



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ascension to Pentecost

May 29th - June 4th 2022

Prayer in the Middle of the Day

Ascension to Pentecost Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Gladden the soul of your servant,

for to you, O Lord, I lift up my soul.

Praise

Blessed are you, the God of our ancestors,
worthy to be praised and exalted for ever.

Blessed is your holy and glorious name,
worthy to be praised and exalted for ever.

Blessed are you, in your holy and glorious temple,
worthy to be praised and exalted for ever.

Blessed are you who look into the depths,
worthy to be praised and exalted for ever.

Blessed are you, enthroned on the cherubim,
worthy to be praised and exalted for ever.

Blessed are you on the throne of your kingdom,
worthy to be praised and exalted for ever.

Blessed are you in the heights of heaven,
worthy to be praised and exalted for ever.

The Song of the Three

The Word of God

Psalm

Reading

Response

Silence

Blessed are those who mourn

for they will be comforted.

Matthew 5.4

Prayer

Prayers are offered (e.g. see back page for an option)

Prayer of the Season

Living God,
long ago, faithful women
proclaimed the good news
of Jesus' resurrection,
and the world was changed forever.
Teach us to keep faith with them,
that our witness may be as bold,
our love as deep, and our faith as true. Amen.

followed by

O King enthroned on high,
Comforter and Spirit of truth,
you that are in all places and fill all things,
the treasury of blessings and the giver of life,
come and dwell with us,
cleanse us from every stain
and save our souls, O gracious one. **Amen**

an Orthodox prayer

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power and the glory are yours,
now and forever. Amen.**

The Conclusion

May the grace of the Holy Spirit enlighten our hearts and minds.
Alleluia. Amen.

A Form of Prayer that can be used.

Let us turn to the risen Lord,
who gives us the Spirit to make all things new, saying:

renew us in your love.

O Word of life,
one God with the Father and the Spirit:

renew us in your love.

O eternal Light,
who through the working of the Holy Spirit
received from the Virgin our human nature:

renew us in your love.

O crucified Redeemer,
by the eternal Spirit you offered yourself to the Father for us:

renew us in your love.

You breathed on the apostles the Spirit of your love,
that sinners might come to know the mercy of God:

renew us in your love.

You are seated at the right hand of the Father,
from whom we receive the gifts of the Spirit:

renew us in your love.

Through the power of the Holy Spirit
you wash away our sins in the waters of baptism
and open our hearts to the guiding hand of the Father:

renew us in your love.

Sunday 29 May

Psalm 150

- 1 Praise the Lord. O praise God in his sanctuary:
praise him in the firmament of his power.
- 2 Praise him for his mighty acts:
praise him according to his abundant goodness.
- 3 Praise him in the blast of the ram's horn:
praise him upon the lute and harp.
- 4 Praise him with the timbrel and dances:
praise him upon the strings and pipe.
- 5 Praise him on the high-sounding cymbals:
praise him upon the loud cymbals.
- 6 Let everything that has breath praise the Lord:
O praise the Lord!

Isaiah 41.1-2b,4

- ¹Listen to me in silence, O coastlands;
let the peoples renew their strength;
let them approach, then let them speak;
let us together draw near for judgement.
- ²Who has roused a victor from the east,
summoned him to his service?
He delivers up nations to him,
and tramples kings under foot;
he makes them like dust with his sword,
like driven stubble with his bow.
- ⁴Who has performed and done this,
calling the generations from the beginning?
I, the LORD, am first,
and will be with the last.

Monday 30 May

Psalm 65.1-3,5,8

- 1 You are to be praised, O God, in Zion:
to you shall vows be paid, you that answer prayer.
- 2 To you shall all flesh come to confess their sins:
when our misdeeds prevail against us,
you will purge them away.
- 3 Blessed are those whom you choose and take to yourself
to dwell within your courts:
we shall be filled with the good things of your house,
of your holy temple.
- 5 Who by your strength made fast the mountains:
you that are girded with power;
- 8 You tend the earth and water it:
you make it rich and fertile.

Wisdom 9.13-14,16-17

- ¹³ For who can learn the counsel of God?
Or who can discern what the Lord wills?
- ¹⁴ For the reasoning of mortals is worthless,
and our designs are likely to fail;
- ¹⁶ We can hardly guess at what is on earth,
and what is at hand we find with labour;
but who has traced out what is in the heavens?
- ¹⁷ Who has learned your counsel,
unless you have given wisdom
and sent your holy spirit from on high?

Tuesday 31 May

Psalm 138.1-3,6-8

- 1 I will give you thanks, O Lord, with my whole heart:
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple
and give thanks to your name:
because of your faithfulness and your loving-kindness,
for you have made your name and your word
supreme over all things.
- 3 At a time when I called to you, you gave me answer:
and put new strength within my soul.
- 6 For though the Lord is exalted, he looks upon the lowly:
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,
yet will you preserve my life:
you will stretch out your hand against the fury of my
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:
your loving-kindness, O Lord, endures for ever;
do not forsake the work of your own hands.

