



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia  
19-25 July 2021

# Monday

## Psalm 45

- 1 My heart is astir with fine phrases,  
I make my song for a king:  
my tongue is the pen of a ready writer.
- 2 You are the fairest of men,  
grace flows from your lips:  
therefore has God blessed you for ever and ever.
- 3 Gird your sword upon your thigh, O mighty warrior:  
in glory and majesty tread down your foes, and triumph!
- 4 Ride on in the cause of truth:  
and for the sake of justice.
- 5 Your right hand shall teach a terrible instruction:  
peoples shall fall beneath you,  
your arrows shall be sharp  
in the hearts of the king's enemies.
- 6 Your throne is the throne of God, it endures for ever:  
and the sceptre of your kingdom is a righteous sceptre.
- 7 You have loved righteousness and hated evil:  
therefore God, your God, has anointed you  
with the oil of gladness above your fellows.
- 8 All your garments are fragrant  
with myrrh, aloes and cassia:  
music from ivory palaces makes you glad.
- 9 Kings' daughters are among your noble women:  
the queen is at your right hand in gold of Ophir.
- 10 Hear, O daughter, consider and incline your ear:  
forget your own people and your father's house.
- 11 The king desires your beauty:  
he is your lord, therefore bow down before him.
- 12 The richest among the people, O daughter of Tyre:  
shall entreat your favour with gifts.
- 13 The king's daughter is all glorious within:  
her clothing is embroidered cloth-of-gold.
- 14 In robes of many colours she is led to you, O king:  
and, after her, the virgins that are with her.
- 15 They are led with gladness and rejoicing:  
they enter the palace of the king.
- 16 In place of your fathers you shall have sons:  
and make them princes over all the land.
- 17 And I will make known your name to every generation:  
therefore the peoples shall give you praise for ever.

## **John 6.52-71**

<sup>52</sup> The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' <sup>53</sup> So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup> Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; <sup>55</sup> for my flesh is true food and my blood is true drink. <sup>56</sup> Those who eat my flesh and drink my blood abide in me, and I in them. <sup>57</sup> Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. <sup>58</sup> This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' <sup>59</sup> He said these things while he was teaching in the synagogue at Capernaum. <sup>60</sup> When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' <sup>61</sup> But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? <sup>62</sup> Then what if you were to see the Son of Man ascending to where he was before? <sup>63</sup> It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. <sup>64</sup> But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. <sup>65</sup> And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.' <sup>66</sup> Because of this many of his disciples turned back and no longer went about with him. <sup>67</sup> So Jesus asked the twelve, 'Do you also wish to go away?' <sup>68</sup> Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. <sup>69</sup> We have come to believe and know that you are the Holy One of God.' <sup>70</sup> Jesus answered them, 'Did I not choose you, the twelve? Yet one of you is a devil.' <sup>71</sup> He was speaking of Judas son of Simon Iscariot, for he, though one of the twelve, was going to betray him.

## Tuesday

### Psalm 48

- 1 Great is the Lord and greatly to be praised:  
in the city of our God.
- 2 High and beautiful is his holy hill:  
it is the joy of all the earth.
- 3 On Mount Zion, where godhead truly dwells,  
stands the city of the Great King:  
God is well known in her palaces as a sure defence.
- 4 For the kings of the earth assembled:  
they gathered together and came on;
- 5 They saw, they were struck dumb:  
they were astonished and fled in terror.
- 6 Trembling took hold on them, and anguish:  
as on a woman in her travail;
- 7 Like the breath of the east wind:  
that shatters the ships of Tarshish.
- 8 As we have heard, so have we seen  
in the city of the Lord of hosts:  
in the city of our God,  
which God has established for ever.
- 9 We have called to mind your loving-kindness, O God:  
in the midst of your temple.
- 10 As your name is great, O God, so also is your praise:  
even to the ends of the earth.
- 11 Your right hand is full of victory  
—let Zion's hill rejoice:  
let the daughters of Judah be glad,  
because of your judgements.
- 12 Walk about Zion, go round about her,  
and count all her towers:  
consider well her ramparts, pass through her palaces;
- 13 That you may tell those who come after that such is God:  
our God for ever and ever, and he will guide us eternally.

