



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia  
4 - 10 October 2021

# Monday

## 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.**

## **Matthew 11.1-11**

<sup>1</sup> Now when Jesus had finished instructing his twelve disciples, he went on from there to teach and proclaim his message in their cities.

<sup>2</sup> When John heard in prison what the Messiah was doing, he sent word by his disciples

<sup>3</sup> and said to him, 'Are you the one who is to come, or are we to wait for another?'

<sup>4</sup> Jesus answered them, 'Go and tell John what you hear and see:

<sup>5</sup> the blind receive their sight, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, and the poor have good news brought to them.

<sup>6</sup> And blessed is anyone who takes no offence at me.'

<sup>7</sup> As they went away, Jesus began to speak to the crowds about John: 'What did you go out into the wilderness to look at? A reed shaken by the wind?

<sup>8</sup> What then did you go out to see? Someone dressed in soft robes? Look, those who wear soft robes are in royal palaces.

<sup>9</sup> What then did you go out to see? A prophet? Yes, I tell you, and more than a prophet.

<sup>10</sup> This is the one about whom it is written,

"See, I am sending my messenger ahead of you,

who will prepare your way before you."

<sup>11</sup> Truly I tell you, among those born of women no one has arisen greater than John the Baptist; yet the least in the kingdom of heaven is greater than he.

## Tuesday

### Psalms 82; 84

#### 82

- 1 God has stood up in the council of heaven:  
in the midst of the gods he gives judgement.
- 2 'How long will you judge unjustly:  
and favour the cause of the wicked?
- 3 'Judge for the poor and fatherless:  
vindicate the afflicted and oppressed.
- 4 'Rescue the poor and needy:  
and save them from the hands of the wicked.
- 5 'They do not know, they do not understand,  
they walk about in darkness:  
all the foundations of the earth are shaken.
- 6 'Therefore I say, "Though you are gods:  
and all of you children of the Most High,
- 7 "Nevertheless you shall die like a mortal:  
and fall like one of the princes."
- 8 Arise, O God, and judge the earth:  
for you shall take all nations as your possession.

#### 84

- 1 How lovely is your dwelling-place:  
O Lord God of hosts!
- 2 My soul has a desire and longing  
to enter the courts of the Lord:  
my heart and my flesh rejoice in the living God.
- 3 The sparrow has found her a home,  
and the swallow a nest where she may lay her young:  
even your altar, O Lord of hosts, my King and my God.
- 4 Blessed are those who dwell in your house:  
they will always be praising you.
- 5 Blessed are those whose strength is in you:  
in whose heart are the highways to Zion;
- 6 Who, going through the valley of dryness,  
find there a spring from which to drink:  
till the autumn rain shall clothe it with blessings.
- 7 They go from strength to strength:  
they appear, every one of them,  
before the God of gods in Zion.
- 8 O Lord God of hosts, hear my prayer:  
give ear, O God of Jacob.
- 9 Behold, O God, him who reigns over us:  
and look upon the face of your anointed.
- 10 One day in your courts is better than a thousand:  
I would rather stand at the threshold  
of the house of my God  
than dwell in the tents of ungodliness.

- 11 For the Lord God is a light and a shield,  
the Lord gives favour and honour:  
and no good thing will he withhold  
from those who walk in innocence.
- 12 O Lord God of hosts:  
blessed are those who put their trust in you.

### **Matthew 11.12-24**

<sup>12</sup> From the days of John the Baptist until now the kingdom of heaven has suffered violence, and the violent take it by force.

<sup>13</sup> For all the prophets and the law prophesied until John came;

<sup>14</sup> and if you are willing to accept it, he is Elijah who is to come.

<sup>15</sup> Let anyone with ears listen!

<sup>16</sup> 'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

<sup>17</sup> "We played the flute for you, and you did not dance;  
we wailed, and you did not mourn."

<sup>18</sup> For John came neither eating nor drinking, and they say, "He has a demon";

<sup>19</sup> the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

<sup>20</sup> Then he began to reproach the cities in which most of his deeds of power had been done, because they did not repent.

<sup>21</sup> 'Woe to you, Chorazin! Woe to you, Bethsaida! For if the deeds of power done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes.

