

Morning Prayer Readings and Psalms w/c 25 January

Monday, 25 January The Conversion of Paul

Psalm 66 Refrain: *All the earth shall worship you, O Lord.*

¹Be joyful in God, all the earth; ♦ sing the glory of his name; sing the glory of his praise.

²Say to God, 'How awesome are your deeds! ♦

Because of your great strength your enemies shall bow before you.

³'All the earth shall worship you, ♦ sing to you, sing praise to your name.' *R*

⁴Come now and behold the works of God, ♦ how wonderful he is in his dealings with humankind.

⁵He turned the sea into dry land; the river they passed through on foot; ♦ there we rejoiced in him.

⁶In his might he rules for ever; his eyes keep watch over the nations; ♦ let no rebel rise up against him. *R*

⁷Bless our God, O you peoples; ♦ make the voice of his praise to be heard,

⁸Who holds our souls in life ♦ and suffers not our feet to slip.

⁹For you, O God, have proved us; ♦ you have tried us as silver is tried.

¹⁰You brought us into the snare; ♦ you laid heavy burdens upon our backs.

¹¹You let enemies ride over our heads; we went through fire and water; ♦

but you brought us out into a place of liberty. *R*

¹²I will come into your house with burnt offerings and will pay you my vows, ♦

which my lips uttered and my mouth promised when I was in trouble.

¹³I will offer you fat burnt sacrifices with the smoke of rams; ♦ I will sacrifice oxen and goats. *R*

¹⁴Come and listen, all you who fear God, ♦ and I will tell you what he has done for my soul.

¹⁵I called out to him with my mouth ♦ and his praise was on my tongue.

¹⁶If I had nursed evil in my heart, ♦ the Lord would not have heard me,

¹⁷But in truth God has heard me; ♦ he has heeded the voice of my prayer.

¹⁸Blessed be God, who has not rejected my prayer, ♦ nor withheld his loving mercy from me.

How generous is your goodness, O God, how great is your salvation, how faithful is your love;

help us to trust you in trial and praise you in deliverance; through Jesus Christ our Lord.

Philippians 3.1-14

Finally, my brothers and sisters, rejoice in the Lord. To write the same things to you is not troublesome to me, and for you it is a safeguard

Beware of the dogs, beware of the evil workers, beware of those who mutilate the flesh! For it is we who are the circumcision, who worship in the Spirit of God and boast in Christ Jesus and have no confidence in the flesh—even though I, too, have reason for confidence in the flesh. If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead.

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

The Collect

Almighty God, who caused the light of the gospel to shine throughout the world through the preaching of your servant Saint Paul: grant that we who celebrate his wonderful conversion may follow him in bearing witness to your truth; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Tuesday, 26 January Timothy and Titus

Psalm 34 Refrain: *O taste and see that the Lord is gracious.*

¹I will bless the Lord at all times; ♦ his praise shall ever be in my mouth.

²My soul shall glory in the Lord; ♦ let the humble hear and be glad.

³O magnify the Lord with me; ♦ let us exalt his name together.

⁴I sought the Lord and he answered me ♦ and delivered me from all my fears.

⁵Look upon him and be radiant ♦ and your faces shall not be ashamed. *R*

⁶This poor soul cried, and the Lord heard me ♦ and saved me from all my troubles.

⁷The angel of the Lord encamps around those who fear him ♦ and delivers them.

⁸O taste and see that the Lord is gracious; ♦ blessed is the one who trusts in him.

⁹Fear the Lord, all you his holy ones, ♦ for those who fear him lack nothing.

¹⁰Lions may lack and suffer hunger, ♦ but those who seek the Lord lack nothing that is good. *R*

¹¹Come, my children, and listen to me; ♦ I will teach you the fear of the Lord.

¹²Who is there who delights in life ♦ and longs for days to enjoy good things?

¹³Keep your tongue from evil ♦ and your lips from lying words.

¹⁴Turn from evil and do good; ♦ seek peace and pursue it. *R*

¹⁵The eyes of the Lord are upon the righteous ♦ and his ears are open to their cry.

¹⁶The face of the Lord is against those who do evil, ♦ to root out the remembrance of them from the earth.

¹⁷The righteous cry and the Lord hears them ♦ and delivers them out of all their troubles.

