



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia

23-29 August 2021

# Monday

## Psalms 124; 125; 126

### 124

- 1 If the Lord had not been on our side,  
now may Israel say:  
if the Lord had not been on our side,  
when our enemies rose against us,
- 2 Then they would have swallowed us alive:  
when their anger was kindled against us.
- 3 Then the waters would have overwhelmed us,  
and the torrent gone over us:  
the raging waters would have gone clean over us.
- 4 But praised be the Lord:  
who has not given us as a prey to their teeth.
- 5 We have escaped like a bird from the snare of the fowler:  
the snare is broken, and we have gone free.
- 6 Our help is in the name of the Lord:  
who has made heaven and earth.

### 125

- 1 Those who put their trust in the Lord  
shall be as Mount Zion:  
which cannot be shaken, but endures for ever.
- 2 As the mountains stand about Jerusalem,  
so stands the Lord about his people:  
from this time forward for evermore.
- 3 For the sceptre of wickedness shall have no sway  
over the land apportioned to the righteous:  
lest the righteous set their hands to do evil.
- 4 Do good, O Lord, to those who are good:  
to those that are upright in heart.
- 5 As for those who turn aside to crooked ways,  
let the Lord lead them away with the evildoers:  
and in Israel let there be peace.

### 126

- 1 When the Lord turned again the fortunes of Zion:  
then were we like those restored to life.
- 2 Then was our mouth filled with laughter:  
and our tongue with singing.
- 3 Then said they among the heathen:  
'The Lord has done great things for them.'
- 4 Truly the Lord has done great things for us:  
and therefore we rejoiced.
- 5 Turn again our fortunes, O Lord:  
as the streams return to the dry south.
- 6 Those who sow in tears:  
shall reap with songs of joy.
- 7 They that go out weeping, bearing the seed:  
shall come again in gladness,  
bringing their sheaves with them.

## **Acts 21.1-14**

<sup>1</sup> When we had parted from them and set sail, we came by a straight course to Cos, and the next day to Rhodes, and from there to Patara. <sup>2</sup> When we found a ship bound for Phoenicia, we went on board and set sail. <sup>3</sup> We came in sight of Cyprus; and leaving it on our left, we sailed to Syria and landed at Tyre, because the ship was to unload its cargo there. <sup>4</sup> We looked up the disciples and stayed there for seven days. Through the Spirit they told Paul not to go on to Jerusalem. <sup>5</sup> When our days there were ended, we left and proceeded on our journey; and all of them, with wives and children, escorted us outside the city. There we knelt down on the beach and prayed <sup>6</sup> and said farewell to one another. Then we went on board the ship, and they returned home. <sup>7</sup> When we had finished the voyage from Tyre, we arrived at Ptolemais; and we greeted the believers and stayed with them for one day. <sup>8</sup> The next day we left and came to Caesarea; and we went into the house of Philip the evangelist, one of the seven, and stayed with him. <sup>9</sup> He had four unmarried daughters who had the gift of prophecy. <sup>10</sup> While we were staying there for several days, a prophet named Agabus came down from Judea. <sup>11</sup> He came to us and took Paul's belt, bound his own feet and hands with it, and said, 'Thus says the Holy Spirit, "This is the way the Jews in Jerusalem will bind the man who owns this belt and will hand him over to the Gentiles."' <sup>12</sup> When we heard this, we and the people there urged him not to go up to Jerusalem. <sup>13</sup> Then Paul answered, 'What are you doing, weeping and breaking my heart? For I am ready not only to be bound but even to die in Jerusalem for the name of the Lord Jesus.' <sup>14</sup> Since he would not be persuaded, we remained silent except to say, 'The Lord's will be done.'

