



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Readings and Psalms for
Morning Prayer Services

according to

The Anglican Prayer book
of Australia

29 November - 5 December 2021

Monday

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.

Mark 4.1-20

¹ Again he began to teach beside the lake. Such a very large crowd gathered around him that he got into a boat on the lake and sat there, while the whole crowd was beside the lake on the land.

² He began to teach them many things in parables, and in his teaching he said to them:

³ 'Listen! A sower went out to sow.

⁴ And as he sowed, some seed fell on the path, and the birds came and ate it up.

⁵ Other seed fell on rocky ground, where it did not have much soil, and it sprang up quickly, since it had no depth of soil.

⁶ And when the sun rose, it was scorched; and since it had no root, it withered away.

⁷ Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain.

⁸ Other seed fell into good soil and brought forth grain, growing up and increasing and yielding thirty and sixty and a hundredfold.'

⁹ And he said, 'Let anyone with ears to hear listen!'

¹⁰ When he was alone, those who were around him along with the twelve asked him about the parables.

¹¹ And he said to them, 'To you has been given the secret of the kingdom of God, but for those outside, everything comes in parables;

¹² in order that

"they may indeed look, but not perceive,
and may indeed listen, but not understand;
so that they may not turn again and be forgiven." '

¹³ And he said to them, 'Do you not understand this parable? Then how will you understand all the parables?

¹⁴ The sower sows the word.

¹⁵ These are the ones on the path where the word is sown: when they hear, Satan immediately comes and takes away the word that is sown in them.

¹⁶ And these are the ones sown on rocky ground: when they hear the word, they immediately receive it with joy.

¹⁷ But they have no root, and endure only for a while; then, when trouble or persecution arises on account of the word, immediately they fall away.

¹⁸ And others are those sown among the thorns: these are the ones who hear the word,

¹⁹ but the cares of the world, and the lure of wealth, and the desire for other things come in and choke the word, and it yields nothing.

²⁰ And these are the ones sown on the good soil: they hear the word and accept it and bear fruit, thirty and sixty and a hundredfold.'

Tuesday

Psalm 147

- 1 O praise the Lord,
for it is good to sing praises to our God:
and to praise him is joyful and right.
- 2 The Lord is rebuilding Jerusalem:
he is gathering together the scattered outcasts of Israel.
- 3 He heals the broken in spirit:
and binds up their wounds.
- 4 He counts the number of the stars:
and calls them all by name.
- 5 Great is our Lord, and great is his power:
there is no measuring his understanding.
- 6 The Lord restores the humble:
but he brings down the wicked to the dust.
- 7 O sing to the Lord a song of thanksgiving:
sing praises to our God upon the harp.
- 8 He covers the heavens with cloud,
and prepares rain for the earth:
and makes the grass to sprout upon the mountains.
- 9 He gives the cattle their food:
and feeds the young ravens that call to him.
- 10 He takes no pleasure in the strength of a horse:
nor does he delight in anyone's legs,
- 11 But the Lord's delight is in those that fear him:
who wait in hope for his mercy.
- 12 Praise the Lord, O Jerusalem:
sing praises to your God, O Zion.
- 13 For he has strengthened the bars of your gates:
and blessed your children within you.
- 14 He makes peace within your borders:
and satisfies you with the finest wheat.
- 15 He sends his command to the earth:
and his word runs very swiftly.
- 16 He gives snow like wool:
and scatters the hoar-frost like ashes.
- 17 He sprinkles his ice like morsels of bread:
and the waters harden at his frost.
- 18 He sends out his word and melts them:
he blows with his wind and the waters flow.
- 19 He made his word known to Jacob:
his statutes and judgements to Israel.
- 20 He has not dealt so with any other nation:
nor have they knowledge of his laws. Praise the Lord.

John 1.35-42

³⁵ The next day John again was standing with two of his disciples, ³⁶ and as he watched Jesus walk by, he exclaimed, 'Look, here is the Lamb of God!' ³⁷ The two disciples heard him say this, and they followed Jesus. ³⁸ When Jesus turned and saw them following, he said to them, 'What are you looking for?' They said to him, 'Rabbi' (which translated means Teacher), 'where are you staying?' ³⁹ He said to them, 'Come and see.' They came and saw where he was staying, and they remained with him that day. It was about four o'clock in the afternoon. ⁴⁰ One of the two who heard John speak and followed him was Andrew, Simon Peter's brother. ⁴¹ He first found his brother Simon and said to him, 'We have found the Messiah' (which is translated Anointed). ⁴² He brought Simon to Jesus, who looked at him and said, 'You are Simon son of John. You are to be called Cephas' (which is translated Peter).

