



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

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

Monday

Psalm 18.1-31

- 1 I love you, O Lord my strength:
O Lord my crag, my fortress and my deliverer,
- 2 My God, the rock to which I come for refuge:
my shield, my mighty saviour, and my high defence.
- 3 I called to the Lord with loud lamentation:
and I was rescued from my enemies.
- 4 The waves of death encompassed me:
and the floods of chaos overwhelmed me;
- 5 The cords of the grave tightened about me:
and the snares of death lay in my path.
- 6 In my anguish I called to the Lord:
I cried for help to my God.
- 7 From his temple he heard my voice:
and my cry came even to his ears.
- 8 The earth heaved and quaked,
the foundations of the hills were shaken:
they trembled because he was angry.
- 9 Smoke went out from his nostrils:
and a consuming fire from his mouth.
- 10 He parted the heavens and came down:
and there was darkness under his feet.
- 11 He rode upon the cherubim and flew:
he came swooping upon the wings of the wind.
- 12 He made the darkness his covering:
and his canopy was thick cloud and watery darkness.
- 13 Out of his clouds, from the brightness before him:
broke hailstones and coals of fire.
- 14 The Lord thundered in the heavens:
the Most High uttered his voice.
- 15 He let loose his arrows, he scattered them on every side:
he hurled down lightnings
with the roar of the thunderbolt.
- 16 The springs of the sea were uncovered:
and the foundations of the world laid bare,
- 17 At your rebuke, O Lord:
at the blast of the breath of your displeasure.
- 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.
- 27 With the faithful you show yourself faithful:
with the blameless you show yourself blameless;
- 28 With the pure you are pure:
but with the crooked you show yourself perverse.
- 29 For you will save a humble people:
but you bring down the high looks of the proud.
- 30 You light my lamp, O Lord my God:
you make my darkness to be bright.
- 31 For with your help I can charge an armed troop:
with the help of my God I can leap a city wall.

Acts 26.19-32

¹⁹ 'After that, King Agrippa, I was not disobedient to the heavenly vision, ²⁰ but declared first to those in Damascus, then in Jerusalem and throughout the countryside of Judea, and also to the Gentiles, that they should repent and turn to God and do deeds consistent with repentance. ²¹ For this reason the Jews seized me in the temple and tried to kill me. ²² To this day I have had help from God, and so I stand here, testifying to both small and great, saying nothing but what the prophets and Moses said would take place: ²³ that the Messiah must suffer, and that, by being the first to rise from the dead, he would proclaim light both to our people and to the Gentiles.' ²⁴ While he was making this defence, Festus exclaimed, 'You are out of your mind, Paul! Too much learning is driving you insane!' ²⁵ But Paul said, 'I am not out of my mind, most excellent Festus, but I am speaking the sober truth. ²⁶ Indeed the king knows about these things, and to him I speak freely; for I am certain that none of these things has escaped his notice, for this was not done in a corner. ²⁷ King Agrippa, do you believe the prophets? I know that you believe.' ²⁸ Agrippa said to Paul, 'Are you so quickly persuading me to become a Christian?' ²⁹ Paul replied, 'Whether quickly or not, I pray to God that not only you but also all who are listening to me today might become such as I am—except for these chains.' ³⁰ Then the king got up, and with him the governor and Bernice and those who had been seated with them; ³¹ and as they were leaving, they said to one another, 'This man is doing nothing to deserve death or imprisonment.' ³² Agrippa said to Festus, 'This man could have been set free if he had not appealed to the emperor.'

