



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia  
9-15 November 2020

## Monday 9 November

### 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.

## **Matthew 22.34-46**

<sup>34</sup> When the Pharisees heard that he had silenced the Sadducees, they gathered together,

<sup>35</sup> and one of them, a lawyer, asked him a question to test him.

<sup>36</sup> 'Teacher, which commandment in the law is the greatest?'

<sup>37</sup> He said to him, ' "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind."

<sup>38</sup> This is the greatest and first commandment.

<sup>39</sup> And a second is like it: "You shall love your neighbour as yourself."

<sup>40</sup> On these two commandments hang all the law and the prophets.'

<sup>41</sup> Now while the Pharisees were gathered together, Jesus asked them this question:

<sup>42</sup> 'What do you think of the Messiah? Whose son is he?' They said to him, 'The son of David.'

<sup>43</sup> He said to them, 'How is it then that David by the Spirit calls him Lord, saying,

<sup>44</sup> "The Lord said to my Lord,

'Sit at my right hand,

until I put your enemies under your feet' ")?

<sup>45</sup> If David thus calls him Lord, how can he be his son?'

<sup>46</sup> No one was able to give him an answer, nor from that day did anyone dare to ask him any more questions.

## Tuesday 10 November

### 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.

## **Matthew 23.1-15**

<sup>1</sup> Then Jesus said to the crowds and to his disciples, <sup>2</sup> ‘The scribes and the Pharisees sit on Moses’ seat; <sup>3</sup> therefore, do whatever they teach you and follow it; but do not do as they do, for they do not practise what they teach. <sup>4</sup> They tie up heavy burdens, hard to bear, and lay them on the shoulders of others; but they themselves are unwilling to lift a finger to move them. <sup>5</sup> They do all their deeds to be seen by others; for they make their phylacteries broad and their fringes long. <sup>6</sup> They love to have the place of honour at banquets and the best seats in the synagogues, <sup>7</sup> and to be greeted with respect in the market-places, and to have people call them rabbi. <sup>8</sup> But you are not to be called rabbi, for you have one teacher, and you are all students. <sup>9</sup> And call no one your father on earth, for you have one Father—the one in heaven. <sup>10</sup> Nor are you to be called instructors, for you have one instructor, the Messiah. <sup>11</sup> The greatest among you will be your servant. <sup>12</sup> All who exalt themselves will be humbled, and all who humble themselves will be exalted. <sup>13</sup> ‘But woe to you, scribes and Pharisees, hypocrites! For you lock people out of the kingdom of heaven. For you do not go in yourselves, and when others are going in, you stop them. <sup>15</sup> Woe to you, scribes and Pharisees, hypocrites! For you cross sea and land to make a single convert, and you make the new convert twice as much a child of hell as yourselves.

## Wednesday 11 November

### 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.

### **Matthew 23.16-28**

<sup>16</sup> 'Woe to you, blind guides, who say, "Whoever swears by the sanctuary is bound by nothing, but whoever swears by the gold of the sanctuary is bound by the oath." <sup>17</sup> You blind fools! For which is greater, the gold or the sanctuary that has made the gold sacred? <sup>18</sup> And you say, "Whoever swears by the altar is bound by nothing, but whoever swears by the gift that is on the altar is bound by the oath." <sup>19</sup> How blind you are! For which is greater, the gift or the altar that makes the gift sacred? <sup>20</sup> So whoever swears by the altar, swears by it and by everything on it; <sup>21</sup> and whoever swears by the sanctuary, swears by it and by the one who dwells in it; <sup>22</sup> and whoever swears by heaven, swears by the throne of God and by the one who is seated upon it. <sup>23</sup> 'Woe to you, scribes and Pharisees, hypocrites! For you tithe mint, dill, and cummin, and have neglected the weightier matters of the law: justice and mercy and faith. It is these you ought to have practised without neglecting the others. <sup>24</sup> You blind guides! You strain out a gnat but swallow a camel! <sup>25</sup> 'Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the plate, but inside they are full of greed and self-indulgence. <sup>26</sup> You blind Pharisee! First clean the inside of the cup, so that the outside also may become clean. <sup>27</sup> 'Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs, which on the outside look beautiful, but inside they are full of the bones of the dead and of all kinds of filth. <sup>28</sup> So you also on the outside look righteous to others, but inside you are full of hypocrisy and lawlessness.

