



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

November 20th - November 26th 2022

Prayer in the Middle of the Day

Sunday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Your words have I hidden within my heart,

that I should not sin against you.

Psalm 119.11

Praise

We praise you, O God,
we acclaim you as the Lord;
all creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
the cherubim and seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

from Te Deum Laudamus

The Word of God

Psalm 100

- 1 O shout to the Lord in triumph, all the earth:
serve the Lord with gladness,
and come before his face with songs of joy.
- 2 Know that the Lord he is God:
it is he who has made us and we are his;
we are his people and the sheep of his pasture.
- 3 Come into his gates with thanksgiving,
and into his courts with praise:
give thanks to him, and bless his holy name.
- 4 For the Lord is good, his loving mercy is for ever:
his faithfulness throughout all generations.

Isaiah 11.1-4a, 5

- ¹A shoot shall come out from the stock of Jesse,
and a branch shall grow out of his roots.
- ²The spirit of the Lord shall rest on him,
the spirit of wisdom and understanding,
the spirit of counsel and might,
the spirit of knowledge and the fear of the Lord.
- ³His delight shall be in the fear of the Lord.
He shall not judge by what his eyes see,
or decide by what his ears hear;
- ⁴but with righteousness he shall judge the poor,
and decide with equity for the meek of the earth.
- ⁵Righteousness shall be the belt around his waist,
and faithfulness the belt around his loins.

Response

Silence

Jesus said, I am the living bread that came down from heaven.

Whoever eats of this bread will live for ever.

John 6.51a

Prayer

Concluding Prayer

Christ be with me, Christ within me,

Christ behind me, Christ before me,

Christ beside me, Christ to win me,

Christ to comfort and restore me.

Christ beneath me, Christ above me,

Christ in quiet, Christ in danger,

Christ in hearts of all that love me,

Christ in mouth of friend and stranger. **Amen.**

from St Patrick's Breastplate

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 God who made both heaven and earth bless us.

Amen.

Monday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Let the words of my mouth and the meditation of my heart

be acceptable in your sight, O Lord,

my strength and my redeemer.

Psalm 19.14

Praise

I bind unto myself today
the strong name of the Trinity,
by invocation of the same,
the Three in One, and One in Three.
Of whom all nature hath creation;
eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
salvation is of Christ the Lord.

from St Patrick's Breastplate

The Word of God

Psalm 87

- 1 He has founded it upon a holy hill:
and the Lord loves the gates of Zion
more than all the dwellings of Jacob.
- 2 Glorious things shall be spoken of you:
O Zion, city of our God.
- 3 I might speak of my kindred in Egypt or in Babylon:
in Philistia, Tyre or Nubia, where each was born.
- 4 But of Zion it shall be said:
many were born in her,
he that is Most High has established her.
- 5 When the Lord draws up the record of the nations:
he shall take note where everyone was born.
- 6 And the singers and the dancers together:
shall make their song to your name.

Proverbs 8.22-23, 30b-31, 34-35

- ²² The Lord created me at the beginning of his work,
the first of his acts of long ago.
- ²³ Ages ago I was set up,
at the first, before the beginning of the earth.
- ³⁰ and I was daily his delight,
rejoicing before him always,
- ³¹ rejoicing in his inhabited world
and delighting in the human race.
- ³⁴ Happy is the one who listens to me,
watching daily at my gates,
waiting beside my doors.
- ³⁵ For whoever finds me finds life
and obtains favour from the Lord;

Response

Silence

Jesus said, I am the true vine.

My Father is glorified by this, that you bear much fruit.

John 15.1a,8

Prayer

Concluding Prayer

Eternal light, shine into our hearts,
eternal goodness, deliver us from evil,
eternal power, be our support,
eternal wisdom, scatter the darkness of our ignorance,
eternal pity, have mercy upon us;
that with all our heart and mind and soul and strength
we may seek your face and be brought by your infinite mercy
to your holy presence;
through Jesus Christ our Lord. **Amen.**

Alcuin of York (804)

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 God bless the work of our hands.

Amen.

Tuesday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

To you, O Lord, I lift up my soul.

O my God, in you I trust.

Psalm 25.1a

Praise

I am giving you worship with all my life,

I am giving you obedience with all my power,

I am giving you praise with all my strength,

I am giving you honour with all my speech.

I am giving you love with all my heart,

I am giving you affection with all my sense,

I am giving you my being with all my mind,

I am giving you my soul, O most high and holy God.

Praise to the Father,

Praise to the Son,

Praise to the Spirit,

The Three in One.

*adapted from Alexander Carmichael,
Carmina Gadelica (1900)*

The Word of God

Psalm 71.17-22

17 O God, you have taught me from my youth upward:
and to this day, I proclaim your marvellous works.

18 Forsake me not, O God, in my old age,
when I am grey-headed:
till I have shown the strength of your arm
to future generations,
and your might to those that come after.