## **John 7.1-13**

<sup>1</sup> After this Jesus went about in Galilee. He did not wish to go about in Judea because the Jews were looking for an opportunity to kill him. <sup>2</sup> Now the Jewish festival of Booths was near. <sup>3</sup> So his brothers said to him, 'Leave here and go to Judea so that your disciples also may see the works you are doing; <sup>4</sup> for no one who wants to be widely known acts in secret. If you do these things, show yourself to the world.' <sup>5</sup> (For not even his brothers believed in him.) <sup>6</sup> Jesus said to them, 'My time has not yet come, but your time is always here. <sup>7</sup> The world cannot hate you, but it hates me because I testify against it that its works are evil. <sup>8</sup> Go to the festival yourselves. I am not going to this festival, for my time has not yet fully come.' <sup>9</sup> After saying this, he remained in Galilee. <sup>10</sup> But after his brothers had gone to the festival, then he also went, not publicly but as it were in secret. <sup>11</sup> The Jews were looking for him at the festival and saying, 'Where is he?' <sup>12</sup> And there was considerable complaining about him among the crowds. While some were saying, 'He is a good man', others were saying, 'No, he is deceiving the crowd.' <sup>13</sup> Yet no one would speak openly about him for fear of the Jews.

## Wednesday

### Psalm 50

- 1 The Lord our God, the Mighty One, has spoken:  
and summoned the earth,  
from the rising of the sun to its setting in the west.
- 2 From Zion, perfect in beauty:  
God has shone out in glory.
- 3 Our God is coming, he will not keep silent:  
before him is devouring fire,  
and tempest whirls about him.
- 4 He calls to the heavens above:  
and to the earth, so he may judge his people.
- 5 'Gather to me my faithful ones:  
those who by sacrifice made a covenant with me.'
- 6 The heavens shall proclaim his righteousness:  
for God himself is judge.
- 7 'Listen my people, and I will speak:  
O Israel, I am God your God,  
and I will give my testimony.
- 8 'It is not for your sacrifices that I reprove you:  
for your burnt-offerings are always before me.
- 9 'I will take no bull from your farms:  
or he-goat from your pens.
- 10 'For all the beasts of the forest belong to me:  
and so do the cattle upon the mountains.
- 11 'I know all the birds of the air:  
and the grasshoppers of the field are in my sight.
- 12 'If I were hungry, I would not tell you:  
for the whole world is mine, and all that is in it.
- 13 'Do I eat the flesh of bulls:  
or drink the blood of goats?
- 14 'Offer to God a sacrifice of thanksgiving:  
and pay your vows to the Most High.
- 15 'Call upon me in the day of trouble:  
I will bring you out, and you shall glorify me.'
- 16 But God says to the wicked:  
'What have you to do with reciting my laws,  
or taking my covenant on your lips,
- 17 'Seeing you loathe discipline:  
and have tossed my words behind you?
- 18 'When you saw a thief, you went along with him:  
and you threw in your lot with adulterers.
- 19 'You have loosed your mouth in evil:  
and your tongue strings lies together.
- 20 'You sit and speak against your own kin:  
and slander your mother's children.
- 21 'These things you have done, and I held my tongue:  
and you thought I was just such another as yourself.
- 22 'But I will convict you:  
and set before your eyes what you have done.

- 23 'O consider this, you who forget God:  
lest I tear you in pieces, and there be no one to save you.
- 24 'He honours me who brings sacrifice of thanksgiving:  
and to him who keeps to my way  
I will show the salvation of God.'

