



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ascension to Pentecost

May 21<sup>st</sup> - May 27<sup>th</sup> 2023

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 21 May

### Psalm 117

- 1 O praise the Lord, all you nations:  
O praise him, all you peoples.
- 2 For great is his loving-kindness toward us:  
and the faithfulness of the Lord endures for ever.  
Praise the Lord.

### 2 Corinthians 3.4-8

<sup>4</sup> Such is the confidence that we have through Christ towards God. <sup>5</sup> Not that we are competent of ourselves to claim anything as coming from us; our competence is from God, <sup>6</sup> who has made us competent to be ministers of a new covenant, not of letter but of spirit; for the letter kills, but the Spirit gives life. <sup>7</sup> Now if the ministry of death, chiselled in letters on stone tablets, came in glory so that the people of Israel could not gaze at Moses' face because of the glory of his face, a glory now set aside, <sup>8</sup> how much more will the ministry of the Spirit come in glory?

## Monday 22 May

### Psalm 85.1-7

- 1 O Lord, you were gracious to your land:  
you restored the fortunes of Jacob.
- 2 You forgave the iniquity of your people:  
and covered all their sin.
- 3 You put aside all your wrath:  
and turned away from your fierce indignation.
- 4 Return to us again, O God our saviour:  
and let your anger cease from us.
- 5 Will you be displeased with us for ever:  
will you stretch out your wrath  
from one generation to another?
- 6 Will you not give us life again:  
that your people may rejoice in you?
- 7 Show us your mercy, O Lord:  
and grant us your salvation.

### 1 Peter 3.18-22

<sup>18</sup>For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, <sup>19</sup>in which also he went and made a proclamation to the spirits in prison, <sup>20</sup>who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. <sup>21</sup>And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, <sup>22</sup>who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

## Tuesday 23 May

### Psalm 30.1-5, 10-12

- 1 I will exalt you, O Lord,  
for you have drawn me up from the depths:  
and have not suffered my foes to triumph over me.
- 2 O Lord my God, I cried to you:  
and you have made me whole.
- 3 You brought me back, O Lord, from the land of silence:  
you saved my life  
from among those that go down to the Pit.
- 4 Sing praises to the Lord, all you his faithful ones:  
and give thanks to his holy name.
- 5 For if in his anger is havoc,  
in his good favour is life:  
heaviness may endure for a night,  
but joy comes in the morning.
- 10 'Hear, O Lord, and be merciful:  
O Lord, be my helper.'
- 11 You have turned my lamentation into dancing:  
you have put off my sackcloth and girded me with joy,
- 12 That my heart may sing your praise and never be silent:  
O Lord my God, I will give you thanks for ever.

### Colossians 1.24-27

<sup>24</sup> I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. <sup>25</sup>I became its servant according to God's commission that was given to me for you, to make the word of God fully known, <sup>26</sup>the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. <sup>27</sup>To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

## Wednesday 24 May

### Psalm 113

- 1 Praise the Lord, O sing praises, you that are his servants:  
O praise the name of the Lord.
- 2 Let the name of the Lord be blessed:  
from this time forward and for ever.
- 3 From the rising of the sun to its going down:  
let the name of the Lord be praised.
- 4 The Lord is exalted over all the nations:  
and his glory is above the heavens.
- 5 Who can be likened to the Lord our God:  
in heaven or upon the earth,
- 6 Who has his dwelling so high:  
yet condescends to look on things beneath?
- 7 He raises the lowly from the dust:  
and lifts the poor from out of the dungheap;
- 8 He gives them a place among the princes:  
even among the princes of his people.
- 9 He causes the barren woman to keep house:  
and makes her a joyful mother of children.  
Praise the Lord.

### 2 Timothy 1.6-8

<sup>6</sup>For this reason I remind you to rekindle the gift of God that is within you through the laying on of my hands; <sup>7</sup>for God did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline. <sup>8</sup>Do not be ashamed, then, of the testimony about our Lord or of me his prisoner, but join with me in suffering for the gospel, relying on the power of God.



## Thursday 25 May

### Psalm 136.1-9

- 1 O give thanks to the Lord, for he is good:  
for his mercy endures for ever.
- 2 O give thanks to the God of gods:  
for his mercy endures for ever.
- 3 O give thanks to the Lord of lords:  
for his mercy endures for ever;
- 4 To him who alone does great wonders:  
for his mercy endures for ever;
- 5 Who by wisdom made the heavens:  
for his mercy endures for ever;
- 6 Who stretched out the earth upon the waters:  
for his mercy endures for ever;
- 7 Who made the great lights:  
for his mercy endures for ever,
- 8 The sun to rule the day:  
for his mercy endures for ever,
- 9 The moon and the stars to govern the night:  
for his mercy endures for ever.

### 1 Thessalonians 4.14-17

<sup>14</sup>For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have died. <sup>15</sup>For this we declare to you by the word of the Lord, that we who are alive, who are left until the coming of the Lord, will by no means precede those who have died. <sup>16</sup>For the Lord himself, with a cry of command, with the archangel's call and with the sound of God's trumpet, will descend from heaven, and the dead in Christ will rise first. <sup>17</sup>Then we who are alive, who are left, will be caught up in the clouds together with them to meet the Lord in the air; and so we will be with the Lord for ever.

## Friday 26 May

### Psalm 13.1-6

- 1 How long, O Lord, will you so utterly forget me:  
how long will you hide your face from me?
- 2 How long must I suffer anguish in my soul,  
and be so grieved in my heart day and night:  
how long shall my enemy triumph over me?
- 3 Look upon me, O Lord my God, and answer me:  
lighten my eyes, lest I sleep in death;
- 4 Lest my enemy say 'I have prevailed':  
lest my foes exult at my overthrow.
- 5 Yet I put my trust in your unfailing love:  
O let my heart rejoice in your salvation.
- 6 And I will make my song to the Lord:  
because he deals so bountifully with me.

### 1 Peter 4.7-11

<sup>7</sup>The end of all things is near; therefore be serious and discipline yourselves for the sake of your prayers. <sup>8</sup>Above all, maintain constant love for one another, for love covers a multitude of sins. <sup>9</sup>Be hospitable to one another without complaining. <sup>10</sup>Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. <sup>11</sup>Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To him belong the glory and the power for ever and ever. Amen.

## Saturday 27 May

### Psalm 92.1-6, 12-15

- 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
- 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.

### 2 Corinthians 1.18-22

<sup>18</sup>As surely as God is faithful, our word to you has not been 'Yes and No.' <sup>19</sup>For the Son of God, Jesus Christ, whom we proclaimed among you, Silvanus and Timothy and I, was not 'Yes and No'; but in him it is always 'Yes.' <sup>20</sup>For in him every one of God's promises is a 'Yes.' For this reason it is through him that we say the 'Amen', to the glory of God. <sup>21</sup>But it is God who establishes us with you in Christ and has anointed us, <sup>22</sup>by putting his seal on us and giving us his Spirit in our hearts as a first instalment.

