



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Readings and Psalms for  
Morning Prayer Services  
according to  
The Anglican Prayer book  
of Australia  
6-12 December 2021

# Monday

## 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.**

## Mark 6.30-56

<sup>30</sup> The apostles gathered around Jesus, and told him all that they had done and taught. <sup>31</sup> He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. <sup>32</sup> And they went away in the boat to a deserted place by themselves. <sup>33</sup> Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. <sup>34</sup> As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. <sup>35</sup> When it grew late, his disciples came to him and said, 'This is a deserted place, and the hour is now very late; <sup>36</sup> send them away so that they may go into the surrounding country and villages and buy something for themselves to eat.' <sup>37</sup> But he answered them, 'You give them something to eat.' They said to him, 'Are we to go and buy two hundred denarii worth of bread, and give it to them to eat?' <sup>38</sup> And he said to them, 'How many loaves have you? Go and see.' When they had found out, they said, 'Five, and two fish.' <sup>39</sup> Then he ordered them to get all the people to sit down in groups on the green grass. <sup>40</sup> So they sat down in groups of hundreds and of fifties. <sup>41</sup> Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to his disciples to set before the people; and he divided the two fish among them all. <sup>42</sup> And all ate and were filled; <sup>43</sup> and they took up twelve baskets full of broken pieces and of the fish. <sup>44</sup> Those who had eaten the loaves numbered five thousand men. <sup>45</sup> Immediately he made his disciples get into the boat and go on ahead to the other side, to Bethsaida, while he dismissed the crowd. <sup>46</sup> After saying farewell to them, he went up on the mountain to pray. <sup>47</sup> When evening came, the boat was out on the lake, and he was alone on the land. <sup>48</sup> When he saw that they were straining at the oars against an adverse wind, he came towards them early in the morning, walking on the lake. He intended to pass them by. <sup>49</sup> But when they saw him walking on the lake, they thought it was a ghost and cried out; <sup>50</sup> for they all saw him and were terrified. But immediately he spoke to them and said, 'Take heart, it is I; do not be afraid.' <sup>51</sup> Then he got into the boat with them and the wind ceased. And they were utterly astounded, <sup>52</sup> for they did not understand about the loaves, but their hearts were hardened. <sup>53</sup> When they had crossed over, they came to land at Gennesaret and moored the boat. <sup>54</sup> When they got out of the boat, people at once recognized him, <sup>55</sup> and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. <sup>56</sup> And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

## Tuesday

### 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!**

## Mark 7.1-23

<sup>1</sup> Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him,

<sup>2</sup> they noticed that some of his disciples were eating with defiled hands, that is, without washing them.

<sup>3</sup> (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders;

<sup>4</sup> and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.)

<sup>5</sup> So the Pharisees and the scribes asked him, 'Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?'

<sup>6</sup> He said to them, 'Isaiah prophesied rightly about you hypocrites, as it is written, "This people honours me with their lips, but their hearts are far from me;

<sup>7</sup> in vain do they worship me, teaching human precepts as doctrines."

<sup>8</sup> You abandon the commandment of God and hold to human tradition.'

<sup>9</sup> Then he said to them, 'You have a fine way of rejecting the commandment of God in order to keep your tradition!

<sup>10</sup> For Moses said, "Honour your father and your mother"; and, "Whoever speaks evil of father or mother must surely die."

<sup>11</sup> But you say that if anyone tells father or mother, "Whatever support you might have had from me is Corban" (that is, an offering to God)—

<sup>12</sup> then you no longer permit doing anything for a father or mother,

<sup>13</sup> thus making void the word of God through your tradition that you have handed on. And you do many things like this.'

<sup>14</sup> Then he called the crowd again and said to them, 'Listen to me, all of you, and understand:

<sup>15</sup> there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

<sup>17</sup> When he had left the crowd and entered the house, his disciples asked him about the parable.

<sup>18</sup> He said to them, 'Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile,

<sup>19</sup> since it enters, not the heart but the stomach, and goes out into the sewer?' (Thus he declared all foods clean.)