### **John 7.14-31**

<sup>14</sup> About the middle of the festival Jesus went up into the temple and began to teach. <sup>15</sup> The Jews were astonished at it, saying, 'How does this man have such learning, when he has never been taught?' <sup>16</sup> Then Jesus answered them, 'My teaching is not mine but his who sent me. <sup>17</sup> Anyone who resolves to do the will of God will know whether the teaching is from God or whether I am speaking on my own. <sup>18</sup> Those who speak on their own seek their own glory; but the one who seeks the glory of him who sent him is true, and there is nothing false in him. <sup>19</sup> 'Did not Moses give you the law? Yet none of you keeps the law. Why are you looking for an opportunity to kill me?' <sup>20</sup> The crowd answered, 'You have a demon! Who is trying to kill you?' <sup>21</sup> Jesus answered them, 'I performed one work, and all of you are astonished. <sup>22</sup> Moses gave you circumcision (it is, of course, not from Moses, but from the patriarchs), and you circumcise a man on the sabbath. <sup>23</sup> If a man receives circumcision on the sabbath in order that the law of Moses may not be broken, are you angry with me because I healed a man's whole body on the sabbath? <sup>24</sup> Do not judge by appearances, but judge with right judgement.' <sup>25</sup> Now some of the people of Jerusalem were saying, 'Is not this the man whom they are trying to kill? <sup>26</sup> And here he is, speaking openly, but they say nothing to him! Can it be that the authorities really know that this is the Messiah? <sup>27</sup> Yet we know where this man is from; but when the Messiah comes, no one will know where he is from.' <sup>28</sup> Then Jesus cried out as he was teaching in the temple, 'You know me, and you know where I am from. I have not come on my own. But the one who sent me is true, and you do not know him. <sup>29</sup> I know him, because I am from him, and he sent me.' <sup>30</sup> Then they tried to arrest him, but no one laid hands on him, because his hour had not yet come. <sup>31</sup> Yet many in the crowd believed in him and were saying, 'When the Messiah comes, will he do more signs than this man has done?'

## Thursday

### Psalm 32

- 1 Blessed are those whose sin is forgiven:  
    whose iniquity is put away.
- 2 Blessed are those to whom the Lord imputes no blame:  
    and in whose spirit there is no guile.
- 3 For whilst I held my tongue:  
    my bones wasted away with my daily complaining.
- 4 Your hand was heavy upon me day and night:  
    and my moisture was dried up like a drought in summer.
- 5 Then I acknowledged my sin to you:  
    and my iniquity I did not hide;
- 6 I said 'I will confess my transgressions to the Lord':  
    and so you forgave the wickedness of my sin.
- 7 For this cause shall everyone that is faithful  
    make their prayer to you in the day of trouble:  
    and in the time of the great water-flood,  
    it shall not come near them.
- 8 You are a place to hide me in,  
    you will preserve me from trouble:  
    you will surround me with deliverance on every side.
- 9 'I will instruct you, and direct you in the way that you should go:  
    I will fasten my eye upon you, and give you counsel.
- 10 'Be not like horse or mule, that have no understanding:  
    whose forward course must be curbed with bit and bridle.'
- 11 Great tribulations remain for the ungodly:  
    but whoever puts their trust in the Lord,  
    mercy embraces them on every side.
- 12 Rejoice in the Lord, you righteous, and be glad:  
    and shout for joy, all you that are true of heart.



**Luke 8.1-3**

<sup>1</sup> Soon afterwards he went on through cities and villages, proclaiming and bringing the good news of the kingdom of God. The twelve were with him, <sup>2</sup> as well as some women who had been cured of evil spirits and infirmities: Mary, called Magdalene, from whom seven demons had gone out, <sup>3</sup> and Joanna, the wife of Herod's steward Chuza, and Susanna, and many others, who provided for them out of their resources.

# Friday

## Psalms 54; 55.1-12

### 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.

### 55

- 1 Hear my prayer, O God:  
and do not hide yourself from my petition.
- 2 Give heed to me, and answer me:  
I am restless in my complaining.
- 3 I am in turmoil at the voice of the enemy:  
at the onslaught of the wicked.
- 4 For they bring down disaster upon me:  
they persecute me with bitter fury.
- 5 My heart writhes within me:  
and the terrors of death have fallen upon me.
- 6 Fear and trembling come upon me:  
and horror overwhelms me.
- 7 And I said 'O for the wings of a dove:  
that I might fly away and find rest.
- 8 'Then I would flee far off:  
and make my lodging in the wilderness.
- 9 'I would hasten to find me a refuge:  
out of the blast of slander,
- 10 'Out of the tempest of their calumny, O Lord:  
and far from their double tongues.'
- 11 For I have seen violence and strife in the city:  
day and night they go round it upon its walls.
- 12 Evil and wickedness are within it:  
iniquity is within it, oppression and fraud  
do not depart from its streets.

