

Readings and Psalms for

Morning Prayer Services

according to

The Anglican Prayer book

of Australia

29 March - 4 April 2021

Monday

Psalm 21

- 1 The king shall rejoice in your strength, O Lord: he shall exult in your salvation.
- 2 You have given him his heart's desire: you have not denied him the request of his lips.
- 3 For you came to meet him with the blessings of success: and placed a crown of gold upon his head.
- 4 He asked you for life and you gave it him: length of days for ever and ever.
- 5 Great is his glory because of your salvation: you have clothed him with honour and majesty.
- 6 You have given him everlasting felicity: and made him glad with the joy of your presence.
- 7 For the king puts his trust in the Lord: and through the tender mercy of the Most High he shall never be moved.
- 8 Your hand shall light upon your enemies: and your right hand shall find out all who hate you.
- 9 You will make them like a blazing furnace in the day of your coming:
 the Lord will overwhelm them in his wrath and fire shall consume them.
- 10 You will root out their offspring from the earth: and their seed from among the children of Adam;
- 11 Because they have stirred up evil against you: and plotted mischief, which they cannot perform.
- 12 Therefore will you set your shoulder toward them: and draw the string of the bow to strike at their faces.
- 13 Arise, O Lord, in your great strength: and we will sing and praise your power.

John 14

¹ 'Do not let your hearts be troubled. Believe in God, believe also in me. ² In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? 3 And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. ⁴ And you know the way to the place where I am going.' ⁵ Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' 6 Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. ⁷ If you know me, you will know my Father also. From now on you do know him and have seen him. Philip said to him, Lord, show us the Father, and we will be satisfied.' 9 Jesus said to him, 'Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, "Show us the Father"? 10 Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. 11 Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. 12 Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. ¹³ I will do whatever you ask in my name, so that the Father may be glorified in the Son. 14 If in my name you ask me for anything, I will do it. 15 'If you love me, you will keep my commandments. 16 And I will ask the Father, and he will give you another Advocate, to be with you for ever. 17 This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. 18 'I will not leave you orphaned; I am coming to you. 19 In a little while the world will no longer see me, but you will see me; because I live, you also will live. ²⁰ On that day you will know that I am in my Father, and you in me, and I in you. ²¹ They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.' 22 Judas (not Iscariot) said to him, 'Lord, how is it that you will reveal yourself to us, and not to the world?' 23 Jesus answered him, 'Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them. ²⁴ Whoever does not love me does not keep my words; and the word that you hear is not mine, but is from the Father who sent me. ²⁵ 'I have said these things to you while I am still with you. ²⁶ But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. ²⁷ Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. ²⁸ You heard me say to you, "I am going away, and I am coming to you." If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I. 29 And now I have told you this before it occurs, so that when it does occur, you may believe. 30 I will no longer talk much with you, for the ruler of this world is coming. He has no power over me; 31 but I do as the Father has commanded me, so that the world may know that I love the Father. Rise, let us be on our way.

Tuesday

Psalm 27

1 The Lord is my light and my salvation;

whom then shall I fear?:

the Lord is the stronghold of my life;

of whom shall I be afraid?

When the wicked, even my enemies and my foes,

come upon me to devour me:

they shall stumble and fall.

3 If an army encamp against me,

my heart shall not be afraid:

and if war should rise against me, yet will I trust.

4 One thing I have asked from the Lord,

which I will require:

that I may dwell in the house of the Lord all the days of my life,

5 To see the fair beauty of the Lord:

and to seek his will in his temple.

6 For he will hide me under his shelter

in the day of trouble:

and conceal me in the shadow of his tent, and set me high upon a rock.

7 And now he will lift up my head:

above my enemies round about me.

8 And I will offer sacrifices in his sanctuary with exultation:

I will sing, I will sing praises to the Lord.

9 O Lord, hear my voice when I cry:

have mercy upon me and answer me.

10 My heart has said of you, 'Seek his face':

your face, Lord, I will seek.