Wednesday

Psalm 74

- 1 O Lord our God, why cast us off so utterly:
 why does your anger burn
 against the sheep of your pasture?
- 2 Remember your congregation,
whom you took to yourself of old:
 the people that you redeemed to be your own possession,
 and Mount Zion where you have dwelt.
- 3 Rouse yourself and go to the utter ruins:
 to all the harm that the enemy has done in the sanctuary.
- 4 Your adversaries have made uproar
 in the place appointed for your praise:
 they have set up their standards in triumph.
- 5 They have destroyed on every side:
 like those who take axes up to a thicket of trees.
- 6 All the carved woodwork they have broken down:
 and smashed it with hammers and hatchets.
- 7 They have set fire to your sanctuary:
 and defiled to the ground
 the dwelling-place of your name.
- 8 They have said in their hearts
‘Let us make havoc of them’:
 they have burned down
 all the holy places of God in the land.
- 9 We see no signs, there is not one prophet left:
 there is none who knows how long these things shall be.
- 10 How long shall the adversary taunt you, O God:
 shall the enemy blaspheme your name for ever?
- 11 Why do you hold back your hand:
 why do you keep your right hand in your bosom?
- 12 Yet God is my king from of old:
 who wrought deliverance upon the earth.
- 13 You divided the sea by your might:
 you shattered the heads of the dragons in the waters.
- 14 You crushed the heads of Leviathan:
 and gave him as food to the creatures of the desert waste.
- 15 You cleft open spring and fountain:
 you dried up the everflowing waters.
- 16 The day is yours, and so also is the night:
 you have established the moon and the sun.
- 17 You set all the boundaries of the earth:
 you created winter and summer.
- 18 Remember, O Lord, the taunts of the enemy:
 how a mindless people have blasphemed your name.
- 19 Do not give to the wild beasts the soul that praises you:
 do not forget for ever the life of your afflicted.
- 20 Look on all that you have made:
 for it is full of darkness,
 and violence inhabits the earth.

- 21 Let not the oppressed and reviled turn away rejected:
but let the poor and needy praise your name.
- 22 Arise, O God, plead your own cause:
remember how a mindless people taunt you all day long.
- 23 Do not forget the clamour of your adversaries:
or how the shouting of your enemies ascends continually.

Mark 5.1-20

¹ They came to the other side of the lake, to the country of the Gerasenes. ² And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him. ³ He lived among the tombs; and no one could restrain him any more, even with a chain; ⁴ for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him. ⁵ Night and day among the tombs and on the mountains he was always howling and bruising himself with stones. ⁶ When he saw Jesus from a distance, he ran and bowed down before him; ⁷ and he shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me.' ⁸ For he had said to him, 'Come out of the man, you unclean spirit!' ⁹ Then Jesus asked him, 'What is your name?' He replied, 'My name is Legion; for we are many.' ¹⁰ He begged him earnestly not to send them out of the country. ¹¹ Now there on the hillside a great herd of swine was feeding; ¹² and the unclean spirits begged him, 'Send us into the swine; let us enter them.' ¹³ So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the lake, and were drowned in the lake. ¹⁴ The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened. ¹⁵ They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid. ¹⁶ Those who had seen what had happened to the demoniac and to the swine reported it. ¹⁷ Then they began to beg Jesus to leave their neighbourhood. ¹⁸ As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him. ¹⁹ But Jesus refused, and said to him, 'Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you.' ²⁰ And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and everyone was amazed.

Thursday

Psalm 77

- 1 I call to my God, I cry out toward him:
I call to my God, and surely he will answer.
- 2 In the day of my distress I seek the Lord,
I stretch out my hands to him by night:
my soul is poured out without ceasing,
it refuses all comfort.
- 3 I think upon God and groan aloud:
I muse, and my spirit faints.
- 4 You hold my eyelids open:
I am so dazed that I cannot flee.
- 5 I consider the times that are past:
I remember the years of long ago.
- 6 At night I am grieved to the heart:
I ponder, and my spirit makes search;
- 7 'Will the Lord cast us off for ever:
will he show us his favour no more?
- 8 'Is his mercy clean gone for ever:
and his promise come to an end for all generations?
- 9 'Has God forgotten to be gracious:
has he shut up his pity in displeasure?'
- 10 And I say 'Has the right hand of the Most High
lost its strength:
has the arm of the Lord changed?'
- 11 I will declare the mighty acts of the Lord:
I will call to mind your wonders of old.
- 12 I will think on all that you have done:
and meditate upon your works.
- 13 Your way, O God, is holy:
who is so great a god as our God?
- 14 You are the God that works wonders:
you made known your power among the nations;
- 15 By your mighty arm you redeemed your people:
the children of Jacob and Joseph.
- 16 The waters saw you, O God,
the waters saw you and were afraid:
the depths also were troubled.
- 17 The clouds poured out water, the heavens spoke:
and your arrows darted forth.
- 18 The voice of your thunder was heard in the whirlwind:
your lightnings lit the world,
the earth shuddered and quaked.
- 19 Your way was in the sea, your path in the great waters:
and your footsteps were not seen.
- 20 You led your people like sheep:
by the hand of Moses and Aaron.

