they cried and they were saved:
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man:
the scorn of all and despised by the people.
- 7 Those that see me laugh me to scorn:
they shoot out their lips at me
and wag their heads, saying,
- 8 'He trusted in the Lord—let him deliver him:
let him deliver him, if he delights in him.'
- 9 But you are he that took me out of the womb:
that brought me to lie at peace on my mother's breast.
- 10 On you have I been cast since my birth:
you are my God, even from my mother's womb.
- 11 O go not from me, for trouble is hard at hand:
and there is none to help.
- 12 Many oxen surround me:
fat bulls of Bashan close me in on every side.
- 13 They gape wide their mouths at me:
like lions that roar and rend.
- 14 I am poured out like water,
and all my bones are out of joint:
my heart within my breast is like melting wax.
- 15 My mouth is dried up like a potsherd:
and my tongue clings to my gums.
- 16 My hands and my feet are withered:
and you lay me in the dust of death.
- 17 For many dogs are come about me:
and a band of evildoers hem me in.
- 18 I can count all my bones:
they stand staring and gazing upon me.
- 19 They part my garments among them:
and cast lots for my clothing.
- 20 O Lord, do not stand far off:
you are my helper, hasten to my aid.
- 21 Deliver my body from the sword:
my life from the power of the dogs;
- 22 O save me from the lion's mouth:
and my afflicted soul from the horns of the wild oxen.

John 5.19-29

¹⁹ Jesus said to them, ‘Very truly, I tell you, the Son can do nothing on his own, but only what he sees the Father doing; for whatever the Father does, the Son does likewise. ²⁰ The Father loves the Son and shows him all that he himself is doing; and he will show him greater works than these, so that you will be astonished. ²¹ Indeed, just as the Father raises the dead and gives them life, so also the Son gives life to whomsoever he wishes. ²² The Father judges no one but has given all judgement to the Son, ²³ so that all may honour the Son just as they honour the Father. Anyone who does not honour the Son does not honour the Father who sent him. ²⁴ Very truly, I tell you, anyone who hears my word and believes him who sent me has eternal life, and does not come under judgement, but has passed from death to life. ²⁵ ‘Very truly, I tell you, the hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live. ²⁶ For just as the Father has life in himself, so he has granted the Son also to have life in himself; ²⁷ and he has given him authority to execute judgement, because he is the Son of Man. ²⁸ Do not be astonished at this; for the hour is coming when all who are in their graves will hear his voice ²⁹ and will come out—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of condemnation.

Sunday 10 January

Psalm 2

- 1 Why are the nations in tumult:
and why do the peoples cherish a vain dream?
- 2 The kings of the earth rise up
and the rulers conspire together:
against the Lord and against his anointed, saying,
- 3 'Let us break their bonds asunder:
let us throw off their chains from us.'
- 4 He that dwells in heaven shall laugh them to scorn:
the Lord will hold them in derision.
- 5 Then will he speak to them in his wrath,
and terrify them in his fury:
'I, the Lord, have set up my king on Zion my holy hill.'
- 6 I will announce the Lord's decree,
that which he has spoken:
'You are my son, this day have I begotten you.
- 7 'Ask of me,
and I will give you the nations for your inheritance:
the uttermost parts of the earth for your possession.
- 8 'You may break them with a rod of iron:
and shatter them in pieces like a potter's vessel.'
- 9 Now therefore be wise, O kings:
be advised, you that are judges of the earth.
- 10 Serve the Lord with awe,
and govern yourselves in fear and trembling:
lest he be angry, and you perish in your course.
- 11 For his wrath is quickly kindled:
blessed are those that turn to him for refuge.

John 1.19-34

¹⁹ This is the testimony given by John when the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?'

²⁰ He confessed and did not deny it, but confessed, 'I am not the Messiah.'

²¹ And they asked him, 'What then? Are you Elijah?' He said, 'I am not.' 'Are you the prophet?' He answered, 'No.'

²² Then they said to him, 'Who are you? Let us have an answer for those who sent us. What do you say about yourself?'

²³ He said,

'I am the voice of one crying out in the wilderness,

"Make straight the way of the Lord" ', as the prophet Isaiah said.

²⁴ Now they had been sent from the Pharisees.

²⁵ They asked him, 'Why then are you baptizing if you are neither the Messiah, nor Elijah, nor the prophet?'

²⁶ John answered them, 'I baptize with water. Among you stands one whom you do not know,

²⁷ the one who is coming after me; I am not worthy to untie the thong of his sandal.'

²⁸ This took place in Bethany across the Jordan where John was baptizing.

²⁹ The next day he saw Jesus coming towards him and declared, 'Here is the Lamb of God who takes away the sin of the world!

³⁰ This is he of whom I said, "After me comes a man who ranks ahead of me because he was before me."

³¹ I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.'

³² And John testified, 'I saw the Spirit descending from heaven like a dove, and it remained on him.

³³ I myself did not know him, but the one who sent me to baptize with water said to me, "He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit."

³⁴ And I myself have seen and have testified that this is the Son of God.'