<sup>22</sup> But I tell you, on the day of judgement it will be more tolerable for Tyre and Sidon than for you.

<sup>23</sup> And you, Capernaum,  
will you be exalted to heaven?

No, you will be brought down to Hades. For if the deeds of power done in you had been done in Sodom, it would have remained until this day.

<sup>24</sup> But I tell you that on the day of judgement it will be more tolerable for the land of Sodom than for you.'

## Wednesday

### 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 11.25-12.8**

11 <sup>25</sup> At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; <sup>26</sup> yes, Father, for such was your gracious will. <sup>27</sup> All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. <sup>28</sup> 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.'

12 <sup>1</sup> At that time Jesus went through the cornfields on the sabbath; his disciples were hungry, and they began to pluck heads of grain and to eat. <sup>2</sup> When the Pharisees saw it, they said to him, 'Look, your disciples are doing what is not lawful to do on the sabbath.' <sup>3</sup> He said to them, 'Have you not read what David did when he and his companions were hungry? <sup>4</sup> He entered the house of God and ate the bread of the Presence, which it was not lawful for him or his companions to eat, but only for the priests. <sup>5</sup> Or have you not read in the law that on the sabbath the priests in the temple break the sabbath and yet are guiltless? <sup>6</sup> I tell you, something greater than the temple is here. <sup>7</sup> But if you had known what this means, "I desire mercy and not sacrifice", you would not have condemned the guiltless. <sup>8</sup> For the Son of Man is lord of the sabbath.'

## Thursday

### Psalm 90

- 1 Lord, you have been our refuge:  
from one generation to another.
- 2 Before the mountains were born  
or the earth and the world were brought to be:  
from eternity to eternity you are God.
- 3 You turn us back into dust:  
saying 'Return to dust, O children of Adam.'
- 4 For a thousand years in your sight  
are like yesterday passing:  
or like one watch of the night.
- 5 You cut them short like a dream:  
like the fresh grass of the morning;
- 6 In the morning it is green and flourishes:  
at evening it is withered and dried up.
- 7 And we are consumed by your anger:  
because of your indignation we cease to be.
- 8 You have brought our iniquities before you:  
and our secret sins to the light of your countenance.
- 9 Our days decline beneath your wrath:  
and our years pass away like a sigh.
- 10 The days of our life are three score years and ten,  
or if we have strength, four score:  
the pride of our labours is but toil and sorrow,  
for it passes quickly away and we are gone.
- 11 Who can know the power of your wrath:  
who can know your indignation like those that fear you?
- 12 Teach us so to number our days:  
that we may apply our hearts to wisdom.
- 13 Relent, O Lord; how long will you be angry?:  
take pity on your servants.
- 14 O satisfy us early with your mercy:  
that all our days we may rejoice and sing.
- 15 Give us joy for all the days you have afflicted us:  
for the years we have suffered adversity.
- 16 Show your servants your work:  
and let their children see your glory.
- 17 May the gracious favour of the Lord our God be upon us:  
prosper the work of our hands,  
O prosper the work of our hands!



## **Matthew 12.9-21**

<sup>9</sup> He left that place and entered their synagogue;

<sup>10</sup> a man was there with a withered hand, and they asked him, 'Is it lawful to cure on the sabbath?' so that they might accuse him.

<sup>11</sup> He said to them, 'Suppose one of you has only one sheep and it falls into a pit on the sabbath; will you not lay hold of it and lift it out?'

<sup>12</sup> How much more valuable is a human being than a sheep! So it is lawful to do good on the sabbath.'

<sup>13</sup> Then he said to the man, 'Stretch out your hand.' He stretched it out, and it was restored, as sound as the other.

<sup>14</sup> But the Pharisees went out and conspired against him, how to destroy him.

<sup>15</sup> When Jesus became aware of this, he departed. Many crowds followed him, and he cured all of them,

<sup>16</sup> and he ordered them not to make him known.

<sup>17</sup> This was to fulfil what had been spoken through the prophet Isaiah:

<sup>18</sup> 'Here is my servant, whom I have chosen,  
my beloved, with whom my soul is well pleased.

I will put my Spirit upon him,  
and he will proclaim justice to the Gentiles.

<sup>19</sup> He will not wrangle or cry aloud,  
nor will anyone hear his voice in the streets.