Tuesday

Psalm 19

- 1 The heavens declare the glory of God:
and the firmament proclaims his handiwork;
- 2 One day tells it to another:
and night to night communicates knowledge.
- 3 There is no speech or language:
nor are their voices heard;
- 4 Yet their sound has gone out through all the world:
and their words to the ends of the earth.
- 5 There he has pitched a tent for the sun:
which comes out as a bridegroom from his chamber,
and rejoices like a strong man to run his course.
- 6 Its rising is at one end of the heavens,
and its circuit to their farthest bound:
and nothing is hidden from its heat.
- 7 The law of the Lord is perfect, reviving the soul:
the command of the Lord is true,
and makes wise the simple.
- 8 The precepts of the Lord are right,
and rejoice the heart:
the commandment of the Lord is pure,
and gives light to the eyes.
- 9 The fear of the Lord is clean, and endures for ever:
the judgements of the Lord are unchanging,
and righteous every one.
- 10 More to be desired are they than gold,
even much fine gold:
sweeter also than honey,
than the honey that drips from the comb.
- 11 Moreover, by them is your servant taught:
and in keeping them there is great reward.
- 12 Who can know their own unwitting sins?:
O cleanse me from my secret faults.
- 13 Keep your servant also from presumptuous sins,
lest they get the mastery over me:
so I shall be clean, and innocent of great offence.
- 14 May the words of my mouth and the meditation
of my heart be acceptable in your sight:
O Lord, my strength and my redeemer.

Acts 27.1-12

¹ When it was decided that we were to sail for Italy, they transferred Paul and some other prisoners to a centurion of the Augustan Cohort, named Julius. ² Embarking on a ship of Adramyttium that was about to set sail to the ports along the coast of Asia, we put to sea, accompanied by Aristarchus, a Macedonian from Thessalonica. ³ The next day we put in at Sidon; and Julius treated Paul kindly, and allowed him to go to his friends to be cared for. ⁴ Putting out to sea from there, we sailed under the lee of Cyprus, because the winds were against us. ⁵ After we had sailed across the sea that is off Cilicia and Pamphylia, we came to Myra in Lycia. ⁶ There the centurion found an Alexandrian ship bound for Italy and put us on board. ⁷ We sailed slowly for a number of days and arrived with difficulty off Cnidus, and as the wind was against us, we sailed under the lee of Crete off Salmone. ⁸ Sailing past it with difficulty, we came to a place called Fair Havens, near the city of Lasea. ⁹ Since much time had been lost and sailing was now dangerous, because even the Fast had already gone by, Paul advised them, ¹⁰ saying, 'Sirs, I can see that the voyage will be with danger and much heavy loss, not only of the cargo and the ship, but also of our lives.' ¹¹ But the centurion paid more attention to the pilot and to the owner of the ship than to what Paul said. ¹² Since the harbour was not suitable for spending the winter, the majority was in favour of putting to sea from there, on the chance that somehow they could reach Phoenix, where they could spend the winter. It was a harbour of Crete, facing south-west and north-west.

Wednesday

Psalms 20; 21.1-7

20

- 1 May the Lord hear you in the day of trouble:
the God of Jacob lift you up to safety.
- 2 May he send you his help from the sanctuary:
and be your strong support from Zion.
- 3 May he remember all your offerings:
and accept with favour your burnt sacrifices,
- 4 Grant you your heart's desire:
and fulfil all your purposes.
- 5 May we also rejoice in your victory
and triumph in the name of our God:
the Lord perform all your petitions.
- 6 Now I know that the Lord will save his anointed:
that he will answer him from his holy heaven
with the victorious strength of his right hand.
- 7 Some put their trust in chariots and some in horses:
but we will trust in the name of the Lord our God.
- 8 They are brought down and fallen:
but we are made strong and stand upright.
- 9 O Lord, save the king:
and hear us when we call upon you.

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.

Acts 27.13-32

¹³ When a moderate south wind began to blow, they thought they could achieve their purpose; so they weighed anchor and began to sail past Crete, close to the shore. ¹⁴ But soon a violent wind, called the northeaster, rushed down from Crete. ¹⁵ Since the ship was caught and could not be turned with its head to the wind, we gave way to it and were driven. ¹⁶ By running under the lee of a small island called Cauda we were scarcely able to get the ship's boat under control. ¹⁷ After hoisting it up they took measures to undergird the ship; then, fearing that they would run on the Syrtis, they lowered the sea-anchor and so were driven. ¹⁸ We were being pounded by the storm so violently that on the next day they began to throw the cargo overboard, ¹⁹ and on the third day with their own hands they threw the ship's tackle overboard. ²⁰ When neither sun nor stars appeared for many days, and no small tempest raged, all hope of our being saved was at last abandoned. ²¹ Since they had been without food for a long time, Paul then stood up among them and said, 'Men, you should have listened to me and not have set sail from Crete and thereby avoided this damage and loss. ²² I urge you now to keep up your courage, for there will be no loss of life among you, but only of the ship. ²³ For last night there stood by me an angel of the God to whom I belong and whom I worship, ²⁴ and he said, "Do not be afraid, Paul; you must stand before the emperor; and indeed, God has granted safety to all those who are sailing with you." ²⁵ So keep up your courage, men, for I have faith in God that it will be exactly as I have been told. ²⁶ But we will have to run aground on some island.' ²⁷ When the fourteenth night had come, as we were drifting across the sea of Adria, about midnight the sailors suspected that they were nearing land. ²⁸ So they took soundings and found twenty fathoms; a little farther on they took soundings again and found fifteen fathoms. ²⁹ Fearing that we might run on the rocks, they let down four anchors from the stern and prayed for day to come. ³⁰ But when the sailors tried to escape from the ship and had lowered the boat into the sea, on the pretext of putting out anchors from the bow, ³¹ Paul said to the centurion and the soldiers, 'Unless these men stay in the ship, you cannot be saved.' ³² Then the soldiers cut away the ropes of the boat and set it adrift.

