



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services
according to
The Anglican Prayer book
of Australia
13-19 September 2021

Monday

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 4.12-22

¹² Now when Jesus heard that John had been arrested, he withdrew to Galilee.

¹³ He left Nazareth and made his home in Capernaum by the lake, in the territory of Zebulun and Naphtali,

¹⁴ so that what had been spoken through the prophet Isaiah might be fulfilled:

¹⁵ 'Land of Zebulun, land of Naphtali,

on the road by the sea, across the Jordan, Galilee of the Gentiles—

¹⁶ the people who sat in darkness

have seen a great light,

and for those who sat in the region and shadow of death

light has dawned.'

¹⁷ From that time Jesus began to proclaim, 'Repent, for the kingdom of heaven has come near.'

¹⁸ As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the lake—for they were fishermen.

¹⁹ And he said to them, 'Follow me, and I will make you fish for people.'

²⁰ Immediately they left their nets and followed him.

²¹ As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them.

²² Immediately they left the boat and their father, and followed him.

Tuesday

Psalm 98

- 1 O sing to the Lord a new song:
for he has done marvellous things;
- 2 His right hand and his holy arm:
they have got him the victory.
- 3 The Lord has made known his salvation:
he has revealed his just deliverance
in the sight of the nations.
- 4 He has remembered his mercy and faithfulness
towards the house of Israel:
and all the ends of the earth
have seen the salvation of our God.
- 5 Shout with joy to the Lord, all the earth:
break into singing and make melody.
- 6 Make melody to the Lord upon the harp:
upon the harp and with the sounds of praise.
- 7 With trumpets and with horns:
cry out in triumph before the Lord, the king.
- 8 Let the sea roar, and all that fills it:
the good earth and those who live upon it.
- 9 Let the rivers clap their hands:
and let the mountains ring out together before the Lord;
- 10 For he comes to judge the earth:
he shall judge the world with righteousness,
and the peoples with equity.

Philippians 2.5-11

⁵ Let the same mind be in you that was in Christ Jesus,
⁶ who, though he was in the form of God,
did not regard equality with God
as something to be exploited,
⁷ but emptied himself,
taking the form of a slave,
being born in human likeness.
And being found in human form,
⁸ he humbled himself
and became obedient to the point of death—
even death on a cross.
⁹ Therefore God also highly exalted him
and gave him the name
that is above every name,
¹⁰ so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,
¹¹ and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.

Wednesday

Psalm 37.1-17

- 1 Do not vie with the wicked:
or envy those that do wrong;
- 2 For they will soon wither like the grass:
and fade away like the green leaf.
- 3 Trust in the Lord and do good:
and you shall dwell in the land
and feed in safe pastures.
- 4 Let the Lord be your delight:
and he will grant you your heart's desire.
- 5 Commit your way to the Lord:
trust him, and he will act.
- 6 He will make your righteousness
shine as clear as the light:
and your innocence as the noonday.
- 7 Be still before the Lord, and wait patiently for him:
do not be vexed when someone prospers,
when they put their evil purposes to work.
- 8 Let go of anger and abandon wrath:
let not envy move you to do evil.
- 9 For the wicked shall be cut down:
but those who wait for the Lord shall possess the land.
- 10 In a little while the ungodly shall be no more:
you will look for them in their place,
but they will not be found.
- 11 But the meek shall possess the land:
and enjoy the abundance of peace.
- 12 The ungodly plot against the righteous:
and gnash at them with their teeth.
- 13 But the Lord shall laugh them to scorn:
for he sees that the day for their overthrow is near.
- 14 The ungodly have drawn the sword and strung the bow:
to strike down the poor and needy,
to slaughter those that walk in innocence.
- 15 Their swords shall pierce their own hearts:
and their bows shall be broken.
- 16 Though the righteous has but a little:
it is better than the great wealth of the ungodly.
- 17 For the strong arm of the ungodly shall be broken:
but the Lord upholds the righteous.

