



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia  
24-30 May 2021

# Monday

## **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.

### **Acts 2.1-13**

<sup>1</sup> When the day of Pentecost had come, they were all together in one place.

<sup>2</sup> And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. <sup>3</sup> Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. <sup>4</sup> All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. <sup>5</sup> Now there were devout Jews from every nation under heaven living in Jerusalem. <sup>6</sup> And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. <sup>7</sup> Amazed and astonished, they asked, 'Are not all these who are speaking Galileans?' <sup>8</sup> And how is it that we hear, each of us, in our own native language? <sup>9</sup> Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, <sup>10</sup> Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, <sup>11</sup> Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power.' <sup>12</sup> All were amazed and perplexed, saying to one another, 'What does this mean?' <sup>13</sup> But others sneered and said, 'They are filled with new wine.'

## Tuesday

### 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.
- 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.

### **Acts 2.14-24**

<sup>14</sup> But Peter, standing with the eleven, raised his voice and addressed them:  
‘Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say.

<sup>15</sup> Indeed, these are not drunk, as you suppose, for it is only nine o’clock in the morning.

<sup>16</sup> No, this is what was spoken through the prophet Joel:

<sup>17</sup> “In the last days it will be, God declares,  
that I will pour out my Spirit upon all flesh,  
and your sons and your daughters shall prophesy,  
and your young men shall see visions,  
and your old men shall dream dreams.

<sup>18</sup> Even upon my slaves, both men and women,  
in those days I will pour out my Spirit;  
and they shall prophesy.

<sup>19</sup> And I will show portents in the heaven above  
and signs on the earth below,  
blood, and fire, and smoky mist.

<sup>20</sup> The sun shall be turned to darkness  
and the moon to blood,  
before the coming of the Lord’s great and glorious day.

<sup>21</sup> Then everyone who calls on the name of the Lord shall be saved.”

<sup>22</sup> ‘You that are Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know—

<sup>23</sup> this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law.

<sup>24</sup> But God raised him up, having freed him from death, because it was impossible for him to be held in its power.

## Wednesday

### 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.

### **Acts 2.22-36**

- <sup>22</sup> 'You that are Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know—
- <sup>23</sup> this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law.
- <sup>24</sup> But God raised him up, having freed him from death, because it was impossible for him to be held in its power.
- <sup>25</sup> For David says concerning him,  
"I saw the Lord always before me,  
for he is at my right hand so that I will not be shaken;
- <sup>26</sup> therefore my heart was glad, and my tongue rejoiced;  
moreover, my flesh will live in hope.
- <sup>27</sup> For you will not abandon my soul to Hades,  
or let your Holy One experience corruption.
- <sup>28</sup> You have made known to me the ways of life;  
you will make me full of gladness with your presence."
- <sup>29</sup> 'Fellow Israelites, I may say to you confidently of our ancestor David that he both died and was buried, and his tomb is with us to this day.
- <sup>30</sup> Since he was a prophet, he knew that God had sworn with an oath to him that he would put one of his descendants on his throne.
- <sup>31</sup> Foreseeing this, David spoke of the resurrection of the Messiah, saying,  
"He was not abandoned to Hades,  
nor did his flesh experience corruption."
- <sup>32</sup> This Jesus God raised up, and of that all of us are witnesses.
- <sup>33</sup> Being therefore exalted at the right hand of God, and having received from the Father the promise of the Holy Spirit, he has poured out this that you both see and hear.
- <sup>34</sup> For David did not ascend into the heavens, but he himself says,  
"The Lord said to my Lord,  
'Sit at my right hand,  
<sup>35</sup> until I make your enemies your footstool.' "
- <sup>36</sup> Therefore let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.'

## Thursday

### 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.

### **Acts 2.37-47**

<sup>37</sup> Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, 'Brothers, what should we do?' <sup>38</sup> Peter said to them, 'Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. <sup>39</sup> For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.' <sup>40</sup> And he testified with many other arguments and exhorted them, saying, 'Save yourselves from this corrupt generation.' <sup>41</sup> So those who welcomed his message were baptized, and that day about three thousand persons were added. <sup>42</sup> They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. <sup>43</sup> Awe came upon everyone, because many wonders and signs were being done by the apostles. <sup>44</sup> All who believed were together and had all things in common; <sup>45</sup> they would sell their possessions and goods and distribute the proceeds to all, as any had need. <sup>46</sup> Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, <sup>47</sup> praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