Isaiah 52.7-9

- 7 How beautiful upon the mountains
are the feet of the messenger who announces peace,
who brings good news,
who announces salvation,
who says to Zion, 'Your God reigns.'
- 8 Listen! Your sentinels lift up their voices,
together they sing for joy;
for in plain sight they see
the return of the Lord to Zion.
- 9 Break forth together into singing,
you ruins of Jerusalem;
for the Lord has comforted his people,
he has redeemed Jerusalem.

Wednesday 1 June

Psalm 86.1-8

- 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.

Leviticus 22.31-33

³¹Thus you shall keep my commandments and observe them: I am the Lord. ³²You shall not profane my holy name, that I may be sanctified among the people of Israel: I am the Lord; I sanctify you, ³³I who brought you out of the land of Egypt to be your God: I am the Lord.

Thursday 2 June

Psalm 111.1-2,5-10

- 1 O praise the Lord. I will praise the Lord
with my whole heart:
in the company of the upright
and among the congregation.
- 2 The works of the Lord are great:
and studied by all who take delight in them.
- 5 He gives food to those that fear him:
he remembers his covenant for ever.
- 6 He showed his people the power of his acts:
in giving them the heritage of the heathen.
- 7 The works of his hands are faithful and just:
and all his commandments are sure;
- 8 They stand firm for ever and ever:
they are done in faithfulness and in truth.
- 9 He sent redemption to his people,
he ordained his covenant for ever:
holy is his name and worthy to be feared.
- 10 The fear of the Lord is the beginning of wisdom,
and of good understanding are those
that keep his commandments:
his praise shall endure for ever.

Isaiah 54.8-10

- ⁸ In overflowing wrath for a moment
I hid my face from you,
but with everlasting love I will have compassion on you,
says the LORD, your Redeemer.
- ⁹ This is like the days of Noah to me:
Just as I swore that the waters of Noah
would never again go over the earth,
so I have sworn that I will not be angry with you
and will not rebuke you.
- ¹⁰ For the mountains may depart
and the hills be removed,
but my steadfast love shall not depart from you,
and my covenant of peace shall not be removed,
says the LORD, who has compassion on you.

Friday 3 June

Psalm 12

- 1 Help, Lord, for there is not one godly person left:
the faithful have vanished from among
the children of Adam.
- 2 Everyone tells lies to their neighbour:
they flatter with their lips,
but speak from a double heart.
- 3 If only the Lord would cut off all flattering lips:
and the tongue that speaks so proudly!
- 4 They say 'By our tongues we shall prevail:
our lips are our servants—who is lord over us?'
- 5 Because of the oppression of the poor,
because of the groaning of the needy:
'I will arise', says the Lord,
'and set them in safety from those that
snarl after them.'
- 6 The words of the Lord are pure,
as silver refined in a crucible:
as gold that is seven times purified in the fire.
- 7 You will surely guard us, O Lord:
and shield us for ever from this evil generation,
- 8 Though the ungodly strut on every side:
though the vilest lord it over the children of Adam.

Jeremiah 23.3-4

³Then I myself will gather the remnant of my flock out of all the lands where I have driven them, and I will bring them back to their fold, and they shall be fruitful and multiply. ⁴I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord.

Saturday 4 June

Psalm 103.1-2,11-14,17-18

- 1 Praise the Lord, O my soul:
and all that is within me, praise his holy name.
- 2 Praise the Lord, O my soul:
and forget not all his benefits,
- 11 For as the heavens are high above the earth:
so great is his mercy over those that fear him;
- 12 As far as the east is from the west:
so far has he set our sins from us.
- 13 As a father is tender towards his children:
so is the Lord tender to those that fear him.
- 14 For he knows of what we are made:
he remembers that we are but dust.
- 17 But the merciful goodness of the Lord
endures for ever and ever toward those that fear him:
and his righteousness upon their children's children;
- 18 Upon those who keep his covenant:
and remember his commandments to do them.

Jeremiah 17.13-15,16b-17

- ¹³ O hope of Israel! O LORD!
All who forsake you shall be put to shame;
those who turn away from you shall be recorded in the underworld,
for they have forsaken the fountain of living water, the LORD.
- ¹⁴ Heal me, O LORD, and I shall be healed;
save me, and I shall be saved;
for you are my praise.
- ¹⁵ See how they say to me,
'Where is the word of the LORD?
Let it come!'
- ¹⁶ But I have not run away from being a shepherd in your service,
nor have I desired the fatal day.
You know what came from my lips;
it was before your face.
- ¹⁷ Do not become a terror to me;
you are my refuge on the day of disaster;