Mark 5.21-43

²¹ When Jesus had crossed again in the boat to the other side, a great crowd gathered round him; and he was by the lake. ²² Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet ²³ and begged him repeatedly, 'My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well, and live.' ²⁴ So he went with him. And a large crowd followed him and pressed in on him. ²⁵ Now there was a woman who had been suffering from haemorrhages for twelve years. ²⁶ She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. ²⁷ She had heard about Jesus, and came up behind him in the crowd and touched his cloak, ²⁸ for she said, 'If I but touch his clothes, I will be made well.' ²⁹ Immediately her haemorrhage stopped; and she felt in her body that she was healed of her disease. ³⁰ Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, 'Who touched my clothes?' ³¹ And his disciples said to him, 'You see the crowd pressing in on you; how can you say, "Who touched me?"' ³² He looked all round to see who had done it. ³³ But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. ³⁴ He said to her, 'Daughter, your faith has made you well; go in peace, and be healed of your disease.' ³⁵ While he was still speaking, some people came from the leader's house to say, 'Your daughter is dead. Why trouble the teacher any further?' ³⁶ But overhearing what they said, Jesus said to the leader of the synagogue, 'Do not fear, only believe.' ³⁷ He allowed no one to follow him except Peter, James, and John, the brother of James. ³⁸ When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. ³⁹ When he had entered, he said to them, 'Why do you make a commotion and weep? The child is not dead but sleeping.' ⁴⁰ And they laughed at him. Then he put them all outside, and took the child's father and mother and those who were with him, and went in where the child was. ⁴¹ He took her by the hand and said to her, 'Talitha cum', which means, 'Little girl, get up!' ⁴² And immediately the girl got up and began to walk about (she was twelve years of age). At this they were overcome with amazement. ⁴³ He strictly ordered them that no one should know this, and told them to give her something to eat.

Friday

Psalm 78.16-38

- 16 But for all this they sinned yet more against him:
and rebelled against the Most High in the desert.
- 17 They wilfully put God to the test:
and demanded food for their appetite.
- 18 They spoke against God, and said:
'Can God prepare a table in the wilderness?
- 19 'He indeed struck the rock,
so that the waters gushed and the streams overflowed:
but can he also give bread,
or provide meat for his people?'
- 20 When the Lord heard it he was angry,
and a fire was kindled against Jacob:
his wrath blazed against Israel.
- 21 For they put no trust in God:
nor would they believe his power to save.
- 22 Then he commanded the clouds above:
and opened the doors of heaven.
- 23 He rained down manna for them to eat:
and gave them the grain of heaven.
- 24 So they ate the bread of angels:
and he sent them food in abundance.
- 25 He stirred up the south east wind in the heavens:
and guided it by his power.
- 26 He rained down meat upon them thick as dust:
and winged birds like the sands of the sea.
- 27 He made them fall into the midst of their camp:
and all about their tents.
- 28 So they ate and were well-filled:
for he had given them what they desired.
- 29 But before they had satisfied their craving:
while the food was still in their mouths,
- 30 The anger of God blazed up against them:
and he slew their strongest men,
and laid low the youth of Israel.
- 31 But for all this they sinned yet more:
and put no faith in his wonders.
- 32 So he ended their days like a breath:
and their years with sudden terror.
- 33 When he struck them down, then they sought him:
they turned, and sought eagerly for God.
- 34 They remembered that God was their rock:
that God Most High was their redeemer.
- 35 But they lied to him with their mouths:
and dissembled with their tongues;
- 36 For their hearts were not fixed upon him:
nor were they true to his covenant.