Matthew 5.13-26

¹³ 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. ¹⁴ 'You are the light of the world. A city built on a hill cannot be hidden. ¹⁵ No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶ In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. ¹⁷ 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. ¹⁸ For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. ¹⁹ Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. ²⁰ For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. ²¹ 'You have heard that it was said to those of ancient times, "You shall not murder"; and "whoever murders shall be liable to judgement." ²² But I say to you that if you are angry with a brother or sister, you will be liable to judgement; and if you insult a brother or sister, you will be liable to the council; and if you say, "You fool", you will be liable to the hell of fire. ²³ So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, ²⁴ leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift. ²⁵ Come to terms quickly with your accuser while you are on the way to court with him, or your accuser may hand you over to the judge, and the judge to the guard, and you will be thrown into prison. ²⁶ Truly I tell you, you will never get out until you have paid the last penny.

Thursday

Psalm 38

- 1 O Lord, rebuke me not in your anger:
nor chasten me in your fierce displeasure.
- 2 For your arrows have been aimed against me:
and your hand has come down heavy upon me.
- 3 There is no health in my flesh
because of your indignation:
nor soundness in my bones, by reason of my sin.
- 4 The tide of my iniquities has gone over my head:
their weight is a burden too heavy for me to bear.
- 5 My wounds stink and fester:
because of my foolishness.
- 6 I am bowed down and brought so low:
that I go mourning all the day long.
- 7 For my loins are filled with a burning pain:
and there is no sound part in all my body.
- 8 I am numbed and stricken to the ground:
I cry aloud in the yearning of my heart.
- 9 O Lord, all I long for is before you:
and my deep sighing is not hidden from you.
- 10 My heart is in tumult, my strength fails me:
and even the light of my eyes has gone from me.
- 11 My friends and my companions
hold aloof from my affliction:
and my neighbours stand far off.
- 12 Those who seek my life strike at me:
and those that desire my hurt spread evil tales,
and murmur slanders all the day.
- 13 But I am like one who is deaf and hears nothing:
like those that are dumb, who do not open their mouths.
- 14 So I have become as one who cannot hear:
in whose mouth there is no retort.
- 15 For in you, Lord, have I put my trust:
and you will answer me, O Lord my God.
- 16 For I prayed 'Let them never exult over me:
those who turn arrogant when my foot slips.'
- 17 Truly, I am ready to fall:
and my pain is with me continually.
- 18 But I acknowledge my wickedness:
and I am filled with sorrow at my sin.
- 19 Those that are my enemies without cause
are great in number:
and those who hate me wrongfully are many.
- 20 Those also who repay evil for good are against me:
because I seek after good.
- 21 Forsake me not, O Lord,
go not far from me, my God:
hasten to my help, O Lord my salvation.

Matthew 5.27-42

²⁷ 'You have heard that it was said, "You shall not commit adultery."²⁸ But I say to you that everyone who looks at a woman with lust has already committed adultery with her in his heart. ²⁹ If your right eye causes you to sin, tear it out and throw it away; it is better for you to lose one of your members than for your whole body to be thrown into hell. ³⁰ And if your right hand causes you to sin, cut it off and throw it away; it is better for you to lose one of your members than for your whole body to go into hell. ³¹ 'It was also said, "Whoever divorces his wife, let him give her a certificate of divorce."³² But I say to you that anyone who divorces his wife, except on the ground of unchastity, causes her to commit adultery; and whoever marries a divorced woman commits adultery. ³³ 'Again, you have heard that it was said to those of ancient times, "You shall not swear falsely, but carry out the vows you have made to the Lord."³⁴ But I say to you, Do not swear at all, either by heaven, for it is the throne of God, ³⁵ or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. ³⁶ And do not swear by your head, for you cannot make one hair white or black. ³⁷ Let your word be "Yes, Yes" or "No, No"; anything more than this comes from the evil one. ³⁸ 'You have heard that it was said, "An eye for an eye and a tooth for a tooth."³⁹ But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also; ⁴⁰ and if anyone wants to sue you and take your coat, give your cloak as well; ⁴¹ and if anyone forces you to go one mile, go also the second mile. ⁴² Give to everyone who begs from you, and do not refuse anyone who wants to borrow from you.