## Tuesday

### Psalm 86

- 1 Incline your ear to me, O God, and answer me:  
for I am poor and in misery.
- 2 Preserve my life, for I am faithful:  
My God, save your servant who trusts in you.
- 3 Be merciful to me, O Lord:  
for I call to you all the day long.
- 4 O make glad the soul of your servant:  
for I put my hope in you, O Lord.
- 5 For you, Lord, are good and forgiving:  
of great and continuing kindness  
to all who call upon you.
- 6 Hear my prayer, O Lord:  
and give heed to the voice of my supplication.
- 7 In the day of my trouble I call upon you:  
for you will surely answer.
- 8 Among the gods there is none like you, O Lord:  
nor are there any deeds like yours.
- 9 All the nations you have made  
shall come and worship before you:  
O Lord, they shall glorify your name.
- 10 For you are great and do marvellous things:  
and you alone are God.
- 11 Show me your way, O Lord, and I will walk in your truth:  
let my heart delight to fear your name.
- 12 I will praise you, O Lord my God, with all my heart:  
and I will glorify your name for ever.
- 13 For great is your abiding love toward me:  
and you have delivered my life  
from the lowest depths of the grave.
- 14 The insolent, O God, have risen against me:  
a ruthless band seek my life,  
they have not set God before their eyes.
- 15 But you, Lord, are a God gracious and compassionate:  
slow to anger, full of goodness and truth.
- 16 Turn to me and be merciful,  
give your strength to your servant:  
and save the child of your handmaid.
- 17 Show me some token of your goodness:  
that those who hate me may see it and be ashamed,  
because you, Lord, are my helper and my comforter.

## **Matthew 10.1-15**

<sup>1</sup> Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. <sup>2</sup> These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; <sup>3</sup> Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; <sup>4</sup> Simon the Cananaean, and Judas Iscariot, the one who betrayed him. <sup>5</sup> These twelve Jesus sent out with the following instructions: ‘Go nowhere among the Gentiles, and enter no town of the Samaritans, <sup>6</sup> but go rather to the lost sheep of the house of Israel. <sup>7</sup> As you go, proclaim the good news, “The kingdom of heaven has come near.” <sup>8</sup> Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment. <sup>9</sup> Take no gold, or silver, or copper in your belts, <sup>10</sup> no bag for your journey, or two tunics, or sandals, or a staff; for labourers deserve their food. <sup>11</sup> Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. <sup>12</sup> As you enter the house, greet it. <sup>13</sup> If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. <sup>14</sup> If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. <sup>15</sup> Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

## Wednesday

### Psalm 135

- 1 Praise the Lord, praise the name of the Lord:  
praise him, you servants of the Lord,
- 2 Who stand in the house of the Lord:  
in the courts of the house of our God.
- 3 Praise the Lord, for the Lord is gracious:  
sing praises to his name, for it is good.
- 4 For the Lord has chosen Jacob for himself:  
and Israel as his own possession.
- 5 I know that the Lord is great:  
and that our Lord is above all gods.
- 6 He does whatever he wills, in heaven and upon the earth:  
in the seas and in the great depths.
- 7 He brings up clouds from the ends of the earth:  
he makes lightning for the rain  
and brings the wind out of his storehouses.
- 8 He struck down the firstborn of Egypt:  
both man and beast alike.
- 9 He sent signs and wonders into your midst, O Egypt:  
against Pharaoh and against all his servants.
- 10 He struck down great nations:  
and slew mighty kings,
- 11 Sihon, king of the Amorites, and Og, the king of Bashan:  
and all the princes of Canaan.
- 12 He made over their land as a heritage:  
a heritage for Israel his people.
- 13 O Lord, your name shall endure for ever:  
so shall your renown, throughout all generations.
- 14 For the Lord will vindicate his people:  
he will take pity on his servants.
- 15 As for the idols of the nations,  
they are but silver and gold:  
the work of human hands.
- 16 They have mouths, but speak not:  
they have eyes, but they cannot see.
- 17 They have ears, yet hear nothing:  
there is no breath in their nostrils.
- 18 Those who make them shall be like them:  
so shall everyone that trusts in them.
- 19 Bless the Lord, O house of Israel:  
bless the Lord, O house of Aaron.
- 20 Bless the Lord, O house of Levi:  
you that fear the Lord, bless the Lord.
- 21 Blessed be the Lord from Zion:  
he that dwells in Jerusalem. Praise the Lord.

## Acts 21.27-39

<sup>27</sup> When the seven days were almost completed, the Jews from Asia, who had seen him in the temple, stirred up the whole crowd. They seized him, <sup>28</sup> shouting, 'Fellow-Israelites, help! This is the man who is teaching everyone everywhere against our people, our law, and this place; more than that, he has actually brought Greeks into the temple and has defiled this holy place.' <sup>29</sup> For they had previously seen Trophimus the Ephesian with him in the city, and they supposed that Paul had brought him into the temple. <sup>30</sup> Then all the city was aroused, and the people rushed together. They seized Paul and dragged him out of the temple, and immediately the doors were shut. <sup>31</sup> While they were trying to kill him, word came to the tribune of the cohort that all Jerusalem was in an uproar. <sup>32</sup> Immediately he took soldiers and centurions and ran down to them. When they saw the tribune and the soldiers, they stopped beating Paul. <sup>33</sup> Then the tribune came, arrested him, and ordered him to be bound with two chains; he inquired who he was and what he had done. <sup>34</sup> Some in the crowd shouted one thing, some another; and as he could not learn the facts because of the uproar, he ordered him to be brought into the barracks. <sup>35</sup> When Paul came to the steps, the violence of the mob was so great that he had to be carried by the soldiers. <sup>36</sup> The crowd that followed kept shouting, 'Away with him!' <sup>37</sup> Just as Paul was about to be brought into the barracks, he said to the tribune, 'May I say something to you?' The tribune replied, 'Do you know Greek?' <sup>38</sup> Then you are not the Egyptian who recently stirred up a revolt and led the four thousand assassins out into the wilderness?' <sup>39</sup> Paul replied, 'I am a Jew, from Tarsus in Cilicia, a citizen of an important city; I beg you, let me speak to the people.'