- 37 Yet he, being merciful, forgave their iniquity
and did not destroy them:
many times he turned his anger aside,
and would not wholly arouse his fury.
- 38 He remembered that they were but flesh:
like a wind that passes, and does not return.

Mark 6.1-13

¹ He left that place and came to his home town, and his disciples followed him. ² On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! ³ Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. ⁴ Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' ⁵ And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. ⁶ And he was amazed at their unbelief. Then he went about among the villages teaching. ⁷ He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. ⁸ He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; ⁹ but to wear sandals and not to put on two tunics. ¹⁰ He said to them, 'Wherever you enter a house, stay there until you leave the place. ¹¹ If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.' ¹² So they went out and proclaimed that all should repent. ¹³ They cast out many demons, and anointed with oil many who were sick and cured them.

Saturday

Psalm 80

- 1 Hear, O Shepherd of Israel,
you that led Joseph like a flock:
you that are enthroned upon the cherubim,
shine out in glory;
- 2 Before Ephraim, Benjamin and Manasseh:
stir up your power, and come to save us.
- 3 Restore us again, O Lord of hosts:
show us the light of your countenance,
and we shall be saved.
- 4 O Lord God of hosts:
how long will you be angry at your people's prayer?
- 5 You have fed them with the bread of tears:
and given them tears to drink in good measure.
- 6 You have made us the victim of our neighbours:
and our enemies laugh us to scorn.
- 7 Restore us again, O Lord of hosts:
show us the light of your countenance,
and we shall be saved.
- 8 You brought a vine out of Egypt:
you drove out the nations, and planted it in.
- 9 You cleared the ground before it:
and it struck root and filled the land.
- 10 The hills were covered with its shadow:
and its boughs were like the boughs of the great cedars.
- 11 It stretched out its branches to the sea:
and its tender shoots to the Great River.
- 12 Why then have you broken down its walls:
so that every passer-by can pluck its fruit?
- 13 The wild boar out of the woods roots it up:
and the locusts from the wild places devour it.
- 14 Turn to us again, O Lord of hosts:
look down from heaven, and see.
- 15 Bestow your care upon this vine:
the stock which your own right hand has planted.
- 16 As for those that burn it with fire and cut it down:
let them perish at the rebuke of your countenance.
- 17 Let your power rest on the man at your right hand:
on that son of man
whom you made so strong for yourself.
- 18 And so we shall not turn back from you:
give us life, and we will call upon your name.
- 19 Restore us again, O Lord of hosts:
show us the light of your countenance,
and we shall be saved.

Mark 6.14-29

¹⁴ King Herod heard of it, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' ¹⁵ But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' ¹⁶ But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.' ¹⁷ For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. ¹⁸ For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' ¹⁹ And Herodias had a grudge against him, and wanted to kill him. But she could not, ²⁰ for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. ²¹ But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. ²² When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' ²³ And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' ²⁴ She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' ²⁵ Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' ²⁶ The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. ²⁷ Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, ²⁸ brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. ²⁹ When his disciples heard about it, they came and took his body, and laid it in a tomb.

Sunday

Psalm 129

- 1 Many a time from my youth upward
have they fought against me:
now may Israel say,
- 2 Many a time from my youth upward
have they fought against me:
but they have not prevailed.
- 3 They have scored my back as with a ploughshare:
they have opened long furrows.
- 4 But the Lord is righteous:
and he has cut me free from the thongs of the wicked.
- 5 They shall be confounded and turned backward:
all those who hate Zion.
- 6 They shall be as the grass that grows upon the housetops:
which withers before it comes to any good,
- 7 With which no reaper may fill their hand:
nor the binder of sheaves their bosom.
- 8 And none who pass by shall say to them
'The blessing of the Lord be upon you:
we bless you in the name of the Lord.'

2 Peter 3.1-9

¹ This is now, beloved, the second letter I am writing to you; in them I am trying to arouse your sincere intention by reminding you ² that you should remember the words spoken in the past by the holy prophets, and the commandment of the Lord and Saviour spoken through your apostles. ³ First of all you must understand this, that in the last days scoffers will come, scoffing and indulging their own lusts ⁴ and saying, 'Where is the promise of his coming? For ever since our ancestors died, all things continue as they were from the beginning of creation!' ⁵ They deliberately ignore this fact, that by the word of God heavens existed long ago and an earth was formed out of water and by means of water, ⁶ through which the world of that time was deluged with water and perished. ⁷ But by the same word the present heavens and earth have been reserved for fire, being kept until the day of judgement and destruction of the godless. ⁸ But do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day. ⁹ The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance.