# Friday

## Psalm 71

- 1 To you, Lord, have I come for shelter:  
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:  
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:  
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:  
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:  
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:  
you are he that brought me out of my mother's womb,  
and my praise is of you continually.
- 7 I have become as a fearful warning to many:  
but you are my strength and my refuge.
- 8 My mouth shall be filled with your praises:  
I shall sing of your glory all the day long.
- 9 Cast me not away in the time of old age:  
nor forsake me when my strength fails.
- 10 For my enemies speak against me:  
and those that watch for my life conspire together, saying,
- 11 'God has forsaken him:  
pursue him, take him, for there is none to save him.'
- 12 Be not far from me, O God:  
my God, make haste to help me.
- 13 Let my adversaries be confounded and put to shame:  
let those who seek my hurt  
be covered with scorn and disgrace.
- 14 As for me, I will wait in hope continually:  
and I will praise you more and more.
- 15 My mouth shall speak of your righteousness all the day:  
and tell of your salvation, though it exceeds my telling.
- 16 I will begin with the mighty acts of the Lord my God:  
and declare your righteous dealing—yours alone.
- 17 O God, you have taught me from my youth upward:  
and to this day, I proclaim your marvellous works.
- 18 Forsake me not, O God, in my old age,  
when I am grey-headed:  
till I have shown the strength of your arm  
to future generations,  
and your might to those that come after.
- 19 Your righteousness, O God, reaches to the heavens:  
great are the things that you have done;  
O God, who is like you?
- 20 You have burdened me with many and bitter troubles,  
O turn and renew me:  
and raise me up again from the depths of the earth.

- 21 Bless me beyond my former greatness:  
O turn to me again, and comfort me.
- 22 Then will I praise you upon the lute  
for your faithfulness, O my God:  
and sing your praises to the harp, O Holy One of Israel.
- 23 My lips shall rejoice in my singing:  
and my soul also, for you have ransomed me.
- 24 My tongue shall speak of your righteous dealing  
all the day long:  
for they shall be put to shame and disgraced  
that seek to do me evil.

### **Acts 3.1-16**

<sup>1</sup> One day Peter and John were going up to the temple at the hour of prayer, at three o'clock in the afternoon. <sup>2</sup> And a man lame from birth was being carried in. People would lay him daily at the gate of the temple called the Beautiful Gate so that he could ask for alms from those entering the temple. <sup>3</sup> When he saw Peter and John about to go into the temple, he asked them for alms. <sup>4</sup> Peter looked intently at him, as did John, and said, 'Look at us.' <sup>5</sup> And he fixed his attention on them, expecting to receive something from them. <sup>6</sup> But Peter said, 'I have no silver or gold, but what I have I give you; in the name of Jesus Christ of Nazareth, stand up and walk.' <sup>7</sup> And he took him by the right hand and raised him up; and immediately his feet and ankles were made strong. <sup>8</sup> Jumping up, he stood and began to walk, and he entered the temple with them, walking and leaping and praising God. <sup>9</sup> All the people saw him walking and praising God, <sup>10</sup> and they recognized him as the one who used to sit and ask for alms at the Beautiful Gate of the temple; and they were filled with wonder and amazement at what had happened to him. <sup>11</sup> While he clung to Peter and John, all the people ran together to them in the portico called Solomon's Portico, utterly astonished. <sup>12</sup> When Peter saw it, he addressed the people, 'You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk? <sup>13</sup> The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. <sup>14</sup> But you rejected the Holy and Righteous One and asked to have a murderer given to you, <sup>15</sup> and you killed the Author of life, whom God raised from the dead. To this we are witnesses. <sup>16</sup> And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you.