¹⁸The Lord is near to the brokenhearted ♦ and will save those who are crushed in spirit. *R*

¹⁹Many are the troubles of the righteous; ♦ from them all will the Lord deliver them.

²⁰He keeps all their bones, ♦ so that not one of them is broken.

²¹But evil shall slay the wicked ♦ and those who hate the righteous will be condemned.

²²The Lord ransoms the life of his servants ♦ and will condemn none who seek refuge in him.

Send your holy angels to watch over us, O God, that on our lips will be found your truth and in our hearts your love; so we may ever taste your goodness in the land of the living; through Jesus Christ our Lord.

1 Corinthians 10.1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, 'The people sat down to eat and drink, and they rose up to play.' We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

The Collect

Heavenly Father, who sent your apostle Paul to preach the gospel, and gave him Timothy and Titus to be his companions in faith: grant that our fellowship in the Holy Spirit may bear witness to the name of Jesus, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Wednesday, 27 January

Psalm 45 Refrain: Behold our defender, O God, and look upon the face of your anointed.

¹My heart is astir with gracious words; ♦

as I make my song for the king, my tongue is the pen of a ready writer.

²You are the fairest of men; ♦ full of grace are your lips, for God has blest you for ever.

³Gird your sword upon your thigh, O mighty one; ♦ gird on your majesty and glory.

⁴Ride on and prosper in the cause of truth ♦ and for the sake of humility and righteousness.

⁵Your right hand will teach you terrible things; ♦

your arrows will be sharp in the heart of the king's enemies, so that peoples fall beneath you. *R*

⁶Your throne is God's throne, for ever; ♦ the sceptre of your kingdom is the sceptre of righteousness.

⁷You love righteousness and hate iniquity; ♦

therefore God, your God, has anointed you with the oil of gladness above your fellows.

⁸All your garments are fragrant with myrrh, aloes and cassia; ♦

from ivory palaces the music of strings makes you glad.

⁹Kings' daughters are among your honourable women; ♦

at your right hand stands the queen in gold of Ophir. *R*

¹⁰Hear, O daughter; consider and incline your ear; ♦ forget your own people and your father's house.

¹¹So shall the king have pleasure in your beauty; ♦ he is your lord, so do him honour.

¹²The people of Tyre shall bring you gifts; ♦ the richest of the people shall seek your favour.

¹³The king's daughter is all glorious within; ♦ her clothing is embroidered cloth of gold.

¹⁴She shall be brought to the king in raiment of needlework; ♦

after her the virgins that are her companions.

¹⁵With joy and gladness shall they be brought ♦ and enter into the palace of the king.

¹⁶Instead of your fathers you shall have sons, ♦ whom you shall make princes over all the land.

¹⁷I will make your name to be remembered through all generations; ♦

therefore shall the peoples praise you for ever and ever.'

Lord our God, bring your bride, your holy Church, with joy to the marriage feast of heaven, and unite us with your anointed Son, Jesus Christ our Lord.

1 Corinthians 10.14-11.1

Therefore, my dear friends, flee from the worship of idols. I speak as to sensible people; judge for yourselves what I say. The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread. Consider the people of Israel; are not those who eat the sacrifices partners in the altar? What do I imply then? That food sacrificed to idols is anything, or that an idol is anything? No, I imply that what pagans sacrifice, they sacrifice to demons and not to God. I do not want you to be partners with demons. You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. Or are we provoking the Lord to jealousy? Are we stronger than he?

'All things are lawful', but not all things are beneficial. 'All things are lawful', but not all things build up. Do not seek your own advantage, but that of others. Eat whatever is sold in the meat market without raising any question on the ground of conscience, for 'the earth and its fullness are the Lord's.' If an unbeliever invites you to a meal and you are disposed to go, eat whatever is set before you without raising any question on the ground of conscience. But if someone says to you, 'This has been offered in sacrifice', then do not eat it, out of consideration for the one who informed you, and for the sake of conscience—I mean the other's conscience, not your own. For why should my liberty be subject to the judgement of someone else's conscience? If I partake with thankfulness, why should I be denounced because of that for which I give thanks?

So, whether you eat or drink, or whatever you do, do everything for the glory of God. Give no offence to Jews or to Greeks or to the church of God, just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, so that they may be saved. Be imitators of me, as I am of Christ.

Thursday, 28 January Thomas Aquinas

Psalm 47 Refrain: O sing praises to God, sing praises.

