



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services
according to
The Anglican Prayer book
of Australia
6-12 July 2020

Monday 6 July

Psalm 18.1-31

- 1 I love you, O Lord my strength:
O Lord my crag, my fortress and my deliverer,
- 2 My God, the rock to which I come for refuge:
my shield, my mighty saviour, and my high defence.
- 3 I called to the Lord with loud lamentation:
and I was rescued from my enemies.
- 4 The waves of death encompassed me:
and the floods of chaos overwhelmed me;
- 5 The cords of the grave tightened about me:
and the snares of death lay in my path.
- 6 In my anguish I called to the Lord:
I cried for help to my God.
- 7 From his temple he heard my voice:
and my cry came even to his ears.
- 8 The earth heaved and quaked,
the foundations of the hills were shaken:
they trembled because he was angry.
- 9 Smoke went out from his nostrils:
and a consuming fire from his mouth.
- 10 He parted the heavens and came down:
and there was darkness under his feet.
- 11 He rode upon the cherubim and flew:
he came swooping upon the wings of the wind.
- 12 He made the darkness his covering:
and his canopy was thick cloud and watery darkness.
- 13 Out of his clouds, from the brightness before him:
broke hailstones and coals of fire.
- 14 The Lord thundered in the heavens:
the Most High uttered his voice.
- 15 He let loose his arrows, he scattered them on every side:
he hurled down lightnings
with the roar of the thunderbolt.
- 16 The springs of the sea were uncovered:
and the foundations of the world laid bare,
- 17 At your rebuke, O Lord:
at the blast of the breath of your displeasure.
- 18 He reached down from on high and took me:
he drew me out of the great waters.
- 19 He delivered me from my strongest enemy:
from my foes that were mightier than I.
- 20 They confronted me in the day of my calamity:
but the Lord was my upholder.
- 21 He brought me out into a place of liberty:
and rescued me because I delighted his heart.
- 22 The Lord rewarded me for my righteous dealing:
he recompensed me according to
the cleanness of my hands,

- 23 Because I had kept to the ways of the Lord:
and had not turned from my God to do evil.
- 24 For I had an eye to all his laws:
and did not put his commandments from me.
- 25 I was also blameless before him:
and I kept myself from wrongdoing.
- 26 Therefore the Lord rewarded my innocence:
because my hands were undefiled in his sight.
- 27 With the faithful you show yourself faithful:
with the blameless you show yourself blameless;
- 28 With the pure you are pure:
but with the crooked you show yourself perverse.
- 29 For you will save a humble people:
but you bring down the high looks of the proud.
- 30 You light my lamp, O Lord my God:
you make my darkness to be bright.
- 31 For with your help I can charge an armed troop:
with the help of my God I can leap a city wall.

John 3.1-21

¹ Now there was a Pharisee named Nicodemus, a leader of the Jews. ² He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' ³ Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' ⁴ Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' ⁵ Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. ⁶ What is born of the flesh is flesh, and what is born of the Spirit is spirit. ⁷ Do not be astonished that I said to you, "You must be born from above." ⁸ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' ⁹ Nicodemus said to him, 'How can these things be?' ¹⁰ Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? ¹¹ 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. ¹² If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? ¹³ No one has ascended into heaven except the one who descended from heaven, the Son of Man. ¹⁴ And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵ that whoever believes in him may have eternal life. ¹⁶ 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. ¹⁷ 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. ¹⁸ Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. ¹⁹ And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. ²⁰ For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. ²¹ But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.'

Tuesday 7 July

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 3.22-36

²² After this Jesus and his disciples went into the Judean countryside, and he spent some time there with them and baptized. ²³ John also was baptizing at Aenon near Salim because water was abundant there; and people kept coming and were being baptized— ²⁴ John, of course, had not yet been thrown into prison. ²⁵ Now a discussion about purification arose between John's disciples and a Jew.

²⁶ They came to John and said to him, 'Rabbi, the one who was with you across the Jordan, to whom you testified, here he is baptizing, and all are going to him.' ²⁷ John answered, 'No one can receive anything except what has been given from heaven. ²⁸ You yourselves are my witnesses that I said, "I am not the Messiah, but I have been sent ahead of him." ²⁹ He who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. For this reason my joy has been fulfilled. ³⁰ He must increase, but I must decrease.' ³¹ The one who comes from above is above all; the one who is of the earth belongs to the earth and speaks about earthly things. The one who comes from heaven is above all. ³² He testifies to what he has seen and heard, yet no one accepts his testimony. ³³ Whoever has accepted his testimony has certified this, that God is true. ³⁴ He whom God has sent speaks the words of God, for he gives the Spirit without measure. ³⁵ The Father loves the Son and has placed all things in his hands. ³⁶ Whoever believes in the Son has eternal life; whoever disobeys the Son will not see life, but must endure God's wrath.