11 Do not hide your face from me:

or thrust your servant aside in displeasure;

12 For you have been my helper:

do not cast me away or forsake me, O God of my salvation.

13 Though my father and my mother forsake me:

the Lord will take me up.

Teach me your way, O Lord:

and lead me in an even path, for they lie in wait for me.

15 Do not give me over to the will of my enemies:

for false witnesses have risen against me, and those who breathe out violence.

16 But I believe that I shall surely see

the goodness of the Lord:

in the land of the living.

17 O wait for the Lord;

14

stand firm and he will strengthen your heart:

and wait, I say, for the Lord.

John 15.1-16.4a

^{15.1} 'I am the true vine, and my Father is the vine-grower. ² He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. ³ You have already been cleansed by the word that I have spoken to you. ⁴ Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. ⁵ I am the vine, you are the branches. Those who abide in me and I in them bear much fruit. because apart from me you can do nothing. ⁶ Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. ⁷ If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. ⁸ My Father is glorified by this, that you bear much fruit and become my disciples. ⁹ As the Father has loved me, so I have loved you; abide in my love. 10 If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. 11 I have said these things to you so that my joy may be in you, and that your joy may be complete. 12 'This is my commandment, that you love one another as I have loved you. 13 No one has greater love than this, to lay down one is life for one's friends. 14 You are my friends if you do what I command you. 15 I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. 16 You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. ¹⁷ I am giving you these commands so that you may love one another. 18 'If the world hates you, be aware that it hated me before it hated you. 19 If you belonged to the world, the world would love you as its own. Because you do not belong to the world, but I have chosen you out of the world—therefore the world hates you. 20 Remember the word that I said to you, "Servants are not greater than their master." If they persecuted me, they will persecute you; if they kept my word, they will keep yours also. ²¹ But they will do all these things to you on account of my name, because they do not know him who sent me. ²² If I had not come and spoken to them, they would not have sin; but now they have no excuse for their sin. ²³ Whoever hates me hates my Father also. ²⁴ If I had not done among them the works that no one else did, they would not have sin. But now they have seen and hated both me and my Father. ²⁵ It was to fulfil the word that is written in their law, "They hated me without a cause." 26 'When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf. ²⁷ You also are to testify because you have been with me from the beginning. 16 1 I have said these things to you to keep you from stumbling. ² They will put you out of the synagogues. Indeed, an hour is coming when those who kill you will think that by doing so they are offering worship to God. 3 And they will do this because they have not known the Father or me. 4 But I have said these things to you so that when their hour comes you may remember that I told you about them.'I did not say these things to you from the beginning, because I was with you.

Wednesday

Psalm 88

11

1 O Lord my God, I call for help by day: and by night also I cry out before you.

2 Let my prayer come into your presence: and turn your ear to my loud crying.

3 For my soul is filled with trouble:

and my life has come even to the brink of the grave.

4 I am reckoned among those that go down to the Pit: I am as one that has no help.

5 I lie among the dead,

like the slain that sleep in the grave: whom you remember no more, who are cut off from your power.

6 You have laid me in the lowest Pit: in darkness and in the watery depths.

7 Your wrath lies heavy upon me: and all your waves are brought against me.

8 You have put my friends far from me: and made me to be abhorred by them.

9 I am so fast in prison I cannot get free: my eyes fail because of my affliction.

10 Lord, I call to you every day:

I stretch out my hands toward you. Will you work wonders for the dead:

or will the shades rise up again to praise you?

12 Shall your love be declared in the grave: or your faithfulness in the place of destruction?

13 Will your wonders be made known in the dark: or your righteousness in the land where all things are forgotten?

14 But to you, Lord, will I cry:

early in the morning my prayer shall come before you.

15 O Lord, why have you rejected me:

why do you hide your face from me?

