



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Easter Week 5

May 15th - 21st 2022

Prayer in the Middle of the Day

Easter Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

If I climb up to heaven, you are there;

if I make the grave my bed, you are there also. *Psalm 139.7*

Praise

Yesterday I was crucified with Christ;

today I am glorified with him.

Yesterday I was dead with Christ;

today I am sharing in his resurrection.

Yesterday I was buried with him;

today I am waking with him from the sleep of death.

Gregory of Nazianzus (389)

The Word of God

Psalm

Reading

Response

Silence

Blessed are the peacemakers,

for they will be called children of God.

Matthew 5.9

Prayer

Prayers are offered

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

Christ yesterday and today,
the beginning and the end,
Alpha and Omega,
all time belongs to you,
and all ages;
to you be glory and power
through every age and for ever. **Amen** *from the Easter Vigil*

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 risen Christ give us his peace.
Alleluia. Amen.

Sunday 15 May

Psalm 148.1-6,15

- 1 Praise the Lord, praise the Lord from heaven:
O praise him in the heights.
- 2 Praise him, all his angels:
O praise him, all his host.
- 3 Praise him, sun and moon:
praise him, all you stars of light.
- 4 Praise him, you highest heaven:
and you waters that are above the heavens.
- 5 Let them praise the name of the Lord:
for he commanded and they were made.
- 6 He established them for ever and ever:
he made an ordinance which shall not pass away.
- 15 Therefore he is the praise of all his servants:
of the children of Israel, a people that is near him. Praise the
Lord.

Isaiah 43.1-3a

- ¹But now thus says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;
I have called you by name, you are mine.
- ²When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
- ³For I am the Lord your God,
the Holy One of Israel, your Saviour.
I give Egypt as your ransom,
Ethiopia and Seba in exchange for you.

Monday 16 May

Psalm 61.1-8

- 1 Hear my loud crying, O God:
and give heed to my prayer.
- 2 From the ends of the earth I call to you
when my heart faints:
O set me on the rock that is higher than I.
- 3 For you have been my refuge:
and my strong tower against the enemy.
- 4 I will dwell in your tent for ever:
and find shelter in the covering of your wings.
- 5 For you have heard my vows, O God:
you have granted the desire of those that fear your name.
- 6 You will give the king long life:
and his years shall endure through many generations.
- 7 He shall dwell before God for ever:
loving-kindness and truth shall be his guard.
- 8 So will I ever sing praises to your name:
while I daily perform my vows.

1 Chronicles 29.10b-13

¹⁰ Then David blessed the Lord in the presence of all the assembly; David said: 'Blessed are you, O Lord, the God of our ancestor Israel, for ever and ever. ¹¹Yours, O Lord, are the greatness, the power, the glory, the victory, and the majesty; for all that is in the heavens and on the earth is yours; yours is the kingdom, O Lord, and you are exalted as head above all. ¹²Riches and honour come from you, and you rule over all. In your hand are power and might; and it is in your hand to make great and to give strength to all. ¹³And now, our God, we give thanks to you and praise your glorious name.

Tuesday 17 May

Psalm 28.1-2,7-10

- 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.
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.

Jeremiah 12.1-2,5

- ¹You will be in the right, O LORD,
when I lay charges against you;
but let me put my case to you.
- Why does the way of the guilty prosper?
Why do all who are treacherous thrive?
- ²You plant them, and they take root;
they grow and bring forth fruit;
you are near in their mouths
yet far from their hearts.
- ⁵If you have raced with foot-runners and they have wearied you,
how will you compete with horses?
And if in a safe land you fall down,
how will you fare in the thickets of the Jordan?

Wednesday 18 May

Psalm 119.145-152

- 145 I call with my whole heart:
hear me, O Lord, I will keep your statutes.
- 146 I cry out to you; O save me:
and I will heed your commands.
- 147 Before the morning light I rise and I call:
for in your word is my hope.
- 148 Before the night watch my eyes wake:
that I may meditate upon your words.
- 149 Hear my voice, O Lord, in your loving mercy:
and according to your judgements, give me life.
- 150 They draw near to me who maliciously persecute me:
but they are far from your law.
- 151 You, Lord, are close at hand:
and all your commandments are true.
- 152 I have known long since from your commands:
that you have founded them for ever.

Jeremiah 17.7-10

- ⁷ Blessed are those who trust in the LORD,
whose trust is the LORD.
- ⁸ They shall be like a tree planted by water,
sending out its roots by the stream.
It shall not fear when heat comes,
and its leaves shall stay green;
in the year of drought it is not anxious,
and it does not cease to bear fruit.
- ⁹ The heart is devious above all else;
it is perverse—
who can understand it?
- ¹⁰ I the LORD test the mind
and search the heart,
to give to all according to their ways,
according to the fruit of their doings.

Thursday 19 May

Psalm 111.2,5-10

- 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.

Tobit 4.18-19

¹⁸Seek advice from every wise person and do not despise any useful counsel. ¹⁹At all times bless the Lord God, and ask him that your ways may be made straight and that all your paths and plans may prosper. For none of the nations has understanding, but the Lord himself will give them good counsel; but if he chooses otherwise, he casts down to deepest Hades. So now, my child, remember these commandments, and do not let them be erased from your heart.

Friday 20 May

Psalm 62.1-3,5-8

- 1 My soul waits in silence for God:
for from him comes my salvation.
- 2 He only is my rock and my salvation:
my strong tower, so that I shall never be moved.
- 3 How long will you all plot against me to destroy me:
as though I were a leaning fence or a buckling wall?
- 5 Nevertheless, my soul, wait in silence for God:
for from him comes my hope.
- 6 He only is my rock and my salvation:
my strong tower, so that I shall not be moved.
- 7 In God is my deliverance and my glory:
God is my strong rock and my shelter.
- 8 Trust in him at all times, O my people:
pour out your hearts before him, for God is our refuge.

Sirach 6.14-17

- ¹⁴ Faithful friends are a sturdy shelter:
whoever finds one has found a treasure.
- ¹⁵ Faithful friends are beyond price;
no amount can balance their worth.
- ¹⁶ Faithful friends are life-saving medicine;
and those who fear the Lord will find them.
- ¹⁷ Those who fear the Lord direct their friendship aright,
for as they are, so are their neighbours also.

Saturday 21 May

Psalm 121

- 1 I lift up my eyes to the hills:
but where shall I find help?
- 2 My help comes from the Lord:
who has made heaven and earth.
- 3 He will not suffer your foot to stumble:
and he who watches over you will not sleep.
- 4 Be sure he who has charge of Israel:
will neither slumber nor sleep.
- 5 The Lord himself is your keeper:
the Lord is your defence upon your right hand;
- 6 The sun shall not strike you by day:
nor shall the moon by night.
- 7 The Lord will defend you from all evil:
it is he who will guard your life.
- 8 The Lord will defend your going out and your coming in:
from this time forward for evermore.

Isaiah 41.8-10

- ⁸ But you, Israel, my servant,
Jacob, whom I have chosen,
the offspring of Abraham, my friend;
- ⁹ you whom I took from the ends of the earth,
and called from its farthest corners,
saying to you, 'You are my servant,
I have chosen you and not cast you off';
- ¹⁰ do not fear, for I am with you,
do not be afraid, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.

