



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Easter Week 4

April 30<sup>th</sup> - May 6<sup>th</sup> 2023

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 30 April

### 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 40.9-11

- <sup>9</sup> Get you up to a high mountain,  
O Zion, herald of good tidings;  
lift up your voice with strength,  
O Jerusalem, herald of good tidings,  
lift it up, do not fear;  
say to the cities of Judah,  
'Here is your God!'
- <sup>10</sup> See, the Lord God comes with might,  
and his arm rules for him;  
his reward is with him,  
and his recompense before him.
- <sup>11</sup> He will feed his flock like a shepherd;  
he will gather the lambs in his arms,  
and carry them in his bosom,  
and gently lead the mother sheep.

## Monday 1 May

### Psalm 83.1-3, 13-18

- 1 Hold not your peace, O God:  
O God, be not silent or unmoved.
- 2 See how your enemies make uproar:  
how those that hate you have lifted up their heads.
- 3 For they lay shrewd plots against your people:  
they scheme against those whom you have cherished.
- 13 Make them like thistledown, my God:  
or like chaff blown before the wind.
- 14 As fire consuming a thicket:  
or as flame that sets the hillsides ablaze,
- 15 Pursue them with your tempest:  
and terrify them with your storm-wind.
- 16 Cover their faces with shame, O Lord:  
that they may seek your name.
- 17 Let them be disgraced and dismayed for ever:  
let them be confounded and perish,
- 18 That they may know that you, whose name is the Lord:  
are alone the Most High over all the earth.

### 1 Samuel 17.34-35a, 37

<sup>34</sup>But David said to Saul, 'Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, <sup>35</sup>I went after it and struck it down, rescuing the lamb from its mouth. <sup>37</sup>David said, 'The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine.' So Saul said to David, 'Go, and may the Lord be with you!'

## Tuesday 2 May

### Psalm 77.1-3, 10-15

- 1 I call to my God, I cry out toward him:  
I call to my God, and surely he will answer.
- 2 In the day of my distress I seek the Lord,  
I stretch out my hands to him by night:  
my soul is poured out without ceasing,  
it refuses all comfort.
- 3 I think upon God and groan aloud:  
I muse, and my spirit faints.
- 10 And I say 'Has the right hand of the Most High  
lost its strength:  
has the arm of the Lord changed?'
- 11 I will declare the mighty acts of the Lord:  
I will call to mind your wonders of old.
- 12 I will think on all that you have done:  
and meditate upon your works.
- 13 Your way, O God, is holy:  
who is so great a god as our God?
- 14 You are the God that works wonders:  
you made known your power among the nations;
- 15 By your mighty arm you redeemed your people:  
the children of Jacob and Joseph.

### Zechariah 1.14-16

- <sup>14</sup>So the angel who talked with me said to me, Proclaim this message:  
Thus says the Lord of hosts; I am very jealous for Jerusalem and for  
Zion. <sup>15</sup>And I am extremely angry with the nations that are at ease; for  
while I was only a little angry, they made the disaster worse.  
<sup>16</sup>Therefore, thus says the Lord, I have returned to Jerusalem with  
compassion; my house shall be built in it, says the Lord of hosts, and  
the measuring line shall be stretched out over Jerusalem.

## Wednesday 3 May

### Psalm 19.1-6

- 1 The heavens declare the glory of God:  
and the firmament proclaims his handiwork;
- 2 One day tells it to another:  
and night to night communicates knowledge.
- 3 There is no speech or language:  
nor are their voices heard;
- 4 Yet their sound has gone out through all the world:  
and their words to the ends of the earth.
- 5 There he has pitched a tent for the sun:  
which comes out as a bridegroom from his chamber,  
and rejoices like a strong man to run his course.
- 6 Its rising is at one end of the heavens,  
and its circuit to their farthest bound:  
and nothing is hidden from its heat.

### Acts 8.4-8

<sup>4</sup> Now those who were scattered went from place to place, proclaiming the word. <sup>5</sup> Philip went down to the city of Samaria and proclaimed the Messiah to them. <sup>6</sup> The crowds with one accord listened eagerly to what was said by Philip, hearing and seeing the signs that he did, <sup>7</sup> for unclean spirits, crying with loud shrieks, came out of many who were possessed; and many others who were paralysed or lame were cured. <sup>8</sup> So there was great joy in that city.

## Thursday 4 May

### Psalm 27.1-4

- 1 The Lord is my light and my salvation;  
whom then shall I fear?:  
    the Lord is the stronghold of my life;  
    of whom shall I be afraid?
- 2 When the wicked, even my enemies and my foes,  
come upon me to devour me:  
    they shall stumble and fall.
- 3 If an army encamp against me,  
my heart shall not be afraid:  
    and if war should rise against me, yet will I trust.
- 4 One thing I have asked from the Lord,  
which I will require:  
    that I may dwell in the house of the Lord  
    all the days of my life.

### Jeremiah 33.14-16

<sup>14</sup>The days are surely coming, says the Lord, when I will fulfil the promise I made to the house of Israel and the house of Judah. <sup>15</sup>In those days and at that time I will cause a righteous Branch to spring up for David; and he shall execute justice and righteousness in the land. <sup>16</sup>In those days Judah will be saved and Jerusalem will live in safety. And this is the name by which it will be called: 'The Lord is our righteousness.'



## Friday 5 May

### Psalm 32.1-5, 12

- 1 Blessed are those whose sin is forgiven:  
whose iniquity is put away.
- 2 Blessed are those to whom the Lord imputes no blame:  
and in whose spirit there is no guile.
- 3 For whilst I held my tongue:  
my bones wasted away with my daily complaining.
- 4 Your hand was heavy upon me day and night:  
and my moisture was dried up like a drought in summer.
- 5 Then I acknowledged my sin to you:  
and my iniquity I did not hide;
- 12 Rejoice in the Lord, you righteous, and be glad:  
and shout for joy, all you that are true of heart.

### Wisdom 2.16b-20

- <sup>16</sup> We are considered by him as something base,  
and he avoids our ways as unclean;  
he calls the last end of the righteous happy,  
and boasts that God is his father.
- <sup>17</sup> Let us see if his words are true,  
and let us test what will happen at the end of his life;
- <sup>18</sup> for if the righteous man is God's child, he will help him,  
and will deliver him from the hand of his adversaries.
- <sup>19</sup> Let us test him with insult and torture,  
so that we may find out how gentle he is,  
and make trial of his forbearance.
- <sup>20</sup> Let us condemn him to a shameful death,  
for, according to what he says, he will be protected.'

## **Saturday 6 May**

### **Psalm 84.8-12**

- 8 O Lord God of hosts, hear my prayer:  
give ear, O God of Jacob.
- 9 Behold, O God, him who reigns over us:  
and look upon the face of your anointed.
- 10 One day in your courts is better than a thousand:  
I would rather stand at the threshold  
of the house of my God  
than dwell in the tents of ungodliness.
- 11 For the Lord God is a light and a shield,  
the Lord gives favour and honour:  
and no good thing will he withhold  
from those who walk in innocence.
- 12 O Lord God of hosts:  
blessed are those who put their trust in you.

### **1 Chronicles 29.17-18**

<sup>17</sup>I know, my God, that you search the heart, and take pleasure in uprightness; in the uprightness of my heart I have freely offered all these things, and now I have seen your people, who are present here, offering freely and joyously to you. <sup>18</sup>O Lord, the God of Abraham, Isaac, and Israel, our ancestors, keep for ever such purposes and thoughts in the hearts of your people, and direct their hearts towards you.