16 I have been afflicted and wearied from my youth upward: I am tossed high and low, I cease to be.

17 Your fierce anger has overwhelmed me: and your terrors have put me to silence.

18 They surround me like a flood all the day long: they close upon me from every side.

19 Friend and acquaintance you have put far from me: and kept my companions from my sight.

John 16.4b-33

But I have said these things to you so that when their hour comes you may remember that I told you about them.'I did not say these things to you from the beginning, because I was with you. 5 But now I am going to him who sent me; yet none of you asks me, "Where are you going?" ⁶ But because I have said these things to you, sorrow has filled your hearts. ⁷ Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Advocate will not come to you; but if I go, I will send him to you. 8 And when he comes, he will prove the world wrong about sin and righteousness and judgement: ⁹ about sin, because they do not believe in me; 10 about righteousness, because I am going to the Father and you will see me no longer; 11 about judgement, because the ruler of this world has been condemned. 12 'I still have many things to say to you, but you cannot bear them now. 13 When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come. 14 He will glorify me, because he will take what is mine and declare it to you. 15 All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you. 16 'A little while, and you will no longer see me, and again a little while, and you will see me.' 17 Then some of his disciples said to one another, 'What does he mean by saying to us, "A little while, and you will no longer see me, and again a little while, and you will see me"; and "Because I am going to the Father"?' 18 They said, 'What does he mean by this "a little while"? We do not know what he is talking about." 19 Jesus knew that they wanted to ask him, so he said to them, 'Are you discussing among yourselves what I meant when I said, "A little while, and you will no longer see me, and again a little while, and you will see me"? 20 Very truly, I tell you, you will weep and mourn, but the world will rejoice; you will have pain, but your pain will turn into joy. ²¹ When a woman is in labour, she has pain, because her hour has come. But when her child is born, she no longer remembers the anguish because of the joy of having brought a human being into the world. ²² So you have pain now; but I will see you again, and your hearts will rejoice, and no one will take your joy from you. ²³ On that day you will ask nothing of me. Very truly, I tell you, if you ask anything of the Father in my name, he will give it to you. 24 Until now you have not asked for anything in my name. Ask and you will receive, so that your joy may be complete. 25 'I have said these things to you in figures of speech. The hour is coming when I will no longer speak to you in figures, but will tell you plainly of the Father. 26 On that day you will ask in my name. I do not say to you that I will ask the Father on your behalf; ²⁷ for the Father himself loves you, because you have loved me and have believed that I came from God. 28 I came from the Father and have come into the world; again, I am leaving the world and am going to the Father. ²⁹ His disciples said, 'Yes, now you are speaking plainly, not in any figure of speech! ³⁰ Now we know that you know all things, and do not need to have anyone question you; by this we believe that you came from God.' ³¹ Jesus answered them, 'Do you now believe? ³² The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. ³³ I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

Thursday

Psalm 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.

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.

13 It was not an enemy that reviled me,

or I might have borne it:

it was not my foe that dealt so insolently with me, or I might have hidden myself from them;

14 But it was you, a person like myself: my companion and my familiar friend.

15 Together we enjoyed sweet fellowship: in the house of our God.

16 Let them pass away in confusion:

let death carry them to destruction;

17 Let them go down alive to Sheol:

for evil is among them in their dwellings.]

18 But I will call to God:

and the Lord my God will save me.

19 At evening, at morning, and at noon-day: I complain and groan aloud.

20 And he will hear my voice:

and ransom my soul in peace,

21 From those that bear down upon me: for there are many against me.

22 God will hear and bring them low: he that is enthroned for ever.

- 23 For they do not keep their word: and they have no fear of God.
- 24 They lay violent hands on those that are at peace with them: they break solemn covenants.
- 25 Their mouths are smooth as butter, but war is in their hearts:
 their words are softer than oil, yet they are drawn swords.
- 26 Cast your burden on the Lord, and he will sustain you: he will never suffer the righteous to stumble.
- 27 But as for them, you will bring them down, O God: even to the depths of the Pit.
- 28 The bloodthirsty and deceitful shall not live out half their days: but I will trust in you.

