



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services
according to
The Anglican Prayer book
of Australia
22-28 November 2021

Monday

Psalm 51

- 1 Have mercy on me, O God, in your enduring goodness:
according to the fulness of your compassion
blot out my offences.
- 2 Wash me thoroughly from my wickedness:
and cleanse me from my sin.
- 3 For I acknowledge my rebellion:
and my sin is ever before me.
- 4 Against you only have I sinned
and done what is evil in your eyes:
so you will be just in your sentence
and blameless in your judging.
- 5 Surely in wickedness I was brought to birth:
and in sin my mother conceived me.
- 6 You that desire truth in the inward parts:
O teach me wisdom in the secret places of the heart.
- 7 Purge me with hyssop, and I shall be clean:
wash me, and I shall be whiter than snow.
- 8 Make me hear of joy and gladness:
let the bones which you have broken rejoice.
- 9 Hide your face from my sins:
and blot out all my iniquities.
- 10 Create in me a clean heart, O God:
and renew a right spirit within me.
- 11 Do not cast me out from your presence:
do not take your holy spirit from me.
- 12 O give me the gladness of your help again:
and support me with a willing spirit.
- 13 Then will I teach transgressors your ways:
and sinners shall turn to you again.
- 14 O Lord God of my salvation, deliver me from bloodshed:
and my tongue shall sing of your righteousness.
- 15 O Lord, open my lips:
and my mouth shall proclaim your praise.
- 16 You take no pleasure in sacrifice, or I would give it:
burnt-offerings you do not want.
- 17 The sacrifice of God is a broken spirit:
a broken and contrite heart, O God, you will not despise.
- 18 In your graciousness do good to Zion:
rebuild the walls of Jerusalem.
- 19 Then will you delight in right sacrifices,
in burnt-offerings and oblations:
then will they offer young bulls upon your altar.

Mark 1.29-39

²⁹ As soon as they left the synagogue, they entered the house of Simon and Andrew, with James and John. ³⁰ Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. ³¹ He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. ³² That evening, at sunset, they brought to him all who were sick or possessed with demons. ³³ And the whole city was gathered around the door. ³⁴ And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. ³⁵ In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. ³⁶ And Simon and his companions hunted for him. ³⁷ When they found him, they said to him, 'Everyone is searching for you.' ³⁸ He answered, 'Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do.' ³⁹ And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

Tuesday

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.

Mark 1.40-45

⁴⁰ A leper came to him begging him, and kneeling he said to him, 'If you choose, you can make me clean.' ⁴¹ Moved with pity, Jesus stretched out his hand and touched him, and said to him, 'I do choose. Be made clean!' ⁴² Immediately the leprosy left him, and he was made clean. ⁴³ After sternly warning him he sent him away at once, ⁴⁴ saying to him, 'See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them.' ⁴⁵ But he went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to him from every quarter.

Wednesday

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.

Mark 2.1-17

¹ When he returned to Capernaum after some days, it was reported that he was at home. ² So many gathered around that there was no longer room for them, not even in front of the door; and he was speaking the word to them. ³ Then some people came, bringing to him a paralysed man, carried by four of them. ⁴ And when they could not bring him to Jesus because of the crowd, they removed the roof above him; and after having dug through it, they let down the mat on which the paralytic lay. ⁵ When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.' ⁶ Now some of the scribes were sitting there, questioning in their hearts, ⁷ 'Why does this fellow speak in this way? It is blasphemy! Who can forgive sins but God alone?' ⁸ At once Jesus perceived in his spirit that they were discussing these questions among themselves; and he said to them, 'Why do you raise such questions in your hearts? ⁹ Which is easier, to say to the paralytic, "Your sins are forgiven", or to say, "Stand up and take your mat and walk"? ¹⁰ But so that you may know that the Son of Man has authority on earth to forgive sins'—he said to the paralytic— ¹¹ 'I say to you, stand up, take your mat and go to your home.' ¹² And he stood up, and immediately took the mat and went out before all of them; so that they were all amazed and glorified God, saying, 'We have never seen anything like this!' ¹³ Jesus went out again beside the lake; the whole crowd gathered around him, and he taught them. ¹⁴ As he was walking along, he saw Levi son of Alphaeus sitting at the tax booth, and he said to him, 'Follow me.' And he got up and followed him. ¹⁵ And as he sat at dinner in Levi's house, many tax-collectors and sinners were also sitting with Jesus and his disciples—for there were many who followed him. ¹⁶ When the scribes of the Pharisees saw that he was eating with sinners and tax-collectors, they said to his disciples, 'Why does he eat with tax-collectors and sinners?' ¹⁷ When Jesus heard this, he said to them, 'Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners.'