<sup>20</sup> And he said, 'It is what comes out of a person that defiles.

<sup>21</sup> For it is from within, from the human heart, that evil intentions come: fornication, theft, murder,

<sup>22</sup> adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly.

<sup>23</sup> All these evil things come from within, and they defile a person.'

## Wednesday

### 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.**

### **Mark 7.24-37**

<sup>24</sup> From there he set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, <sup>25</sup> but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. <sup>26</sup> Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. <sup>27</sup> He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' <sup>28</sup> But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' <sup>29</sup> Then he said to her, 'For saying that, you may go—the demon has left your daughter.' <sup>30</sup> So she went home, found the child lying on the bed, and the demon gone. <sup>31</sup> Then he returned from the region of Tyre, and went by way of Sidon towards the Sea of Galilee, in the region of the Decapolis. <sup>32</sup> They brought to him a deaf man who had an impediment in his speech; and they begged him to lay his hand on him. <sup>33</sup> He took him aside in private, away from the crowd, and put his fingers into his ears, and he spat and touched his tongue. <sup>34</sup> Then looking up to heaven, he sighed and said to him, 'Ephphatha', that is, 'Be opened.' <sup>35</sup> And immediately his ears were opened, his tongue was released, and he spoke plainly. <sup>36</sup> Then Jesus ordered them to tell no one; but the more he ordered them, the more zealously they proclaimed it. <sup>37</sup> They were astounded beyond measure, saying, 'He has done everything well; he even makes the deaf to hear and the mute to speak.'

## Thursday

### 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.**



### **Mark 8.1-13**

<sup>1</sup> In those days when there was again a great crowd without anything to eat, he called his disciples and said to them, <sup>2</sup> 'I have compassion for the crowd, because they have been with me now for three days and have nothing to eat. <sup>3</sup> If I send them away hungry to their homes, they will faint on the way—and some of them have come from a great distance.' <sup>4</sup> His disciples replied, 'How can one feed these people with bread here in the desert?' <sup>5</sup> He asked them, 'How many loaves do you have?' They said, 'Seven.' <sup>6</sup> Then he ordered the crowd to sit down on the ground; and he took the seven loaves, and after giving thanks he broke them and gave them to his disciples to distribute; and they distributed them to the crowd. <sup>7</sup> They had also a few small fish; and after blessing them, he ordered that these too should be distributed. <sup>8</sup> They ate and were filled; and they took up the broken pieces left over, seven baskets full. <sup>9</sup> Now there were about four thousand people. And he sent them away. <sup>10</sup> And immediately he got into the boat with his disciples and went to the district of Dalmanutha. <sup>11</sup> The Pharisees came and began to argue with him, asking him for a sign from heaven, to test him. <sup>12</sup> And he sighed deeply in his spirit and said, 'Why does this generation ask for a sign? Truly I tell you, no sign will be given to this generation.' <sup>13</sup> And he left them, and getting into the boat again, he went across to the other side.

## Friday

### Psalms 92; 93

#### 92

- 1 How good to give thanks to the Lord:  
to sing praises to your name, O Most High,
- 2 To declare your love in the morning:  
and at night to sing of your faithfulness,
- 3 Upon the lute, upon the lute of ten strings:  
and to the melody of the lyre.
- 4 For in all you have done, O Lord, you have made me glad:  
I will sing for joy because of the works of your hands.
- 5 Lord, how glorious are your works:  
your thoughts are very deep.
- 6 The brutish do not consider:  
and the fool cannot understand
- 7 That though the wicked sprout like grass:  
and all wrongdoers flourish,
- 8 They flourish to be destroyed for ever:  
but you, Lord, are exalted for evermore.
- 9 For behold, your enemies, O Lord,  
your enemies shall perish:  
and all the workers of wickedness shall be scattered.
- 10 You have lifted up my head  
like the horns of the wild oxen:  
I am anointed with fresh oil;
- 11 My eyes have looked down on my enemies:  
and my ears have heard the ruin  
of those who rose up against me.
- 12 The righteous shall flourish like the palm tree:  
they shall spread abroad like a cedar in Lebanon;
- 13 For they are planted in the house of the Lord:  
and flourish in the courts of our God.
- 14 In old age they shall be full of sap:  
they shall be sturdy and laden with branches;
- 15 And they will say that the Lord is just:  
the Lord my Rock, in whom is no unrighteousness.