Thursday

Psalm 22.1-22

- 1 My God, my God, why have you forsaken me:
why are you so far from helping me
and from the words of my groaning?
- 2 My God, I cry to you by day, but you do not answer:
and by night also I take no rest.
- 3 But you continue holy:
you that are the praise of Israel.
- 4 In you our forebears trusted:
they trusted, and you delivered them;
- 5 To you they cried and they were saved:
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man:
the scorn of all and despised by the people.
- 7 Those that see me laugh me to scorn:
they shoot out their lips at me
and wag their heads, saying,
- 8 'He trusted in the Lord—let him deliver him:
let him deliver him, if he delights in him.'
- 9 But you are he that took me out of the womb:
that brought me to lie at peace on my mother's breast.
- 10 On you have I been cast since my birth:
you are my God, even from my mother's womb.
- 11 O go not from me, for trouble is hard at hand:
and there is none to help.
- 12 Many oxen surround me:
fat bulls of Bashan close me in on every side.
- 13 They gape wide their mouths at me:
like lions that roar and rend.
- 14 I am poured out like water,
and all my bones are out of joint:
my heart within my breast is like melting wax.
- 15 My mouth is dried up like a potsherd:
and my tongue clings to my gums.
- 16 My hands and my feet are withered:
and you lay me in the dust of death.
- 17 For many dogs are come about me:
and a band of evildoers hem me in.
- 18 I can count all my bones:
they stand staring and gazing upon me.
- 19 They part my garments among them:
and cast lots for my clothing.
- 20 O Lord, do not stand far off:
you are my helper, hasten to my aid.
- 21 Deliver my body from the sword:
my life from the power of the dogs;
- 22 O save me from the lion's mouth:
and my afflicted soul from the horns of the wild oxen.

Acts 27.33-44

³³ Just before daybreak, Paul urged all of them to take some food, saying, 'Today is the fourteenth day that you have been in suspense and remaining without food, having eaten nothing. ³⁴ Therefore I urge you to take some food, for it will help you survive; for none of you will lose a hair from your heads.' ³⁵ After he had said this, he took bread; and giving thanks to God in the presence of all, he broke it and began to eat. ³⁶ Then all of them were encouraged and took food for themselves. ³⁷ (We were in all two hundred and seventy-six persons in the ship.) ³⁸ After they had satisfied their hunger, they lightened the ship by throwing the wheat into the sea. ³⁹ In the morning they did not recognize the land, but they noticed a bay with a beach, on which they planned to run the ship ashore, if they could. ⁴⁰ So they cast off the anchors and left them in the sea. At the same time they loosened the ropes that tied the steering-oars; then hoisting the foresail to the wind, they made for the beach. ⁴¹ But striking a reef, they ran the ship aground; the bow stuck and remained immovable, but the stern was being broken up by the force of the waves. ⁴² The soldiers' plan was to kill the prisoners, so that none might swim away and escape; ⁴³ but the centurion, wishing to save Paul, kept them from carrying out their plan. He ordered those who could swim to jump overboard first and make for the land, ⁴⁴ and the rest to follow, some on planks and others on pieces of the ship. And so it was that all were brought safely to land.