<sup>20</sup> He will not break a bruised reed  
or quench a smouldering wick

until he brings justice to victory.

<sup>21</sup> And in his name the Gentiles will hope.'

## Friday

### Psalm 89.1-18

- 1 Lord, I will sing for ever of your loving-kindnesses:  
my mouth shall proclaim your faithfulness  
throughout all generations.
- 2 I have said of your loving-kindness  
that it is built for ever:  
you have established your faithfulness in the heavens.
- 3 The Lord said 'I have made a covenant with my chosen:  
I have sworn an oath to my servant David.
- 4 'I will establish your line for ever:  
and build up your throne for all generations.'
- 5 Let the heavens praise your wonders, O Lord:  
and let your faithfulness be sung  
in the assembly of the holy ones.
- 6 For who amidst the clouds can be compared to the Lord:  
or who is like the Lord amongst the gods?
- 7 —A God to be feared in the council of the holy ones:  
great and terrible above all that are around him.
- 8 O Lord God of hosts, who is like you?:  
your power and your faithfulness are all about you.
- 9 You rule the raging of the sea:  
when its waves surge, you still them.
- 10 You crushed Rahab like a carcass:  
you scattered your enemies by your mighty arm.
- 11 The heavens are yours, so also is the earth:  
you founded the world and all that is in it.
- 12 You created the north and the south:  
Tabor and Mount Hermon shall sing of your name.
- 13 Mighty is your arm:  
strong is your hand,  
and your right hand is lifted high.
- 14 Righteousness and justice  
are the foundation of your throne:  
loving-kindness and faithfulness attend your presence.
- 15 Happy the people who know the triumphal shout:  
who walk, O Lord, in the light of your countenance.
- 16 They rejoice all the day long because of your name:  
because of your righteousness they are exalted.
- 17 For you are their glory and their strength:  
and our heads are uplifted by your favour.
- 18 Our king belongs to the Lord:  
**he that rules over us to the Holy One of Israel.**

## **Matthew 12.22-37**

<sup>22</sup> Then they brought to him a demoniac who was blind and mute; and he cured him, so that the one who had been mute could speak and see. <sup>23</sup> All the crowds were amazed and said, 'Can this be the Son of David?' <sup>24</sup> But when the Pharisees heard it, they said, 'It is only by Beelzebul, the ruler of the demons, that this fellow casts out the demons.' <sup>25</sup> He knew what they were thinking and said to them, 'Every kingdom divided against itself is laid waste, and no city or house divided against itself will stand. <sup>26</sup> If Satan casts out Satan, he is divided against himself; how then will his kingdom stand? <sup>27</sup> If I cast out demons by Beelzebul, by whom do your own exorcists cast them out? Therefore they will be your judges. <sup>28</sup> But if it is by the Spirit of God that I cast out demons, then the kingdom of God has come to you. <sup>29</sup> Or how can one enter a strong man's house and plunder his property, without first tying up the strong man? Then indeed the house can be plundered. <sup>30</sup> Whoever is not with me is against me, and whoever does not gather with me scatters. <sup>31</sup> Therefore I tell you, people will be forgiven for every sin and blasphemy, but blasphemy against the Spirit will not be forgiven. <sup>32</sup> Whoever speaks a word against the Son of Man will be forgiven, but whoever speaks against the Holy Spirit will not be forgiven, either in this age or in the age to come. <sup>33</sup> 'Either make the tree good, and its fruit good; or make the tree bad, and its fruit bad; for the tree is known by its fruit. <sup>34</sup> You brood of vipers! How can you speak good things, when you are evil? For out of the abundance of the heart the mouth speaks. <sup>35</sup> The good person brings good things out of a good treasure, and the evil person brings evil things out of an evil treasure. <sup>36</sup> I tell you, on the day of judgement you will have to give an account for every careless word you utter; <sup>37</sup> for by your words you will be justified, and by your words you will be condemned.'