## Thursday

### Psalms 137.1-6; 138

#### 137

- 1 By the waters of Babylon we sat down and wept:  
when we remembered Zion.
- 2 As for our harps we hung them up:  
upon the trees that are in that land.
- 3 For there those who led us away captive  
required of us a song:  
and those who had despoiled us demanded mirth,  
saying 'Sing us one of the songs of Zion.'
- 4 How can we sing the Lord's song in a strange land?
- 5 If I forget you, O Jerusalem:  
let my right hand forget its mastery.
- 6 Let my tongue cling to the roof of my mouth:  
if I do not remember you,  
if I do not prefer Jerusalem above my chief joy.

#### 138

- 1 I will give you thanks, O Lord, with my whole heart:  
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple  
and give thanks to your name:  
because of your faithfulness and your loving-kindness,  
for you have made your name and your word  
supreme over all things.
- 3 At a time when I called to you, you gave me answer:  
and put new strength within my soul.
- 4 All the kings of the earth shall praise you, O Lord:  
for they have heard the words of your mouth;
- 5 And they shall sing of the ways of the Lord:  
that the glory of the Lord is great.
- 6 For though the Lord is exalted, he looks upon the lowly:  
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,  
yet will you preserve my life:  
you will stretch out your hand against the fury of my  
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:  
your loving-kindness, O Lord, endures for ever;  
do not forsake the work of your own hands.



## **Acts 21.40-22.16**

<sup>21.40</sup> When he had given him permission, Paul stood on the steps and motioned to the people for silence; and when there was a great hush, he addressed them in the Hebrew language, saying: <sup>22.1</sup> ‘Brothers and fathers, listen to the defence that I now make before you.’ <sup>2</sup> When they heard him addressing them in Hebrew, they became even more quiet. Then he said: <sup>3</sup> ‘I am a Jew, born in Tarsus in Cilicia, but brought up in this city at the feet of Gamaliel, educated strictly according to our ancestral law, being zealous for God, just as all of you are today. <sup>4</sup> I persecuted this Way up to the point of death by binding both men and women and putting them in prison, <sup>5</sup> as the high priest and the whole council of elders can testify about me. From them I also received letters to the brothers in Damascus, and I went there in order to bind those who were there and to bring them back to Jerusalem for punishment. <sup>6</sup> ‘While I was on my way and approaching Damascus, about noon a great light from heaven suddenly shone about me. <sup>7</sup> I fell to the ground and heard a voice saying to me, “Saul, Saul, why are you persecuting me?” <sup>8</sup> I answered, “Who are you, Lord?” Then he said to me, “I am Jesus of Nazareth whom you are persecuting.” <sup>9</sup> Now those who were with me saw the light but did not hear the voice of the one who was speaking to me. <sup>10</sup> I asked, “What am I to do, Lord?” The Lord said to me, “Get up and go to Damascus; there you will be told everything that has been assigned to you to do.” <sup>11</sup> Since I could not see because of the brightness of that light, those who were with me took my hand and led me to Damascus. <sup>12</sup> ‘A certain Ananias, who was a devout man according to the law and well spoken of by all the Jews living there, <sup>13</sup> came to me; and standing beside me, he said, “Brother Saul, regain your sight!” In that very hour I regained my sight and saw him. <sup>14</sup> Then he said, “The God of our ancestors has chosen you to know his will, to see the Righteous One and to hear his own voice; <sup>15</sup> for you will be his witness to all the world of what you have seen and heard. <sup>16</sup> And now why do you delay? Get up, be baptized, and have your sins washed away, calling on his name.”