- 19 Your righteousness, O God, reaches to the heavens:
great are the things that you have done;
O God, who is like you?
- 20 You have burdened me with many and bitter troubles,
O turn and renew me:
and raise me up again from the depths of the earth.
- 21 Bless me beyond my former greatness:
O turn to me again, and comfort me.
- 22 Then will I praise you upon the lute
for your faithfulness, O my God:
and sing your praises to the harp, O Holy One of Israel.

Joel 3.13-16

- ¹³ Put in the sickle,
for the harvest is ripe.
Go in, tread,
for the wine press is full.
The vats overflow,
for their wickedness is great.
- ¹⁴ Multitudes, multitudes,
in the valley of decision!
For the day of the Lord is near
in the valley of decision.
- ¹⁵ The sun and the moon are darkened,
and the stars withdraw their shining.
- ¹⁶ The Lord roars from Zion,
and utters his voice from Jerusalem,
and the heavens and the earth shake.
But the Lord is a refuge for his people,
a stronghold for the people of Israel.

Response

Silence

Jesus said, I am the light of the world.

Whoever follows me will have the light of life.

John 8.12

Prayer

Concluding Prayer

Eternal God,

the light of the minds that know you,

the joy of the hearts that love you,

and the strength of the wills that serve you:

grant us so to know you

that we may truly love you,

so to love you that we may truly serve you,

whose service is perfect freedom;

through Jesus Christ our Lord. **Amen.**

after Augustine of Hippo (430)

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 Christ our redeemer bring us healing and wholeness.

Amen.

Wednesday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Make me to know your ways, O Lord,
and teach me your paths.

Psalm 25.3

Praise

You, Christ, are the King of glory,
the eternal Son of the Father.

When you took our flesh to set us free

you humbly chose the Virgin's womb.

You overcame the sting of death

and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

from Te Deum Laudamus

The Word of God

Psalm 147.1-7, 10-11

- 1 O praise the Lord,
for it is good to sing praises to our God:
and to praise him is joyful and right.
- 2 The Lord is rebuilding Jerusalem:
he is gathering together the scattered outcasts of Israel.
- 3 He heals the broken in spirit:
and binds up their wounds.
- 4 He counts the number of the stars:
and calls them all by name.
- 5 Great is our Lord, and great is his power:
there is no measuring his understanding.
- 6 The Lord restores the humble:
but he brings down the wicked to the dust.
- 7 O sing to the Lord a song of thanksgiving:
sing praises to our God upon the harp.
- 10 He takes no pleasure in the strength of a horse:
nor does he delight in anyone's legs,
- 11 But the Lord's delight is in those that fear him:
who wait in hope for his mercy.

Daniel 3.22-26

²²Because the king's command was urgent and the furnace was so overheated, the raging flames killed the men who lifted Shadrach, Meshach, and Abednego. ²³But the three men, Shadrach, Meshach, and Abednego, fell down, bound, into the furnace of blazing fire.

²⁴Then King Nebuchadnezzar was astonished and rose up quickly. He said to his counsellors, 'Was it not three men that we threw bound into the fire?' They answered the king, 'True, O king.'²⁵ He replied, 'But I see four men unbound, walking in the middle of the fire, and they are not hurt; and the fourth has the appearance of a god.'²⁶

Nebuchadnezzar then approached the door of the furnace of blazing fire and said, 'Shadrach, Meshach, and Abednego, servants of the Most High God, come out! Come here!' So Shadrach, Meshach, and Abednego came out from the fire.

Response

Silence

Jesus said, I am the way, and the truth, and the life.

No one comes to the Father except through me.

John 14.6

Prayer

Concluding Prayer

Come, my Way, my Truth, my Life:

Such a Way, as gives us breath:

Such a Truth, as ends all strife:

And such a Life, as killeth death.

Come, my Light, my Feast, my Strength:

Such a Light, as shows a Feast:

Such a Feast, as mends in length:

Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:

Such a Joy, as none can move:

Such a Love, as none can part:

Such a Heart, as joys in Love.

George Herbert (1633)

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 God grant to the world justice, truth and peace.

Amen.

Thursday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Teach me to do what pleases you, for you are my God;

let your kindly spirit lead me on a level path.

Psalm 143.10

Praise

Come, my Way, my Truth, my Life:

Such a Way, as gives us breath:

Such a Truth, as ends all strife:

And such a Life, as killeth death.

Come, my Light, my Feast, my Strength:

Such a Light, as shows a Feast:

Such a Feast, as mends in length:

Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:

Such a Joy, as none can move:

Such a Love, as none can part:

Such a Heart, as joys in Love.

George Herbert (1633)

The Word of God

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.