## Saturday

### Psalm 89.39-53

- 39 Yet you have been enraged against your anointed:  
you have abhorred him and rejected him.
- 40 You have spurned the covenant with your servant:  
and defiled his crown to the dust.
- 41 You have broken down all his walls:  
and made his strongholds desolate.
- 42 All that pass by plunder him:  
he has become the scorn of his neighbours.
- 43 You have exalted the right hand of his adversaries:  
and gladdened all his enemies.
- 44 His bright sword you have turned backward:  
you have not enabled him to stand in the battle.
- 45 You have brought his lustre to an end:  
you have cast his throne to the ground.
- 46 You have cut short the days of his youth:  
and clothed him with dishonour.
- 47 How long, O Lord, will you hide yourself so utterly:  
how long shall your fury burn like fire?
- 48 Remember how I draw to my eternal end:  
did you create the children of Adam for nothing?
- 49 Where are they that can live and not see death:  
that can deliver their life from the power of the grave?
- 50 Where, O Lord, are your loving-kindnesses of old:  
which you have vowed to David in your faithfulness?
- 51 Remember, O Lord, how your servant is reviled:  
how I bear in my bosom the onslaught of the peoples;
- 52 Remember how your enemies taunt:  
how they mock the footsteps of your anointed.
- 53 Blessed be the Lord for ever:  
**Amen and Amen.**

## **Matthew 12.38-50**

<sup>38</sup> Then some of the scribes and Pharisees said to him, 'Teacher, we wish to see a sign from you.' <sup>39</sup> But he answered them, 'An evil and adulterous generation asks for a sign, but no sign will be given to it except the sign of the prophet Jonah. <sup>40</sup> For just as Jonah was for three days and three nights in the belly of the sea monster, so for three days and three nights the Son of Man will be in the heart of the earth. <sup>41</sup> The people of Nineveh will rise up at the judgement with this generation and condemn it, because they repented at the proclamation of Jonah, and see, something greater than Jonah is here! <sup>42</sup> The queen of the South will rise up at the judgement with this generation and condemn it, because she came from the ends of the earth to listen to the wisdom of Solomon, and see, something greater than Solomon is here! <sup>43</sup> 'When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting-place, but it finds none. <sup>44</sup> Then it says, "I will return to my house from which I came." When it comes, it finds it empty, swept, and put in order. <sup>45</sup> Then it goes and brings along seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first. So will it be also with this evil generation.' <sup>46</sup> While he was still speaking to the crowds, his mother and his brothers were standing outside, wanting to speak to him. <sup>47</sup> Someone told him, 'Look, your mother and your brothers are standing outside, wanting to speak to you.' <sup>48</sup> But to the one who had told him this, Jesus replied, 'Who is my mother, and who are my brothers?' <sup>49</sup> And pointing to his disciples, he said, 'Here are my mother and my brothers! <sup>50</sup> For whoever does the will of my Father in heaven is my brother and sister and mother.'

## Sunday

### Psalm 90.12-17

- 12 Teach us so to number our days:  
that we may apply our hearts to wisdom.
- 13 Relent, O Lord; how long will you be angry?:  
take pity on your servants.
- 14 O satisfy us early with your mercy:  
that all our days we may rejoice and sing.
- 15 Give us joy for all the days you have afflicted us:  
for the years we have suffered adversity.
- 16 Show your servants your work:  
and let their children see your glory.
- 17 May the gracious favour of the Lord our God be upon us:  
prosper the work of our hands,  
O prosper the work of our hands!

## Hebrews 4.1-11

<sup>1</sup> Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it.

<sup>2</sup> For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened.

<sup>3</sup> For we who have believed enter that rest, just as God has said,

‘As in my anger I swore,

“They shall not enter my rest”’, though his works were finished at the foundation of the world.

<sup>4</sup> For in one place it speaks about the seventh day as follows: ‘And God rested on the seventh day from all his works.’

<sup>5</sup> And again in this place it says, ‘They shall not enter my rest.’

<sup>6</sup> Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience,

<sup>7</sup> again he sets a certain day—‘today’—saying through David much later, in the words already quoted,

‘Today, if you hear his voice,

do not harden your hearts.’

<sup>8</sup> For if Joshua had given them rest, God would not speak later about another day.

<sup>9</sup> So then, a sabbath rest still remains for the people of God;

<sup>10</sup> for those who enter God’s rest also cease from their labours as God did from his.

<sup>11</sup> Let us therefore make every effort to enter that rest, so that no one may fall through such disobedience as theirs.