## Thursday 12 November

### Psalm 33

- 1 Rejoice in the Lord, you righteous:  
for it befits the just to praise him.
- 2 Give the Lord thanks upon the harp:  
and sing his praise to the lute of ten strings.
- 3 O sing him a new song:  
make sweetest melody, with shouts of praise.
- 4 For the word of the Lord is true:  
and all his works are faithful.
- 5 He loves righteousness and justice:  
the earth is filled with the loving-kindness of the Lord.
- 6 By the word of the Lord were the heavens made:  
and their numberless stars by the breath of his mouth.
- 7 He gathered the waters of the sea as in a water-skin:  
and laid up the deep in his treasuries.
- 8 Let the whole earth fear the Lord:  
and let all the inhabitants of the world  
stand in awe of him.
- 9 For he spoke, and it was done:  
he commanded, and it stood fast.
- 10 The Lord frustrates the counsels of the nations:  
he brings to nothing the devices of the peoples.
- 11 But the counsels of the Lord shall endure for ever:  
the purposes of his heart from generation to generation.
- 12 Blessed is that nation whose God is the Lord:  
the people he chose to be his own possession.
- 13 The Lord looks down from heaven  
and surveys all the children of Adam:  
he considers from his dwelling-place  
all the inhabitants of the earth;
- 14 He who fashioned the hearts of them all:  
and comprehends all that they do.
- 15 A king is not saved by a mighty army:  
nor is a warrior delivered by much strength;
- 16 A horse is a vain hope as a deliverer:  
nor can he rescue any by his great power.
- 17 But the eye of the Lord is on those that fear him:  
on those that trust in his unfailing love,
- 18 To deliver them from death:  
and to feed them in the time of dearth.
- 19 We have waited eagerly for the Lord:  
for he is our help and our shield.
- 20 Surely our hearts shall rejoice in him:  
for we have trusted in his holy name.
- 21 Let your merciful kindness be upon us, O Lord:  
even as our hope is in you.



### **Matthew 23.29-39**

<sup>29</sup> 'Woe to you, scribes and Pharisees, hypocrites! For you build the tombs of the prophets and decorate the graves of the righteous, <sup>30</sup> and you say, "If we had lived in the days of our ancestors, we would not have taken part with them in shedding the blood of the prophets." <sup>31</sup> Thus you testify against yourselves that you are descendants of those who murdered the prophets. <sup>32</sup> Fill up, then, the measure of your ancestors. <sup>33</sup> You snakes, you brood of vipers! How can you escape being sentenced to hell? <sup>34</sup> Therefore I send you prophets, sages, and scribes, some of whom you will kill and crucify, and some you will flog in your synagogues and pursue from town to town, <sup>35</sup> so that upon you may come all the righteous blood shed on earth, from the blood of righteous Abel to the blood of Zechariah son of Barachiah, whom you murdered between the sanctuary and the altar. <sup>36</sup> Truly I tell you, all this will come upon this generation. <sup>37</sup> 'Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! <sup>38</sup> See, your house is left to you, desolate. <sup>39</sup> For I tell you, you will not see me again until you say, "Blessed is the one who comes in the name of the Lord." '

## Friday 13 November

### Psalm 35.1-17

- 1 Contend, O Lord, with those who contend with me:  
fight against those that fight against me.
- 2 Take up shield and buckler:  
and arise, arise to help me.
- 3 Draw the spear  
and bar the way against those that pursue me:  
say to me 'I am your deliverer.'
- 4 Let those that seek my life  
be put to shame and disgraced:  
let those that plot my destruction  
be turned back and confounded.
- 5 Let them be like chaff before the wind:  
with the angel of the Lord driving them;
- 6 Let their way be dark and slippery:  
with the angel of the Lord pursuing.
- 7 For without cause  
they have secretly spread a net for me:  
without cause they have dug a pit to entrap me.
- 8 Let sudden disaster strike them:  
let the net that they have hidden catch them,  
let them fall to their destruction.
- 9 Then shall my soul be joyful in the Lord:  
and I will rejoice in his deliverance.
- 10 All my bones shall say 'Lord, who is like you?:  
for you deliver the poor  
from those that are too strong for them,  
the poor and needy  
from those that would despoil them.'
- 11 Malicious witnesses rise up against me:  
I am questioned about things of which I know nothing.
- 12 They repay me evil for good:  
I am as one bereaved of my children.
- 13 Yet when they were sick, I put on sackcloth:  
I afflicted myself with fasting.
- 14 And if my prayer returned unanswered to my bosom:  
I went about mourning  
as though for a brother or a companion;
- 15 I was bowed down with grief:  
as though for my own mother.
- 16 But when I stumbled, they rejoiced and gathered together,  
they gathered together against me:  
as though they were strangers I never knew,  
they tore at me without ceasing.
- 17 When I slipped, they mocked me:  
and gnashed at me with their teeth.