John 17

After Jesus had spoken these words, he looked up to heaven and said, 'Father, the hour has come; glorify your Son so that the Son may glorify you, ² since you have given him authority over all people, to give eternal life to all whom you have given him. ³ And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. 4 I glorified you on earth by finishing the work that you gave me to do. 5 So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed. 6 'I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. 7 Now they know that everything you have given me is from you; 8 for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. 9 I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. ¹⁰ All mine are yours, and yours are mine; and I have been glorified in them. 11 And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. 12 While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. 13 But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. ¹⁴ I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. 15 I am not asking you to take them out of the world, but I ask you to protect them from the evil one. 16 They do not belong to the world, just as I do not belong to the world. 17 Sanctify them in the truth; your word is truth. ¹⁸ As you have sent me into the world, so I have sent them into the world. ¹⁹ And for their sakes I sanctify myself, so that they also may be sanctified in truth. 20 'I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, ²¹ that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. 22 The glory that you have given me I have given them, so that they may be one, as we are one, ²³ I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. ²⁴ Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world. ²⁵ 'Righteous Father, the world does not know you, but I know you; and these know that you have sent me. ²⁶ I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them.'

Friday

Psalm 40

4

16

1 I waited patiently for the Lord:

and he inclined to me and heard my cry.

2 He brought me up from the pit of roaring waters, out of the mire and clay:

and set my feet upon a rock, and made firm my foothold.

3 And he has put a new song in my mouth: even a song of thanksgiving to our God.

Many shall see it and fear:

and shall put their trust in the Lord.

5 Blessed are those who have made the Lord their hope:

who have not turned to the proud, or to those who wander in deceit.

6 O Lord my God, great are the wonderful things which you have done,

and your thoughts which are towards us:

there is none to be compared with you;

Were I to declare them and speak of them: they are more than I am able to express.

8 Sacrifice and offering you do not desire:

but my ears you have marked for obedience;

9 Burnt-offering and sin-offering you have not required: then said I, Lo, I come.

10 In the scroll of the book it is written of me,

that I should do your will:

O my God, I long to do it, your law delights my heart.

11 I have declared your righteousness

in the great congregation:

I have not restrained my lips, O Lord, and that you know.

12 I have not hidden your righteousness in my heart:

I have spoken of your faithfulness and of your salvation.

13 I have not kept back your loving-kindness and your truth: from the great congregation.

14 O Lord, do not withhold your mercy from me:

let your loving-kindness and your truth ever preserve me.

15 For innumerable troubles have come upon me: my sins have overtaken me, and I cannot see.

They are more in number than the hairs of my head: therefore my heart fails me.

17 Be pleased, O Lord, to deliver me:

O Lord, make haste to help me.

18 Let those who seek my life to take it away:

be put to shame and confounded altogether.

19 Let them be turned back and disgraced who wish me evil: let them be aghast for shame who say to me 'Aha, aha!'

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

Matthew 27.32-54

³² As they went out, they came upon a man from Cyrene named Simon; they compelled this man to carry his cross. ³³ And when they came to a place called Golgotha (which means Place of a Skull), ³⁴ they offered him wine to drink, mixed with gall; but when he tasted it, he would not drink it. 35 And when they had crucified him, they divided his clothes among themselves by casting lots; ³⁶ then they sat down there and kept watch over him. ³⁷ Over his head they put the charge against him, which read, 'This is Jesus, the King of the Jews.' 38 Then two bandits were crucified with him, one on his right and one on his left. 39 Those who passed by derided him, shaking their heads 40 and saying, 'You who would destroy the temple and build it in three days, save yourself! If you are the Son of God, come down from the cross.' 41 In the same way the chief priests also, along with the scribes and elders, were mocking him, saying, 42 'He saved others; he cannot save himself. He is the King of Israel: let him come down from the cross now, and we will believe in him. 43 He trusts in God; let God deliver him now, if he wants to; for he said, "I am God's Son." ' ⁴⁴ The bandits who were crucified with him also taunted him in the same way. ⁴⁵ From noon on, darkness came over the whole land until three in the afternoon. ⁴⁶ And about three o'clock Jesus cried with a loud voice, 'Eli, Eli, lema sabachthani?' that is, 'My God, my God, why have you forsaken me?' 47 When some of the bystanders heard it, they said, 'This man is calling for Elijah.' 48 At once one of them ran and got a sponge, filled it with sour wine, put it on a stick, and gave it to him to drink. ⁴⁹ But the others said, 'Wait, let us see whether Elijah will come to save him. Then Jesus cried again with a loud voice and breathed his last. 51 At that moment the curtain of the temple was torn in two, from top to bottom. The earth shook, and the rocks were split. 52 The tombs also were opened, and many bodies of the saints who had fallen asleep were raised. 53 After his resurrection they came out of the tombs and entered the holy city and appeared to many. 54 Now when the centurion and those with him, who were keeping watch over Jesus, saw the earthquake and what took place, they were terrified and said, 'Truly this man was God's Son!'