Deuteronomy 8.11-14a, 17

¹¹Take care that you do not forget the Lord your God, by failing to keep his commandments, his ordinances, and his statutes, which I am commanding you today. ¹²When you have eaten your fill and have built fine houses and live in them, ¹³and when your herds and flocks have multiplied, and your silver and gold is multiplied, and all that you have is multiplied, ¹⁴then do not exalt yourself, forgetting the Lord your God. ¹⁷Do not say to yourself, 'My power and the might of my own hand have gained me this wealth.'

Response

Silence

Jesus said, I am the gate for the sheep.

I came that they may have life, and have it abundantly.

John 10.7,10b

Prayer

Concluding Prayer

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the Spirit
of Jesus Christ our Lord. **Amen.**

Benedict of Nursia (c.550)

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 God kindle in us the fire of love.

Amen.

Friday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Make me a clean heart, O God,

and renew a right spirit within me.

Psalm 51.11

Praise

Jesus, Saviour of the world,

come to us in your mercy:

we look to you to save and help us.

By your cross and your life laid down,

you set your people free:

we look to you to save and help us.

When they were ready to perish, you saved your disciples:

we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,

forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;

save us and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:

hear our prayer and be with us always.

And when you come in your glory:

make us to be one with you

and to share the life of your kingdom.

The Word of God

Psalm 69.1-3, 5-6

- 1 Save me, O God:
for the waters have come up even to my throat.
- 2 I sink in the deep mire where no footing is:
I have come into deep waters
and the flood sweeps over me.
- 3 I am weary with crying out, my throat is parched:
my eyes fail with watching so long for my God.
- 5 O God, you know my foolishness:
and my sins are not hidden from you.
- 6 Let not those who wait for you
be shamed because of me, O Lord God of hosts:
let not those who seek you
be disgraced on my account, O God of Israel.

Isaiah 65.17-18, 21-22

- ¹⁷ For I am about to create new heavens
and a new earth;
the former things shall not be remembered
or come to mind.
- ¹⁸ But be glad and rejoice for ever
in what I am creating;
for I am about to create Jerusalem as a joy,
and its people as a delight.
- ²¹ They shall build houses and inhabit them;
they shall plant vineyards and eat their fruit.
- ²² They shall not build and another inhabit;
they shall not plant and another eat;
for like the days of a tree shall the days of my people be,
and my chosen shall long enjoy the work of their hands.

Response

Silence

Jesus said, I am the good shepherd.

The good shepherd lays down his life for the sheep.

John 10.11

Prayer

Concluding Prayer

Lord Jesus Christ, we thank you

for all the benefits that you have won for us,

for all the pains and insults that you have borne for us.

Most merciful redeemer,

friend and brother,

may we know you more clearly,

love you more dearly,

and follow you more nearly,

day by day. **Amen.**

after Richard of Chichester (1253)

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 Christ our Saviour give us peace.

Amen.

Saturday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Your love, O Lord, reaches to the heavens

and your faithfulness to the clouds.

Psalm 36.5

Praise

What shall I give you, Lord, in return for all your kindness?

Glory to you for your love.

Glory to you for your patience.

Glory to you for forgiving us all our sins.

Glory to you for coming to save our souls.

Glory to you for your incarnation in the virgin's womb.

Glory to you for your bonds.

Glory to you for receiving the cut of the lash.

Glory to you for accepting mockery.

Glory to you for your crucifixion.

Glory to you for your burial.

Glory to you for your resurrection.

Glory to you that you were preached to all.

Glory to you in whom they believed.

Ephrem the Syrian (373)

The Word of God

Psalm 60.1-5, 11-12

- 1 O God, you have cast us off and broken us:
you were enraged against us—O restore us again!
- 2 You have caused the land to quake, you have rent it open:
heal the rifts, for the earth quivers and breaks.
- 3 You have steeped your people in a bitter draught:
you have given them a wine to make them stagger.
- 4 You have caused those that fear you to take flight:
so that they run from the bow.
- 5 O save us by your right hand, and answer us:
that those whom you love may be delivered.
- 11 Give us your help against the enemy:
for human help is vain.
- 12 By the power of our God we shall do valiantly:
for it is he that will tread down our enemies.

Ezekiel 47.1a, 3b-5a, 9b

¹Then he brought me back to the entrance of the temple. ³Going on eastwards with a cord in his hand, the man measured one thousand cubits. ⁴Again he measured one thousand, and led me through the water; and it was knee-deep. Again he measured one thousand, and led me through the water; and it was up to the waist. ⁵Again he measured one thousand, and it was a river that I could not cross. ⁹Wherever the river goes, every living creature that swarms will live, and there will be very many fish, once these waters reach there. It will become fresh; and everything will live where the river goes.

Response

Silence

Jesus said, I am the resurrection and the life.

Those who believe in me will never die.

cf John 11.25,26

Prayer

Concluding Prayer

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at mine end, and at my departing. **Amen.**

Sarum Primer

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 Christ dwell in our hearts by faith.

Amen.