#### 93

- 1 The Lord is king, and has put on robes of glory:  
the Lord has put on his glory,  
he has girded himself with strength.
- 2 He has made the world so firm:  
that it cannot be moved.
- 3 Your throne is established from of old:  
you are from everlasting.
- 4 The floods have lifted up, O Lord,  
the floods have lifted up their voice:  
the floods lift up their pounding.

- 5 But mightier than the sound of many waters,  
than the mighty waters or the breakers of the sea:  
the Lord on high is mighty.
- 6 Your decrees are very sure:  
and holiness, O Lord, adorns your house for ever.

### **Mark 8.14-26**

<sup>14</sup> Now the disciples had forgotten to bring any bread; and they had only one loaf with them in the boat. <sup>15</sup> And he cautioned them, saying, 'Watch out—beware of the yeast of the Pharisees and the yeast of Herod.' <sup>16</sup> They said to one another, 'It is because we have no bread.' <sup>17</sup> And becoming aware of it, Jesus said to them, 'Why are you talking about having no bread? Do you still not perceive or understand? Are your hearts hardened?' <sup>18</sup> Do you have eyes, and fail to see? Do you have ears, and fail to hear? And do you not remember?' <sup>19</sup> When I broke the five loaves for the five thousand, how many baskets full of broken pieces did you collect?' They said to him, 'Twelve.' <sup>20</sup> 'And the seven for the four thousand, how many baskets full of broken pieces did you collect?' And they said to him, 'Seven.' <sup>21</sup> Then he said to them, 'Do you not yet understand?' <sup>22</sup> They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. <sup>23</sup> He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, 'Can you see anything?' <sup>24</sup> And the man looked up and said, 'I can see people, but they look like trees, walking.' <sup>25</sup> Then Jesus laid his hands on his eyes again; and he looked intently and his sight was restored, and he saw everything clearly. <sup>26</sup> Then he sent him away to his home, saying, 'Do not even go into the village.'

## Saturday

### Psalms 95; 96

#### 95

- 1 O come, let us sing out to the Lord:  
let us shout in triumph to the rock of our salvation.
- 2 Let us come before his face with thanksgiving:  
and cry out to him joyfully in psalms.
- 3 For the Lord is a great God:  
and a great king above all gods.
- 4 In his hand are the depths of the earth:  
and the peaks of the mountains are his also.
- 5 The sea is his and he made it:  
his hands moulded dry land.
- 6 Come, let us worship and bow down:  
and kneel before the Lord our maker.
- 7 For he is the Lord our God:  
we are his people and the sheep of his pasture.
- 8 Today if only you would hear his voice—  
'Do not harden your hearts as at Meribah:  
as on that day at Massah in the wilderness;
- 9 'When your forebears tested me:  
put me to proof, though they had seen my works.
- 10 'Forty years long I loathed that generation and said:  
"It is a people who err in their hearts,  
for they do not know my ways";
- 11 'Of whom I swore in my wrath:  
"They shall not enter my rest."

#### 96

- 1 O sing to the Lord a new song:  
sing to the Lord, all the earth.
- 2 Sing to the Lord and bless his holy name:  
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations:  
and his wonders among all peoples.
- 4 For great is the Lord, and greatly to be praised:  
he is more to be feared than all gods.
- 5 As for all the gods of the nations, they are mere idols:  
it is the Lord who made the heavens.
- 6 Majesty and glory are before him:  
beauty and power are in his sanctuary.
- 7 Render to the Lord, you families of the nations:  
render to the Lord glory and might.
- 8 Render to the Lord the honour due to his name:  
bring offerings and come into his courts.
- 9 O worship the Lord in the beauty of his holiness:  
let the whole earth stand in awe of him.