Friday

Psalm 25

- 1 In you, O Lord my God, have I put my hope:
in you have I trusted, let me not be ashamed,
nor let my enemies triumph over me.
- 2 Let none who wait for you be put to shame:
but let those that break faith
be confounded and gain nothing.
- 3 Show me your ways, O Lord:
and teach me your paths.
- 4 Lead me in the ways of your truth, and teach me:
for you are the God of my salvation.
- 5 In you have I hoped all the day long:
because of your goodness, O Lord.
- 6 Call to mind your compassion and your loving-kindness:
for they are from of old.
- 7 Remember not the sins of my youth,
nor my transgressions:
but according to your mercy think on me.
- 8 Good and upright is the Lord:
therefore will he direct sinners in the way.
- 9 The meek he will guide in the path of justice:
and teach the humble his ways.
- 10 All the paths of the Lord are faithful and true:
for those who keep his covenant and his commandments.
- 11 For your name's sake, O Lord:
be merciful to my sin, though it is great.
- 12 Who are they that fear the Lord?:
them will the Lord direct
in the way that they should choose.
- 13 Their souls shall dwell at ease:
and their children shall inherit the land.
- 14 The confidences of God belong to those that fear him:
and his covenant shall give them understanding.
- 15 My eyes are ever looking to the Lord:
for he will bring my feet out of the net.
- 16 Turn your face toward me and be gracious:
for I am alone and in misery.
- 17 O free my heart from pain:
and bring me out of my distress.
- 18 Give heed to my affliction and adversity:
and forgive me all my sins.
- 19 Consider my enemies, how many they are:
and they bear a violent hate against me.
- 20 O keep my life, and deliver me:
put me not to shame, for I come to you for refuge.
- 21 Let innocence and integrity be my guard:
for in you have I hoped.
- 22 O God, deliver Israel:
out of all their tribulation.

Acts 28.1-16

¹ After we had reached safety, we then learned that the island was called Malta. ² The natives showed us unusual kindness. Since it had begun to rain and was cold, they kindled a fire and welcomed all of us round it. ³ Paul had gathered a bundle of brushwood and was putting it on the fire, when a viper, driven out by the heat, fastened itself on his hand. ⁴ When the natives saw the creature hanging from his hand, they said to one another, 'This man must be a murderer; though he has escaped from the sea, justice has not allowed him to live.' ⁵ He, however, shook off the creature into the fire and suffered no harm. ⁶ They were expecting him to swell up or drop dead, but after they had waited a long time and saw that nothing unusual had happened to him, they changed their minds and began to say that he was a god. ⁷ Now in the neighbourhood of that place were lands belonging to the leading man of the island, named Publius, who received us and entertained us hospitably for three days. ⁸ It so happened that the father of Publius lay sick in bed with fever and dysentery. Paul visited him and cured him by praying and putting his hands on him. ⁹ After this happened, the rest of the people on the island who had diseases also came and were cured. ¹⁰ They bestowed many honours on us, and when we were about to sail, they put on board all the provisions we needed. ¹¹ Three months later we set sail on a ship that had wintered at the island, an Alexandrian ship with the Twin Brothers as its figurehead. ¹² We put in at Syracuse and stayed there for three days; ¹³ then we weighed anchor and came to Rhegium. After one day there a south wind sprang up, and on the second day we came to Puteoli. ¹⁴ There we found believers and were invited to stay with them for seven days. And so we came to Rome. ¹⁵ The believers from there, when they heard of us, came as far as the Forum of Appius and Three Taverns to meet us. On seeing them, Paul thanked God and took courage. ¹⁶ When we came into Rome, Paul was allowed to live by himself, with the soldier who was guarding him.

Saturday

Psalms 28; 29

28

- 1 To you will I cry, O Lord my Rock,
be not deaf to my prayer:
lest, if you turn away silent,
I become like those that go down to the grave.
- 2 Hear the voice of my supplication
when I cry to you for help:
when I lift up my hands
toward the holiest place of your sanctuary.
- 3 Do not snatch me away with the ungodly,
with the evildoers:
who speak peace to their neighbours,
but nourish malice in their hearts.
- 4 Repay them according to their deeds:
and according to the wickedness of their endeavours;
- 5 Requite them for the work of their hands:
and give them their deserts.
- 6 For they pay no heed to the Lord's acts,
nor to the operation of his hands:
therefore shall he break them down
and not build them up.
- 7 Let the Lord's name be praised:
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,
in him my heart trusts and I am helped:
therefore my heart dances for joy,
and in my song will I praise him.
- 9 The Lord is the strength of his people:
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:
be their shepherd, and bear them up for ever.