Thursday

Psalms 62; 63

62

- 1 My soul waits in silence for God:
for from him comes my salvation.
- 2 He only is my rock and my salvation:
my strong tower, so that I shall never be moved.
- 3 How long will you all plot against me to destroy me:
as though I were a leaning fence or a buckling wall?
- 4 Their design is to thrust me from my height,
and their delight is in lies:
they bless with their lips, but inwardly they curse.
- 5 Nevertheless, my soul, wait in silence for God:
for from him comes my hope.
- 6 He only is my rock and my salvation:
my strong tower, so that I shall not be moved.
- 7 In God is my deliverance and my glory:
God is my strong rock and my shelter.
- 8 Trust in him at all times, O my people:
pour out your hearts before him, for God is our refuge.
- 9 The children of Adam are but breath,
the children of earth are a lie:
place them in the scales and they fly upward,
they are as light as air.
- 10 Put no trust in extortion,
do not grow worthless by robbery:
if riches increase, set not your heart upon them.
- 11 God has spoken once, twice have I heard him say:
that power belongs to God,
- 12 That to the Lord belongs a constant goodness:
for you reward each one of us according to our works.

63

- 1 O God, you are my God:
eagerly will I seek you.
- 2 My soul thirsts for you, my flesh longs for you:
as a dry and thirsty land where no water is.
- 3 So it was when I beheld you in the sanctuary:
and saw your power and your glory.
- 4 For your unchanging goodness is better than life:
therefore my lips shall praise you.
- 5 And so I will bless you as long as I live:
and in your name will I lift my hands on high.
- 6 My longing shall be satisfied as with marrow and fatness:
my mouth shall praise you with exultant lips.
- 7 When I remember you upon my bed:
when I meditate upon you in the night watches,
- 8 How you have been my helper:
then I sing for joy in the shadow of your wings,
- 9 Then my soul clings to you:
and your right hand upholds me.⁸

- 10 Those that seek my life are marked for destruction:
they shall go down to the deep places of the earth.
- 11 They shall be delivered to the sword:
they shall be a portion for jackals.
- 12 The king will rejoice in God,
and all who take oaths on his name shall glory:
but the mouths of liars shall be stopped.

Mark 2.18-3.6

^{2.18} Now John's disciples and the Pharisees were fasting; and people came and said to him, 'Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?' ¹⁹ Jesus said to them, 'The wedding-guests cannot fast while the bridegroom is with them, can they? As long as they have the bridegroom with them, they cannot fast. ²⁰ The days will come when the bridegroom is taken away from them, and then they will fast on that day. ²¹ 'No one sews a piece of unshrunk cloth on an old cloak; otherwise, the patch pulls away from it, the new from the old, and a worse tear is made. ²² And no one puts new wine into old wineskins; otherwise, the wine will burst the skins, and the wine is lost, and so are the skins; but one puts new wine into fresh wineskins.' ²³ One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. ²⁴ The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' ²⁵ And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? ²⁶ He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' ²⁷ Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; ²⁸ so the Son of Man is lord even of the sabbath.' ^{3.1} Again he entered the synagogue, and a man was there who had a withered hand. ² They watched him to see whether he would cure him on the sabbath, so that they might accuse him. ³ And he said to the man who had the withered hand, 'Come forward.' ⁴ Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. ⁵ He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. ⁶ The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

Friday

Psalms 65; 70

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.

70

- 1 O God, be pleased to deliver me:
O Lord, make haste to help me.
- 2 Let them be put to shame and confounded
who seek my life:
let them be turned back and disgraced who wish me evil.
- 3 Let them turn away for shame:
who say to me 'Aha, aha!'
- 4 Let all who seek you be joyful and glad because of you:
let those who love your salvation
say always 'God is great.'

- 5 As for me, I am poor and needy:
O God, be swift to save me.
- 6 You are my helper and my deliverer:
O Lord, make no delay.

Mark 3.7-19a

⁷ Jesus departed with his disciples to the lake, and a great multitude from Galilee followed him; ⁸ hearing all that he was doing, they came to him in great numbers from Judea, Jerusalem, Idumea, beyond the Jordan, and the region around Tyre and Sidon. ⁹ He told his disciples to have a boat ready for him because of the crowd, so that they would not crush him; ¹⁰ for he had cured many, so that all who had diseases pressed upon him to touch him. ¹¹ Whenever the unclean spirits saw him, they fell down before him and shouted, 'You are the Son of God!' ¹² But he sternly ordered them not to make him known. ¹³ He went up the mountain and called to him those whom he wanted, and they came to him. ¹⁴ And he appointed twelve, whom he also named apostles, to be with him, and to be sent out to proclaim the message, ¹⁵ and to have authority to cast out demons. ¹⁶ So he appointed the twelve: Simon (to whom he gave the name Peter); ¹⁷ James son of Zebedee and John the brother of James (to whom he gave the name Boanerges, that is, Sons of Thunder); ¹⁸ and Andrew, and Philip, and Bartholomew, and Matthew, and Thomas, and James son of Alphaeus, and Thaddaeus, and Simon the Cananaean, ¹⁹ and Judas Iscariot, who betrayed him. Then he went home;