Wednesday 8 July

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 4.1-15

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.' 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. '

Thursday 9 July

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 4.16-26

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.'

Friday 10 July

Psalm 25

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

John 4.27-42

²⁷ Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' ²⁸ Then the woman left her water-jar and went back to the city. She said to the people, ²⁹ 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' ³⁰ They left the city and were on their way to him. ³¹ Meanwhile the disciples were urging him, 'Rabbi, eat something.' ³² But he said to them, 'I have food to eat that you do not know about.' ³³ So the disciples said to one another, 'Surely no one has brought him something to eat?' ³⁴ Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. ³⁵ Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. ³⁶ The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. ³⁷ For here the saying holds true, "One sows and another reaps." ³⁸ I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' 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. '

Saturday 11 July

Psalms 28; 29

28

- 1 To you will I cry, O Lord my Rock,
be not deaf to my prayer:
lest, if you turn away silent,
I become like those that go down to the grave.
- 2 Hear the voice of my supplication
when I cry to you for help:
when I lift up my hands
toward the holiest place of your sanctuary.
- 3 Do not snatch me away with the ungodly,
with the evildoers:
who speak peace to their neighbours,
but nourish malice in their hearts.
- 4 Repay them according to their deeds:
and according to the wickedness of their endeavours;
- 5 Requite them for the work of their hands:
and give them their deserts.
- 6 For they pay no heed to the Lord's acts,
nor to the operation of his hands:
therefore shall he break them down
and not build them up.
- 7 Let the Lord's name be praised:
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,
in him my heart trusts and I am helped:
therefore my heart dances for joy,
and in my song will I praise him.
- 9 The Lord is the strength of his people:
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:
be their shepherd, and bear them up for ever.

29

- 1 Ascribe to the Lord, you powers of heaven:
ascribe to the Lord glory and might.
- 2 Ascribe to the Lord the honour due to his name:
O worship the Lord in the beauty of his holiness.
- 3 The voice of the Lord is upon the waters:
the God of glory thunders,
the Lord upon the great waters.
- 4 The voice of the Lord is mighty in operation:
the voice of the Lord is a glorious voice.
- 5 The voice of the Lord breaks the cedar-trees:
the Lord breaks in pieces the cedars of Lebanon.
- 6 He makes them skip like a calf:
Lebanon and Sirion like a young wild ox.

- 7 The voice of the Lord divides the lightning-flash:
the voice of the Lord whirls the sands of the desert,
the Lord whirls the desert of Kadesh.
- 8 The voice of the Lord rends the terebinth trees,
and strips bare the forests:
in his temple all cry 'Glory.'
- 9 The Lord sits enthroned above the water-flood:
the Lord sits enthroned as a king for ever.
- 10 The Lord will give strength to his people:
the Lord will give to his people the blessing of peace.

John 4.43-54

⁴³ When the two days were over, he went from that place to Galilee ⁴⁴ (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.

Sunday 12 July

Psalm 65

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

Romans 9.15-26

¹⁵ For he says to Moses,

‘I will have mercy on whom I have mercy,

and I will have compassion on whom I have compassion.’

¹⁶ So it depends not on human will or exertion, but on God who shows mercy.

¹⁷ For the scripture says to Pharaoh, ‘I have raised you up for the very purpose of showing my power in you, so that my name may be proclaimed in all the earth.’

¹⁸ So then he has mercy on whomsoever he chooses, and he hardens the heart of whomsoever he chooses.

¹⁹ You will say to me then, ‘Why then does he still find fault? For who can resist his will?’

²⁰ But who indeed are you, a human being, to argue with God? Will what is moulded say to the one who moulds it, ‘Why have you made me like this?’

²¹ Has the potter no right over the clay, to make out of the same lump one object for special use and another for ordinary use?

²² What if God, desiring to show his wrath and to make known his power, has endured with much patience the objects of wrath that are made for destruction;

²³ and what if he has done so in order to make known the riches of his glory for the objects of mercy, which he has prepared beforehand for glory—

²⁴ including us whom he has called, not from the Jews only but also from the Gentiles?

²⁵ As indeed he says in Hosea,

‘Those who were not my people I will call “my people”,

and her who was not beloved I will call “beloved”. ’

²⁶ ‘And in the very place where it was said to them, “You are not my people”, there they shall be called children of the living God.’