## **John 8.1-11**

<sup>1</sup> while Jesus went to the Mount of Olives. <sup>2</sup> Early in the morning he came again to the temple. All the people came to him and he sat down and began to teach them. <sup>3</sup> The scribes and the Pharisees brought a woman who had been caught in adultery; and making her stand before all of them, <sup>4</sup> they said to him, 'Teacher, this woman was caught in the very act of committing adultery. <sup>5</sup> Now in the law Moses commanded us to stone such women. Now what do you say?' <sup>6</sup> They said this to test him, so that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. <sup>7</sup> When they kept on questioning him, he straightened up and said to them, 'Let anyone among you who is without sin be the first to throw a stone at her.' <sup>8</sup> And once again he bent down and wrote on the ground. <sup>9</sup> When they heard it, they went away, one by one, beginning with the elders; and Jesus was left alone with the woman standing before him. <sup>10</sup> Jesus straightened up and said to her, 'Woman, where are they? Has no one condemned you?' <sup>11</sup> She said, 'No one, sir.' And Jesus said, 'Neither do I condemn you. Go your way, and from now on do not sin again.'

## Saturday

### Psalms 56; 57

#### 56

- 1 Be merciful to me, O God, for they are treading me down:  
all day long my adversary presses upon me.
- 2 My enemies tread me down all the day:  
for there are many that arrogantly fight against me.
- 3 In the hour of fear:  
I will put my trust in you.
- 4 In God, whose word I praise, in God I trust and fear not:  
what can flesh do to me?
- 5 All day long they afflict me with their words:  
and every thought is how to do me evil.
- 6 They stir up hatred and conceal themselves:  
they watch my steps, while they lie in wait for my life.
- 7 Let there be no escape for them:  
bring down the peoples in your wrath, O God.
- 8 You have counted my anxious tossings;  
put my tears in your bottle:  
are not these things noted in your book?
- 9 In the day that I call to you, my enemies shall turn back:  
this I know, for God is with me.
- 10 In God, whose word I praise,  
in God I trust and fear not:  
what can flesh and blood do to me?
- 11 To you, O God, must I perform my vows:  
I will pay the thank-offering that is due.
- 12 For you will deliver my soul from death,  
and my feet from falling:  
that I may walk before God in the light of the living.

#### 57

- 1 Be merciful to me, O God, be merciful:  
for I come to you for shelter;
- 2 And in the shadow of your wings will I take refuge:  
until these troubles are over-past.
- 3 I will call to God Most High:  
to the God who will fulfil his purpose for me.
- 4 He will send from heaven and save me:  
he will send forth his faithfulness  
and his loving-kindness,  
and rebuke those that would trample me down.
- 5 For I lie amidst ravening lions:  
those whose teeth are spears and arrows,  
and their tongue a sharpened sword.
- 6 Be exalted, O God, above the heavens:  
and let your glory be over all the earth.
- 7 They have set a net for my feet, and I am brought low:  
they have dug a pit before me,  
but shall fall into it themselves.

- 8 My heart is fixed, O God, my heart is fixed:  
I will sing and make melody.
- 9 Awake my soul, awake lute and harp:  
for I will awaken the morning.
- 10 I will give you thanks, O Lord, among the peoples:  
I will sing your praise among the nations.
- 11 For the greatness of your mercy reaches to the heavens:  
and your faithfulness to the clouds.
- 12 Be exalted, O God, above the heavens:  
and let your glory be over all the earth.