## Friday

### Psalm 140

- 1 Deliver me, O Lord, from evildoers:  
and preserve me from the violent.
- 2 Who devise mischief in their hearts:  
who stir up enmity day by day.
- 3 They have sharpened their tongues like a serpent's:  
and the venom of asps is under their lips.
- 4 Keep me, O Lord, from the power of the wicked:  
preserve me from the violent,  
who think to thrust me from my course.
- 5 The arrogant have laid a snare for me,  
and rogues have stretched the net:  
they have set traps along my way.
- 6 But I have said to the Lord 'You are my God':  
hear, O Lord, the voice of my pleading.
- 7 O Lord my God and my sure stronghold:  
you have covered my head in the day of battle.
- 8 Do not fulfil, O Lord, the desire of the wicked:  
nor further the evil that they have devised.
- 9 Let not those that beset me lift their heads:  
but let the mischief that is on their lips bury them.
- 10 Let hot burning coals be poured upon them:  
let them be plunged into that miry pit  
from which they shall never arise.
- 11 Let no one of evil tongue find footing in the land:  
the evil, the violent—let them be hunted to the end.]
- 12 I know that the Lord will work justice for the oppressed:  
and right judgements for the poor.
- 13 Surely the righteous shall have cause to praise your name:  
and the just shall dwell in your sight.

## **Acts 22.17-30**

<sup>17</sup> 'After I had returned to Jerusalem and while I was praying in the temple, I fell into a trance <sup>18</sup> and saw Jesus saying to me, "Hurry and get out of Jerusalem quickly, because they will not accept your testimony about me." <sup>19</sup> And I said, "Lord, they themselves know that in every synagogue I imprisoned and beat those who believed in you. <sup>20</sup> And while the blood of your witness Stephen was shed, I myself was standing by, approving and keeping the coats of those who killed him." <sup>21</sup> Then he said to me, "Go, for I will send you far away to the Gentiles." ' <sup>22</sup> Up to this point they listened to him, but then they shouted, 'Away with such a fellow from the earth! For he should not be allowed to live.' <sup>23</sup> And while they were shouting, throwing off their cloaks, and tossing dust into the air, <sup>24</sup> the tribune directed that he was to be brought into the barracks, and ordered him to be examined by flogging, to find out the reason for this outcry against him. <sup>25</sup> But when they had tied him up with thongs, Paul said to the centurion who was standing by, 'Is it legal for you to flog a Roman citizen who is uncondemned?' <sup>26</sup> When the centurion heard that, he went to the tribune and said to him, 'What are you about to do? This man is a Roman citizen.' <sup>27</sup> The tribune came and asked Paul, 'Tell me, are you a Roman citizen?' And he said, 'Yes.' <sup>28</sup> The tribune answered, 'It cost me a large sum of money to get my citizenship.' Paul said, 'But I was born a citizen.' <sup>29</sup> Immediately those who were about to examine him drew back from him; and the tribune also was afraid, for he realized that Paul was a Roman citizen and that he had bound him. <sup>30</sup> Since he wanted to find out what Paul was being accused of by the Jews, the next day he released him and ordered the chief priests and the entire council to meet. He brought Paul down and had him stand before them.

## Saturday

### Psalms 143; 146

#### 143

- 1 Hear my prayer, O Lord:  
in your faithfulness consider my petition,  
and in your righteousness give me answer.
- 2 Bring not your servant into judgement:  
for in your sight can no one living be justified.
- 3 For the enemy has pursued me,  
they have crushed my life to the ground:  
they have made me dwell in darkness,  
like those for ever dead.
- 4 Therefore my spirit grows faint:  
and my heart is appalled within me.
- 5 I remember the days of old,  
I think on all that you have done:  
I consider the works of your hands.
- 6 I stretch out my hands toward you:  
my soul yearns for you like a thirsty land.
- 7 Be swift to hear me, O Lord, for my spirit fails:  
hide not your face from me,  
lest I be like those who go down to the Pit.
- 8 O let me hear of your merciful kindness in the morning,  
for my trust is in you:  
show me the way that I should go,  
for you are my hope.
- 9 Deliver me from my enemies, O Lord:  
for I run to you for shelter.
- 10 Teach me to do your will, for you are my God:  
let your kindly spirit lead me in an even path.
- 11 For your name's sake, O Lord, preserve my life:  
and for the sake of your righteousness,  
bring me out of trouble.
- 12 In your merciful goodness slay my enemies,  
and destroy all those that come against me:  
for truly I am your servant.