## **Matthew 24.1-14**

<sup>1</sup> As Jesus came out of the temple and was going away, his disciples came to point out to him the buildings of the temple. <sup>2</sup> Then he asked them, 'You see all these, do you not? Truly I tell you, not one stone will be left here upon another; all will be thrown down.' <sup>3</sup> When he was sitting on the Mount of Olives, the disciples came to him privately, saying, 'Tell us, when will this be, and what will be the sign of your coming and of the end of the age?' <sup>4</sup> Jesus answered them, 'Beware that no one leads you astray. <sup>5</sup> For many will come in my name, saying, "I am the Messiah!" and they will lead many astray. <sup>6</sup> And you will hear of wars and rumours of wars; see that you are not alarmed; for this must take place, but the end is not yet. <sup>7</sup> For nation will rise against nation, and kingdom against kingdom, and there will be famines and earthquakes in various places: <sup>8</sup> all this is but the beginning of the birth pangs. <sup>9</sup> 'Then they will hand you over to be tortured and will put you to death, and you will be hated by all nations because of my name. <sup>10</sup> Then many will fall away, and they will betray one another and hate one another. <sup>11</sup> And many false prophets will arise and lead many astray. <sup>12</sup> And because of the increase of lawlessness, the love of many will grow cold. <sup>13</sup> But anyone who endures to the end will be saved. <sup>14</sup> And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations; and then the end will come.

## Saturday 14 November

### 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.

## **Matthew 24.15-31**

<sup>15</sup> ‘So when you see the desolating sacrilege standing in the holy place, as was spoken of by the prophet Daniel (let the reader understand),

<sup>16</sup> then those in Judea must flee to the mountains;

<sup>17</sup> someone on the housetop must not go down to take what is in the house;

<sup>18</sup> someone in the field must not turn back to get a coat.

<sup>19</sup> Woe to those who are pregnant and to those who are nursing infants in those days!

<sup>20</sup> Pray that your flight may not be in winter or on a sabbath.

<sup>21</sup> For at that time there will be great suffering, such as has not been from the beginning of the world until now, no, and never will be.

<sup>22</sup> And if those days had not been cut short, no one would be saved; but for the sake of the elect those days will be cut short.

<sup>23</sup> Then if anyone says to you, “Look! Here is the Messiah!” or “There he is!”—do not believe it.

<sup>24</sup> For false messiahs and false prophets will appear and produce great signs and omens, to lead astray, if possible, even the elect.

<sup>25</sup> Take note, I have told you beforehand.

<sup>26</sup> So, if they say to you, “Look! He is in the wilderness”, do not go out. If they say, “Look! He is in the inner rooms”, do not believe it.

<sup>27</sup> For as the lightning comes from the east and flashes as far as the west, so will be the coming of the Son of Man.

<sup>28</sup> Wherever the corpse is, there the vultures will gather.

<sup>29</sup> ‘Immediately after the suffering of those days

the sun will be darkened,

and the moon will not give its light;

the stars will fall from heaven,

and the powers of heaven will be shaken.

<sup>30</sup> Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see “the Son of Man coming on the clouds of heaven” with power and great glory.

<sup>31</sup> And he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.

## Sunday 15 November

### Psalm 90.1-12

- 1 Lord, you have been our refuge:  
from one generation to another.
- 2 Before the mountains were born  
or the earth and the world were brought to be:  
from eternity to eternity you are God.
- 3 You turn us back into dust:  
saying 'Return to dust, O children of Adam.'
- 4 For a thousand years in your sight  
are like yesterday passing:  
or like one watch of the night.
- 5 You cut them short like a dream:  
like the fresh grass of the morning;
- 6 In the morning it is green and flourishes:  
at evening it is withered and dried up.
- 7 And we are consumed by your anger:  
because of your indignation we cease to be.
- 8 You have brought our iniquities before you:  
and our secret sins to the light of your countenance.
- 9 Our days decline beneath your wrath:  
and our years pass away like a sigh.
- 10 The days of our life are three score years and ten,  
or if we have strength, four score:  
the pride of our labours is but toil and sorrow,  
for it passes quickly away and we are gone.
- 11 Who can know the power of your wrath:  
who can know your indignation like those that fear you?
- 12 Teach us so to number our days:  
that we may apply our hearts to wisdom.

## **Matthew 24.36-51**

<sup>36</sup> 'But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. <sup>37</sup> For as the days of Noah were, so will be the coming of the Son of Man. <sup>38</sup> For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, <sup>39</sup> and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man. <sup>40</sup> Then two will be in the field; one will be taken and one will be left. <sup>41</sup> Two women will be grinding meal together; one will be taken and one will be left. <sup>42</sup> Keep awake therefore, for you do not know on what day your Lord is coming. <sup>43</sup> But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. <sup>44</sup> Therefore you also must be ready, for the Son of Man is coming at an unexpected hour. <sup>45</sup> 'Who then is the faithful and wise slave, whom his master has put in charge of his household, to give the other slaves their allowance of food at the proper time? <sup>46</sup> Blessed is that slave whom his master will find at work when he arrives. <sup>47</sup> Truly I tell you, he will put that one in charge of all his possessions. <sup>48</sup> But if that wicked slave says to himself, "My master is delayed", <sup>49</sup> and he begins to beat his fellow-slaves, and eats and drinks with drunkards, <sup>50</sup> the master of that slave will come on a day when he does not expect him and at an hour that he does not know. <sup>51</sup> He will cut him in pieces and put him with the hypocrites, where there will be weeping and gnashing of teeth.