### **John 8.12-30**

<sup>12</sup> Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.' <sup>13</sup> Then the Pharisees said to him, 'You are testifying on your own behalf; your testimony is not valid.' <sup>14</sup> Jesus answered, 'Even if I testify on my own behalf, my testimony is valid because I know where I have come from and where I am going, but you do not know where I come from or where I am going. <sup>15</sup> You judge by human standards; I judge no one. <sup>16</sup> Yet even if I do judge, my judgement is valid; for it is not I alone who judge, but I and the Father who sent me. <sup>17</sup> In your law it is written that the testimony of two witnesses is valid. <sup>18</sup> I testify on my own behalf, and the Father who sent me testifies on my behalf.' <sup>19</sup> Then they said to him, 'Where is your Father?' Jesus answered, 'You know neither me nor my Father. If you knew me, you would know my Father also.' <sup>20</sup> He spoke these words while he was teaching in the treasury of the temple, but no one arrested him, because his hour had not yet come. <sup>21</sup> Again he said to them, 'I am going away, and you will search for me, but you will die in your sin. Where I am going, you cannot come.' <sup>22</sup> Then the Jews said, 'Is he going to kill himself? Is that what he means by saying, "Where I am going, you cannot come"?' <sup>23</sup> He said to them, 'You are from below, I am from above; you are of this world, I am not of this world. <sup>24</sup> I told you that you would die in your sins, for you will die in your sins unless you believe that I am he.' <sup>25</sup> They said to him, 'Who are you?' Jesus said to them, 'Why do I speak to you at all? <sup>26</sup> I have much to say about you and much to condemn; but the one who sent me is true, and I declare to the world what I have heard from him.' <sup>27</sup> They did not understand that he was speaking to them about the Father. <sup>28</sup> So Jesus said, 'When you have lifted up the Son of Man, then you will realize that I am he, and that I do nothing on my own, but I speak these things as the Father instructed me. <sup>29</sup> And the one who sent me is with me; he has not left me alone, for I always do what is pleasing to him.' <sup>30</sup> As he was saying these things, many believed in him.

## Sunday

### Psalm 145.10-18

- 10 All creation praises you, O Lord:  
and your faithful servants bless your name.
- 11 They speak of the glory of your kingdom:  
and tell of your great might,
- 12 That the whole earth may know your mighty acts:  
and the glorious splendour of your kingdom.
- 13 Your kingdom is an everlasting kingdom:  
and your dominion endures through all generations.
- 14 The Lord upholds all those who stumble:  
and raises up those that are bowed down.
- 15 The eyes of all look to you in hope:  
and you give them their food in due season;
- 16 You open wide your hand:  
and fill all things living with your bounteous gift.
- 17 The Lord is just in all his ways:  
and faithful in all his dealings.
- 18 The Lord is near to all who call upon him:  
to all who call upon him in truth.

## **Ephesians 3.1-12**

<sup>1</sup> This is the reason that I Paul am a prisoner for Christ Jesus for the sake of you Gentiles— <sup>2</sup> for surely you have already heard of the commission of God's grace that was given to me for you, <sup>3</sup> and how the mystery was made known to me by revelation, as I wrote above in a few words, <sup>4</sup> a reading of which will enable you to perceive my understanding of the mystery of Christ. <sup>5</sup> In former generations this mystery was not made known to humankind, as it has now been revealed to his holy apostles and prophets by the Spirit: <sup>6</sup> that is, the Gentiles have become fellow-heirs, members of the same body, and sharers in the promise in Christ Jesus through the gospel. <sup>7</sup> Of this gospel I have become a servant according to the gift of God's grace that was given to me by the working of his power. <sup>8</sup> Although I am the very least of all the saints, this grace was given to me to bring to the Gentiles the news of the boundless riches of Christ, <sup>9</sup> and to make everyone see what is the plan of the mystery hidden for ages in God who created all things; <sup>10</sup> so that through the church the wisdom of God in its rich variety might now be made known to the rulers and authorities in the heavenly places. <sup>11</sup> This was in accordance with the eternal purpose that he has carried out in Christ Jesus our Lord, <sup>12</sup> in whom we have access to God in boldness and confidence through faith in him.