29

- 1 Ascribe to the Lord, you powers of heaven:
ascribe to the Lord glory and might.
- 2 Ascribe to the Lord the honour due to his name:
O worship the Lord in the beauty of his holiness.
- 3 The voice of the Lord is upon the waters:
the God of glory thunders,
the Lord upon the great waters.
- 4 The voice of the Lord is mighty in operation:
the voice of the Lord is a glorious voice.
- 5 The voice of the Lord breaks the cedar-trees:
the Lord breaks in pieces the cedars of Lebanon.
- 6 He makes them skip like a calf:
Lebanon and Sirion like a young wild ox.

- 7 The voice of the Lord divides the lightning-flash:
the voice of the Lord whirls the sands of the desert,
the Lord whirls the desert of Kadesh.
- 8 The voice of the Lord rends the terebinth trees,
and strips bare the forests:
in his temple all cry 'Glory.'
- 9 The Lord sits enthroned above the water-flood:
the Lord sits enthroned as a king for ever.
- 10 The Lord will give strength to his people:
the Lord will give to his people the blessing of peace.

Acts 28.27-31

²⁷ For this people's heart has grown dull,
and their ears are hard of hearing,
and they have shut their eyes;
so that they might not look with their eyes,
and listen with their ears,
and understand with their heart and turn—
and I would heal them."

²⁸ Let it be known to you then that this salvation of God has been sent to the
Gentiles; they will listen.'

³⁰ He lived there for two whole years at his own expense and welcomed all who
came to him,

³¹ proclaiming the kingdom of God and teaching about the Lord Jesus Christ with
all boldness and without hindrance.

Sunday

Psalm 116

- 1 I love the Lord, because he heard my voice:
the voice of my supplication;
- 2 Because he inclined his ear to me:
in the day that I called to him.
- 3 The cords of death encompassed me,
the snares of the grave took hold on me:
I was in anguish and sorrow.
- 4 Then I called upon the name of the Lord:
'O Lord, I beseech you, deliver me !'
- 5 Gracious and righteous is the Lord:
full of compassion is our God.
- 6 The Lord preserves the simple:
when I was brought low, he saved me.
- 7 Return, O my soul, to your rest:
for the Lord has rewarded you.
- 8 For you, O Lord, have delivered my soul from death:
my eyes from tears and my feet from falling.
- 9 I will walk before the Lord:
in the land of the living.
- 10 I believed that I would perish, I was brought very low:
I said in my haste 'Everyone is a liar.'
- 11 How shall I repay the Lord:
for all his benefits to me?
- 12 I will take up the cup of salvation:
and call upon the name of the Lord.
- 13 I will pay my vows to the Lord:
in the presence of all his people.
- 14 Grievous in the sight of the Lord:
is the death of his faithful ones.
- 15 O Lord, I am your servant,
your servant and the child of your handmaid:
you have unloosed my bonds.
- 16 I will offer you a sacrifice of thanksgiving:
and call upon the name of the Lord.
- 17 I will pay my vows to the Lord:
in the presence of all his people,
- 18 In the courts of the house of the Lord:
even in your midst, O Jerusalem. Praise the Lord.

Mark 9.2-13

² Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, ³ and his clothes became dazzling white, such as no one on earth could bleach them. ⁴ And there appeared to them Elijah with Moses, who were talking with Jesus. ⁵ Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' ⁶ He did not know what to say, for they were terrified. ⁷ Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' ⁸ Suddenly when they looked around, they saw no one with them any more, but only Jesus. ⁹ As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. ¹⁰ So they kept the matter to themselves, questioning what this rising from the dead could mean. ¹¹ Then they asked him, 'Why do the scribes say that Elijah must come first?' ¹² He said to them, 'Elijah is indeed coming first to restore all things. How then is it written about the Son of Man, that he is to go through many sufferings and be treated with contempt?' ¹³ But I tell you that Elijah has come, and they did to him whatever they pleased, as it is written about him.'