## Saturday

### Psalm 69.1-16

- 1 Save me, O God:  
for the waters have come up even to my throat.
- 2 I sink in the deep mire where no footing is:  
I have come into deep waters  
and the flood sweeps over me.
- 3 I am weary with crying out, my throat is parched:  
my eyes fail with watching so long for my God.
- 4 Those that hate me without cause  
are more in number than the hairs of my head:  
those that would destroy me are many,  
they oppose me wrongfully—  
for I must restore things that I never took.
- 5 O God, you know my foolishness:  
and my sins are not hidden from you.
- 6 Let not those who wait for you  
be shamed because of me, O Lord God of hosts:  
let not those who seek you  
be disgraced on my account, O God of Israel.
- 7 For your sake have I suffered reproach:  
and shame has covered my face.
- 8 I have become a stranger to my family:  
an alien to my own mother's children.
- 9 Zeal for your house has eaten me up:  
and the taunts of those who taunt you have fallen on me.
- 10 I afflicted myself with fasting:  
and that was turned to my reproach.
- 11 I made sackcloth my clothing:  
and I became a byword to them.
- 12 Those who sit in the gate talk of me:  
and the drunkards make songs about me.
- 13 But to you, Lord, I make my prayer:  
at an acceptable time.
- 14 Answer me, O God, in your abundant goodness:  
and with your sure deliverance.
- 15 Bring me out of the mire, so that I may not sink:  
let me be delivered from my enemies,  
and from the deep waters.
- 16 Let not the flood overwhelm me  
or the depths swallow me up:  
let not the Pit shut its mouth upon me.

### **Acts 3.17-4.4**

<sup>3.17</sup> ‘And now, friends, I know that you acted in ignorance, as did also your rulers. <sup>18</sup> In this way God fulfilled what he had foretold through all the prophets, that his Messiah would suffer. <sup>19</sup> Repent therefore, and turn to God so that your sins may be wiped out, <sup>20</sup> so that times of refreshing may come from the presence of the Lord, and that he may send the Messiah appointed for you, that is, Jesus, <sup>21</sup> who must remain in heaven until the time of universal restoration that God announced long ago through his holy prophets. <sup>22</sup> Moses said, “The Lord your God will raise up for you from your own people a prophet like me. You must listen to whatever he tells you. <sup>23</sup> And it will be that everyone who does not listen to that prophet will be utterly rooted out from the people.” <sup>24</sup> And all the prophets, as many as have spoken, from Samuel and those after him, also predicted these days. <sup>25</sup> You are the descendants of the prophets and of the covenant that God gave to your ancestors, saying to Abraham, “And in your descendants all the families of the earth shall be blessed.” <sup>26</sup> When God raised up his servant, he sent him first to you, to bless you by turning each of you from your wicked ways.’ <sup>4.1</sup> While Peter and John were speaking to the people, the priests, the captain of the temple, and the Sadducees came to them, <sup>2</sup> much annoyed because they were teaching the people and proclaiming that in Jesus there is the resurrection of the dead. <sup>3</sup> So they arrested them and put them in custody until the next day, for it was already evening. <sup>4</sup> But many of those who heard the word believed; and they numbered about five thousand.

## Sunday

### Psalm 148

- 1 Praise the Lord, praise the Lord from heaven:  
O praise him in the heights.
- 2 Praise him, all his angels:  
O praise him, all his host.
- 3 Praise him, sun and moon:  
praise him, all you stars of light.
- 4 Praise him, you highest heaven:  
and you waters that are above the heavens.
- 5 Let them praise the name of the Lord:  
for he commanded and they were made.
- 6 He established them for ever and ever:  
he made an ordinance which shall not pass away.
- 7 O praise the Lord from the earth:  
praise him, you sea-monsters and all deeps;
- 8 Fire and hail, mist and snow:  
and storm-wind fulfilling his command;
- 9 Mountains and all hills:  
fruit trees and all cedars;
- 10 Beasts of the wild, and all cattle:  
creeping things and winged birds;
- 11 Kings of the earth, and all peoples:  
princes, and all rulers of the world;
- 12 Young men and maidens:  
old folk and children together.
- 13 Let them praise the name of the Lord:  
for his name alone is exalted.
- 14 His glory is above earth and heaven:  
and he has lifted high the horn of his people.
- 15 Therefore he is the praise of all his servants:  
of the children of Israel, a people that is near him. Praise the Lord.

## **1 Timothy 1.12-17**

<sup>12</sup> I am grateful to Christ Jesus our Lord, who has strengthened me, because he judged me faithful and appointed me to his service, <sup>13</sup> even though I was formerly a blasphemer, a persecutor, and a man of violence. But I received mercy because I had acted ignorantly in unbelief, <sup>14</sup> and the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus. <sup>15</sup> The saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners—of whom I am the foremost. <sup>16</sup> But for that very reason I received mercy, so that in me, as the foremost, Jesus Christ might display the utmost patience, making me an example to those who would come to believe in him for eternal life. <sup>17</sup> To the King of the ages, immortal, invisible, the only God, be honour and glory for ever and ever. Amen.