¹Clap your hands together, all you peoples; ♦ O sing to God with shouts of joy.

²For the Lord Most High is to be feared; ♦ he is the great King over all the earth.

³He subdued the peoples under us ♦ and the nations under our feet.

⁴He has chosen our heritage for us, ♦ the pride of Jacob, whom he loves. *R*

⁵God has gone up with a merry noise, ♦ the Lord with the sound of the trumpet.

⁶O sing praises to God, sing praises; ♦ sing praises to our King, sing praises.

⁷For God is the King of all the earth; ♦ sing praises with all your skill. *R*

⁸God reigns over the nations; ♦ God has taken his seat upon his holy throne.

⁹The nobles of the peoples are gathered together ♦ with the people of the God of Abraham.

¹⁰For the powers of the earth belong to God ♦ and he is very highly exalted.

As Christ was raised by your glory, O Father, so may we be raised to new life and rejoice to be called your children, both now and for ever.

1 Corinthians 11.2-16

I commend you because you remember me in everything and maintain the traditions just as I handed them on to you. But I want you to understand that Christ is the head of every man, and the husband is the head of his wife, and God is the head of Christ. Any man who prays or prophesies with something on his head disgraces his head, but any woman who prays or prophesies with her head unveiled disgraces her head—it is one and the same thing as having her head shaved. For if a woman will not veil herself, then she should cut off her hair; but if it is disgraceful for a woman to have her hair cut off or to be shaved, she should wear a veil. For a man ought not to have his head veiled, since he is the image and reflection of God; but woman is the reflection of man. Indeed, man was not made from woman, but woman from man. Neither was man created for the sake of woman, but woman for the sake of man. For this reason a woman ought to have a symbol of authority on her head, because of the angels. Nevertheless, in the Lord woman is not independent of man or man independent of woman. For just as woman came from man, so man comes through woman; but all things come from God. Judge for yourselves: is it proper for a woman to pray to God with her head unveiled? Does not nature itself teach you that if a man wears long hair, it is degrading to him, but if a woman has long hair, it is her glory? For her hair is given to her for a covering. But if anyone is disposed to be contentious—we have no such custom, nor do the churches of God.

The Collect

Eternal God, who enriched your Church with the learning and holiness of your servant Thomas Aquinas: give to all who seek you a humble mind and a pure heart that they may know your Son Jesus Christ as the way, the truth and the life; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Friday, 29 January

Psalm 61 Refrain: *You are my refuge, O God, a strong tower against the enemy.*

¹Hear my crying, O God, ♦ and listen to my prayer.

²From the end of the earth I call to you with fainting heart; ♦ O set me on the rock that is higher than I.

³For you are my refuge, ♦ a strong tower against the enemy.

⁴Let me dwell in your tent for ever ♦ and take refuge under the cover of your wings. *R*

⁵For you, O God, will hear my vows; ♦ you will grant the request of those who fear your name.

⁶You will add length of days to the life of the king, ♦ that his years may endure throughout all generations.

⁷May he sit enthroned before God for ever; ♦ may steadfast love and truth watch over him.

⁸So will I always sing praise to your name, ♦ and day by day fulfil my vows.

Risen Christ, as you knew the discipline of suffering and the victory that brings us salvation, so grant us your presence in our weakness and a place in your unending kingdom now and for evermore.

1 Corinthians 11.17-end

Now in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. For, to begin with, when you come together as a church, I hear that there are divisions among you; and to some extent I believe it. Indeed, there have to be factions among you, for only so will it become clear who among you are genuine. When you come together, it is not really to eat the Lord's supper. For when the time comes to eat, each of you goes ahead with your own supper, and one goes hungry and another becomes drunk. What! Do you not have homes to eat and drink in? Or do you show contempt for the church of God and humiliate those who have nothing? What should I say to you? Should I commend you? In this matter I do not commend you!

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, 'This is my body that is for you. Do this in remembrance of me.' In the same way he took the cup also, after supper, saying, 'This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.' For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without discerning the body, eat and drink judgement against themselves. For this reason many of you are weak and ill, and some have died. But if we judged ourselves, we would not be judged. But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world.

So then, my brothers and sisters, when you come together to eat, wait for one another. If you are hungry, eat at home, so that when you come together, it will not be for your condemnation. About the other things I will give instructions when I come.