#### 146

- 1 Praise the Lord, praise the Lord, O my soul:  
while I live I will praise the Lord;
- 2 While I have any being:  
I will sing praises to my God.
- 3 Put not your trust in princes:  
nor in flesh and blood, which cannot save.
- 4 For when their breath goes from them,  
they return again to the earth:  
and on that day all their thoughts perish.
- 5 Blessed are those whose help is the God of Jacob:  
whose hope is in the Lord their God,

- 6 The God who made heaven and earth:  
the sea, and all that is in them,  
7 Who keeps faith for ever:  
who deals justice to those that are oppressed.  
8 The Lord gives food to the hungry:  
and sets the captives free.  
9 The Lord gives sight to the blind:  
the Lord lifts up those that are bowed down.  
10 The Lord loves the righteous:  
the Lord cares for the stranger in the land.  
11 He upholds the widow and the fatherless:  
as for the way of the wicked, he turns it upside down.  
12 The Lord shall be king for ever:  
your God, O Zion, shall reign through all generations.  
Praise the Lord.

### **Acts 23.1-11**

<sup>1</sup> While Paul was looking intently at the council he said, 'Brothers, up to this day I have lived my life with a clear conscience before God.' <sup>2</sup> Then the high priest Ananias ordered those standing near him to strike him on the mouth. <sup>3</sup> At this Paul said to him, 'God will strike you, you whitewashed wall! Are you sitting there to judge me according to the law, and yet in violation of the law you order me to be struck?' <sup>4</sup> Those standing nearby said, 'Do you dare to insult God's high priest?' <sup>5</sup> And Paul said, 'I did not realize, brothers, that he was high priest; for it is written, "You shall not speak evil of a leader of your people."' <sup>6</sup> When Paul noticed that some were Sadducees and others were Pharisees, he called out in the council, 'Brothers, I am a Pharisee, a son of Pharisees. I am on trial concerning the hope of the resurrection of the dead.' <sup>7</sup> When he said this, a dissension began between the Pharisees and the Sadducees, and the assembly was divided. <sup>8</sup> (The Sadducees say that there is no resurrection, or angel, or spirit; but the Pharisees acknowledge all three.) <sup>9</sup> Then a great clamour arose, and certain scribes of the Pharisees' group stood up and contended, 'We find nothing wrong with this man. What if a spirit or an angel has spoken to him?' <sup>10</sup> When the dissension became violent, the tribune, fearing that they would tear Paul to pieces, ordered the soldiers to go down, take him by force, and bring him into the barracks. <sup>11</sup> That night the Lord stood near him and said, 'Keep up your courage! For just as you have testified for me in Jerusalem, so you must bear witness also in Rome.'

## Sunday

### Psalm 15

- 1 Lord, who may abide in your tabernacle:  
or who may dwell upon your holy hill?
- 2 Whoever leads an uncorrupt life  
and does the thing which is right:  
who speaks the truth from the heart,  
and has not slandered with the tongue;
- 3 Who has done no evil to a friend:  
nor vented abuse against a neighbour;
- 4 In whose eyes the worthless have no honour:  
but who makes much of those that fear the Lord;
- 5 Whoever has sworn to a neighbour:  
and will not go back on that oath;
- 6 Who has not put money to usury:  
nor taken a bribe against the innocent.
- 7 Whoever does these things:  
shall never be overthrown.

## **James 1.1-13**

<sup>1</sup> James, a servant of God and of the Lord Jesus Christ, To the twelve tribes in the Dispersion: Greetings. <sup>2</sup> My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, <sup>3</sup> because you know that the testing of your faith produces endurance; <sup>4</sup> and let endurance have its full effect, so that you may be mature and complete, lacking in nothing. <sup>5</sup> If any of you is lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given you. <sup>6</sup> But ask in faith, never doubting, for the one who doubts is like a wave of the sea, driven and tossed by the wind; <sup>7</sup> for the doubter, being double-minded and unstable in every way, must not expect to receive anything from the Lord. <sup>8</sup> Let the believer who is lowly boast in being raised up, <sup>9</sup> and the rich in being brought low, because the rich will disappear like a flower in the field. <sup>10</sup> For the sun rises with its scorching heat and withers the field; its flower falls, and its beauty perishes. It is the same with the rich; in the midst of a busy life, they will wither away. <sup>11</sup> Blessed is anyone who endures temptation. Such a one has stood the test and will receive the crown of life that the Lord has promised to those who love him. <sup>12</sup> No one, when tempted, should say, 'I am being tempted by God'; for God cannot be tempted by evil and he himself tempts no one. <sup>13</sup>