Friday

Psalm 40

- 1 I waited patiently for the Lord:
and he inclined to me and heard my cry.
- 2 He brought me up from the pit of roaring waters,
out of the mire and clay:
and set my feet upon a rock, and made firm my foothold.
- 3 And he has put a new song in my mouth:
even a song of thanksgiving to our God.
- 4 Many shall see it and fear:
and shall put their trust in the Lord.
- 5 Blessed are those who have made the Lord their hope:
who have not turned to the proud,
or to those who wander in deceit.
- 6 O Lord my God, great are the wonderful things
which you have done,
and your thoughts which are towards us:
there is none to be compared with you;
- 7 Were I to declare them and speak of them:
they are more than I am able to express.
- 8 Sacrifice and offering you do not desire:
but my ears you have marked for obedience;
- 9 Burnt-offering and sin-offering you have not required:
then said I, Lo, I come.
- 10 In the scroll of the book it is written of me,
that I should do your will:
O my God, I long to do it, your law delights my heart.
- 11 I have declared your righteousness
in the great congregation:
I have not restrained my lips, O Lord,
and that you know.
- 12 I have not hidden your righteousness in my heart:
I have spoken of your faithfulness and of your salvation.
- 13 I have not kept back your loving-kindness and your truth:
from the great congregation.
- 14 O Lord, do not withhold your mercy from me:
let your loving-kindness and your truth
ever preserve me.
- 15 For innumerable troubles have come upon me:
my sins have overtaken me, and I cannot see.
- 16 They are more in number than the hairs of my head:
therefore my heart fails me.
- 17 Be pleased, O Lord, to deliver me:
O Lord, make haste to help me.
- 18 Let those who seek my life to take it away:
be put to shame and confounded altogether.
- 19 Let them be turned back and disgraced who wish me evil:
let them be aghast for shame who say to me 'Aha, aha!'

- 20 Let all who seek you be joyful and glad because of you:
let those who love your salvation say always
'The Lord is great.'
- 21 As for me, I am poor and needy:
but the Lord will care for me.
- 22 You are my helper and my deliverer:
make no long delay, O Lord my God.

Matthew 5.43-6.4

^{5.43} 'You have heard that it was said, "You shall love your neighbour and hate your enemy."⁴⁴ But I say to you, Love your enemies and pray for those who persecute you,⁴⁵ so that you may be children of your Father in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the righteous and on the unrighteous.⁴⁶ For if you love those who love you, what reward do you have? Do not even the tax-collectors do the same?⁴⁷ And if you greet only your brothers and sisters, what more are you doing than others? Do not even the Gentiles do the same?⁴⁸ Be perfect, therefore, as your heavenly Father is perfect.^{6.1} 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.² 'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward.³ But when you give alms, do not let your left hand know what your right hand is doing,⁴ so that your alms may be done in secret; and your Father who sees in secret will reward you.

Saturday

Psalms 41; 44.1-9

41

- 1 Blessed are they that consider the poor and helpless:
the Lord will deliver them in the day of trouble.
- 2 The Lord will guard them and preserve their life,
they shall be counted happy in the land:
you will not give them over to the will of their enemies.
- 3 And if they lie sick on their bed,
the Lord will sustain them:
if illness lays them low, you will overthrow it.
- 4 I said 'O Lord, be merciful toward me:
heal me, for I have sinned against you.'
- 5 My enemies speak evil of me, saying:
'When will he die, and his name perish for ever?'
- 6 And if someone comes to see me,
they mouth empty words:
while their heart gathers mischief,
and when they go out, they vent it.
- 7 All those that hate me whisper together against me:
they devise plots against me.
- 8 They say 'A deadly thing has got hold of him:
he will not get up again from where he lies.'
- 9 Even my bosom friend in whom I trusted:
who shared my bread, has lifted his heel against me.
- 10 But you, O Lord, be gracious and raise me up:
and I will repay them what they have deserved.
- 11 By this will I know that you favour me:
That my enemy shall not triumph over me.
- 12 Because of my innocence you hold me fast:
you have set me before your face for ever.
- 13 Blessed be the Lord, the God of Israel:
from everlasting to everlasting. Amen, Amen.