Saturday

Psalm 68.1-20

- 1 God shall arise, and his enemies shall be scattered:
those that hate him shall flee before his face.
- 2 As smoke is dispersed, so shall they be dispersed:
as wax melts before a fire,
so shall the wicked perish at the presence of God.
- 3 But the righteous shall be glad and exult before God:
they shall rejoice with gladness.
- 4 O sing to God, sing praises to his name:
glorify him that rode through the deserts,
him whose name is the Lord, and exult before him.
- 5 He is the father of the fatherless,
he upholds the cause of the widow:
God in his holy dwelling place.
- 6 He gives the desolate a home to dwell in,
and brings the prisoners out into prosperity:
but rebels must dwell in a barren land.
- 7 O God, when you went out before your people:
when you marched through the wilderness,
- 8 The earth shook, the heavens poured down water:
before the God of Sinai, before God, the God of Israel.
- 9 You showered down a generous rain, O God:
you prepared the land of your possession
when it was weary.
- 10 And there your people settled:
in the place that your goodness, O God,
had made ready for the poor.
- 11 The Lord spoke the word, and great was the company
of those that carried the tidings:
'Kings with their armies are fleeing, are fleeing away.
- 12 'Even the women at home may share in the spoil:
and will you sit idly among the sheepfolds?
- 13 'There are images of doves
whose wings are covered with silver:
and their pinions with shining gold.'
- 14 When the Almighty scattered kings:
they were like snow falling upon Mount Zalmon.
- 15 Can the mountain of Bashan be a mountain of God:
the mountain of Bashan, that mountain of many peaks?
- 16 O mountains of many peaks, why look so enviously:
at the mountain where God is pleased to dwell,
where the Lord will remain for ever?
- 17 The chariots of God are twice ten thousand,
and thousands upon thousands:
the Lord came from Sinai into his holy place.
- 18 When you ascended the heights,
you led the enemy captive,
you received tribute from the peoples:
but rebels shall not dwell in the presence of God.

- 19 Blessed be the Lord day by day,
who bears us as his burden:
he is the God of our deliverance.
- 20 God is to us a God who saves:
by God the Lord do we escape death.

Mark 3.19b-35

¹⁹ and Judas Iscariot, who betrayed him. Then he went home; ²⁰ and the crowd came together again, so that they could not even eat. ²¹ When his family heard it, they went out to restrain him, for people were saying, 'He has gone out of his mind.' ²² And the scribes who came down from Jerusalem said, 'He has Beelzebul, and by the ruler of the demons he casts out demons.' ²³ And he called them to him, and spoke to them in parables, 'How can Satan cast out Satan? ²⁴ If a kingdom is divided against itself, that kingdom cannot stand. ²⁵ And if a house is divided against itself, that house will not be able to stand. ²⁶ And if Satan has risen up against himself and is divided, he cannot stand, but his end has come. ²⁷ But no one can enter a strong man's house and plunder his property without first tying up the strong man; then indeed the house can be plundered. ²⁸ 'Truly I tell you, people will be forgiven for their sins and whatever blasphemies they utter; ²⁹ but whoever blasphemes against the Holy Spirit can never have forgiveness, but is guilty of an eternal sin'— ³⁰ for they had said, 'He has an unclean spirit.' ³¹ Then his mother and his brothers came; and standing outside, they sent to him and called him. ³² A crowd was sitting around him; and they said to him, 'Your mother and your brothers and sisters are outside, asking for you.' ³³ And he replied, 'Who are my mother and my brothers?' ³⁴ And looking at those who sat around him, he said, 'Here are my mother and my brothers! ³⁵ Whoever does the will of God is my brother and sister and mother.'

Sunday

Psalm 25.11-22

- 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.

Luke 20.45-21.6, 21.20-24

^{20.45} In the hearing of all the people he said to the disciples, ⁴⁶ 'Beware of the scribes, who like to walk around in long robes, and love to be greeted with respect in the market-places, and to have the best seats in the synagogues and places of honour at banquets. ⁴⁷ They devour widows' houses and for the sake of appearance say long prayers. They will receive the greater condemnation.' ^{21.1} He looked up and saw rich people putting their gifts into the treasury; ² he also saw a poor widow put in two small copper coins. ³ He said, 'Truly I tell you, this poor widow has put in more than all of them; ⁴ for all of them have contributed out of their abundance, but she out of her poverty has put in all she had to live on.' ⁵ When some were speaking about the temple, how it was adorned with beautiful stones and gifts dedicated to God, he said, ⁶ 'As for these things that you see, the days will come when not one stone will be left upon another; all will be thrown down.' ²⁰ 'When you see Jerusalem surrounded by armies, then know that its desolation has come near. ²¹ Then those in Judea must flee to the mountains, and those inside the city must leave it, and those out in the country must not enter it; ²² for these are days of vengeance, as a fulfilment of all that is written. ²³ Woe to those who are pregnant and to those who are nursing infants in those days! For there will be great distress on the earth and wrath against this people; ²⁴ they will fall by the edge of the sword and be taken away as captives among all nations; and Jerusalem will be trampled on by the Gentiles, until the times of the Gentiles are fulfilled.