- 10 Say among the nations that the Lord is king:  
he has made the world so firm  
that it can never be moved;  
and he shall judge the peoples with equity.
- 11 Let the heavens rejoice and let the earth be glad:  
let the sea roar, and all that fills it:
- 12 Let the fields rejoice, and everything in them:  
then shall all the trees of the wood  
shout with joy before the Lord;
- 13 For he comes, he comes to judge the earth:  
he shall judge the world with righteousness,  
and the peoples with his truth.

### **Mark 8.27-9.1**

<sup>8.27</sup> Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, 'Who do people say that I am?' <sup>28</sup> And they answered him, 'John the Baptist; and others, Elijah; and still others, one of the prophets.' <sup>29</sup> He asked them, 'But who do you say that I am?' Peter answered him, 'You are the Messiah.' <sup>30</sup> And he sternly ordered them not to tell anyone about him. <sup>31</sup> Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. <sup>32</sup> He said all this quite openly. And Peter took him aside and began to rebuke him. <sup>33</sup> But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' <sup>34</sup> He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. <sup>35</sup> For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. <sup>36</sup> For what will it profit them to gain the whole world and forfeit their life? <sup>37</sup> Indeed, what can they give in return for their life? <sup>38</sup> Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.' <sup>9.1</sup> And he said to them, 'Truly I tell you, there are some standing here who will not taste death until they see that the kingdom of God has come with power.'

## Sunday

### Psalm 18.18-26

- 18 He reached down from on high and took me:  
he drew me out of the great waters.
- 19 He delivered me from my strongest enemy:  
from my foes that were mightier than I.
- 20 They confronted me in the day of my calamity:  
but the Lord was my upholder.
- 21 He brought me out into a place of liberty:  
and rescued me because I delighted his heart.
- 22 The Lord rewarded me for my righteous dealing:  
he recompensed me according to  
the cleanness of my hands,
- 23 Because I had kept to the ways of the Lord:  
and had not turned from my God to do evil.
- 24 For I had an eye to all his laws:  
and did not put his commandments from me.
- 25 I was also blameless before him:  
and I kept myself from wrongdoing.
- 26 Therefore the Lord rewarded my innocence:  
because my hands were undefiled in his sight.

### **John 3.22-36**

<sup>22</sup> After this Jesus and his disciples went into the Judean countryside, and he spent some time there with them and baptized. <sup>23</sup> John also was baptizing at Aenon near Salim because water was abundant there; and people kept coming and were being baptized— <sup>24</sup> John, of course, had not yet been thrown into prison. <sup>25</sup> Now a discussion about purification arose between John's disciples and a Jew. <sup>26</sup> They came to John and said to him, 'Rabbi, the one who was with you across the Jordan, to whom you testified, here he is baptizing, and all are going to him.' <sup>27</sup> John answered, 'No one can receive anything except what has been given from heaven. <sup>28</sup> You yourselves are my witnesses that I said, "I am not the Messiah, but I have been sent ahead of him." <sup>29</sup> He who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. For this reason my joy has been fulfilled. <sup>30</sup> He must increase, but I must decrease.' <sup>31</sup> The one who comes from above is above all; the one who is of the earth belongs to the earth and speaks about earthly things. The one who comes from heaven is above all. <sup>32</sup> He testifies to what he has seen and heard, yet no one accepts his testimony. <sup>33</sup> Whoever has accepted his testimony has certified this, that God is true. <sup>34</sup> He whom God has sent speaks the words of God, for he gives the Spirit without measure. <sup>35</sup> The Father loves the Son and has placed all things in his hands. <sup>36</sup> Whoever believes in the Son has eternal life; whoever disobeys the Son will not see life, but must endure God's wrath.