Saturday

Psalm 30

1 I will exalt you, O Lord,

for you have drawn me up from the depths: and have not suffered my foes to triumph over me.

2 O Lord my God, I cried to you:

and you have made me whole.

3 You brought me back, O Lord, from the land of silence: you saved my life

from among those that go down to the Pit.

4 Sing praises to the Lord, all you his faithful ones: and give thanks to his holy name.

5 For if in his anger is havoc,

in his good favour is life:

heaviness may endure for a night, but joy comes in the morning.

6 In my prosperity I said 'I shall never be moved: your goodness, O Lord, has set me on so firm a hill.'

7 Then you hid your face from me: and I was greatly dismayed.

8 I cried to you, O God:

and made my petition humbly to my Lord.

9 'What profit is there in my blood,

if I go down to the Pit:

can the dust give you thanks, or declare your faithfulness?

10 'Hear, O Lord, and be merciful:

O Lord, be my helper.'

11 You have turned my lamentation into dancing:
you have put off my sackcloth and girded me with joy,

12 That my heart may sing your praise and never be silent:

O Lord my God, I will give you thanks for ever.

John 19.38-42

³⁸ After these things, Joseph of Arimathea, who was a disciple of Jesus, though a secret one because of his fear of the Jews, asked Pilate to let him take away the body of Jesus. Pilate gave him permission; so he came and removed his body. ³⁹ Nicodemus, who had at first come to Jesus by night, also came, bringing a mixture of myrrh and aloes, weighing about a hundred pounds. ⁴⁰ They took the body of Jesus and wrapped it with the spices in linen cloths, according to the burial custom of the Jews. ⁴¹ Now there was a garden in the place where he was crucified, and in the garden there was a new tomb in which no one had ever been laid. ⁴² And so, because it was the Jewish day of Preparation, and the tomb was nearby, they laid Jesus there.

Sunday

Psalm 113

- 1 Praise the Lord, O sing praises, you that are his servants: O praise the name of the Lord.
- 2 Let the name of the Lord be blessed: from this time forward and for ever.
- From the rising of the sun to its going down: let the name of the Lord be praised.
- 4 The Lord is exalted over all the nations: and his glory is above the heavens.
- Who can be likened to the Lord our God: in heaven or upon the earth,
- Who has his dwelling so high: yet condescends to look on things beneath?
- 7 He raises the lowly from the dust: and lifts the poor from out of the dungheap;
- 8 He gives them a place among the princes: even among the princes of his people.
- 9 He causes the barren woman to keep house: and makes her a joyful mother of children. Praise the Lord.

Romans 6.3-14

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? 4 Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. ⁵ For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. 6 We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. ⁷ For whoever has died is freed from sin. 8 But if we have died with Christ, we believe that we will also live with him. ⁹ We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. ¹⁰ The death he died, he died to sin, once for all; but the life he lives, he lives to God. 11 So you also must consider yourselves dead to sin and alive to God in Christ Jesus. ¹² Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. ¹³ No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. 14 For sin will have no dominion over you, since you are not under law but under grace.