44

- 1 We have heard with our ears, O God,
our forebears have told us:
what things you did in their time, in the days of old;
- 2 How by your own hand
you drove out the nations, and planted us in:
how you crushed the peoples,
but caused us to root and grow.
- 3 For it was not by their swords
that our fathers took possession of the land:
nor did their own arm get them the victory,
- 4 But your right hand, your arm,
and the light of your countenance:
because you delighted in them.

- 5 You are my king and my God:
 who ordained victory for Jacob.
- 6 By your power we struck our enemies through:
 in your name we trod down those that rose against us.
- 7 For I did not trust in my bow:
 nor could my sword save me;
- 8 But it was you that delivered us from our enemies:
 and put our adversaries to confusion.
- 9 In God we made our boast all the day long:
 we gave thanks to your name without ceasing.

Matthew 6.5-15

⁵ ‘And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward.

⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

⁷ ‘When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words.

⁸ Do not be like them, for your Father knows what you need before you ask him.

⁹ ‘Pray then in this way:

Our Father in heaven,
 hallowed be your name.

¹⁰ Your kingdom come.
 Your will be done,
 on earth as it is in heaven.

¹¹ Give us this day our daily bread.

¹² And forgive us our debts,
 as we also have forgiven our debtors.

¹³ And do not bring us to the time of trial,
 but rescue us from the evil one.

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you;

¹⁵ but if you do not forgive others, neither will your Father forgive your trespasses.

Sunday

Psalm 54

- 1 Save me, O God, by the power of your name:
and vindicate me by your might.
- 2 Hear my prayer, O God:
and listen to the words of my mouth.
- 3 For the insolent have risen against me:
the ruthless, who have not set God before them,
seek my life.
- 4 But surely God is my helper:
the Lord is the upholder of my life.
- 5 Let evil recoil on those that would waylay me:
O destroy them in your faithfulness !]
- 6 Then will I offer you sacrifice with a willing heart:
I will praise your name, O Lord, for it is good.
- 7 For you will deliver me from every trouble:
my eyes shall see the downfall of my enemies.

Mark 9.14-29

¹⁴ When they came to the disciples, they saw a great crowd around them, and some scribes arguing with them. ¹⁵ When the whole crowd saw him, they were immediately overcome with awe, and they ran forward to greet him. ¹⁶ He asked them, 'What are you arguing about with them?' ¹⁷ Someone from the crowd answered him, 'Teacher, I brought you my son; he has a spirit that makes him unable to speak; ¹⁸ and whenever it seizes him, it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, but they could not do so.' ¹⁹ He answered them, 'You faithless generation, how much longer must I be among you? How much longer must I put up with you? Bring him to me.' ²⁰ And they brought the boy to him. When the spirit saw him, immediately it threw the boy into convulsions, and he fell on the ground and rolled about, foaming at the mouth. ²¹ Jesus asked the father, 'How long has this been happening to him?' And he said, 'From childhood. ²² It has often cast him into the fire and into the water, to destroy him; but if you are able to do anything, have pity on us and help us.' ²³ Jesus said to him, 'If you are able!—All things can be done for the one who believes.' ²⁴ Immediately the father of the child cried out, 'I believe; help my unbelief!' ²⁵ When Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, 'You spirit that keep this boy from speaking and hearing, I command you, come out of him, and never enter him again!' ²⁶ After crying out and convulsing him terribly, it came out, and the boy was like a corpse, so that most of them said, 'He is dead.' ²⁷ But Jesus took him by the hand and lifted him up, and he was able to stand. ²⁸ When he had entered the house, his disciples asked him privately, 'Why could we not cast it out?' ²⁹ He said to them, 'This kind can come out only through prayer.'

