



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Easter Week 6 and Ascension

May 14th - May 20th 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 14 May

Psalm 148.1-6, 14-15

- 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.
- 14 His glory is above earth and heaven:
and he has lifted high the horn of his people.
- 15 Therefore he is the praise of all his servants:
of the children of Israel, a people that is near him. Praise the
Lord.

Sirach 34.16-20

- ¹⁶ Those who fear the Lord will not be timid,
or play the coward, for he is their hope.
- ¹⁷ Happy is the soul that fears the Lord!
- ¹⁸ To whom does he look? And who is his support?
- ¹⁹ The eyes of the Lord are on those who love him,
a mighty shield and strong support,
a shelter from scorching wind and a shade from noonday sun,
a guard against stumbling and a help against falling.
- ²⁰ He lifts up the soul and makes the eyes sparkle;
he gives health and life and blessing.

Monday 15 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.

2 Maccabees 1.2-6

² May God do good to you, and may he remember his covenant with Abraham and Isaac and Jacob, his faithful servants. ³ May he give you all a heart to worship him and to do his will with a strong heart and a willing spirit. ⁴ May he open your heart to his law and his commandments, and may he bring peace. ⁵ May he hear your prayers and be reconciled to you, and may he not forsake you in time of evil. ⁶ We are now praying for you here.

Tuesday 16 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.

Isaiah 63.11b-14

- ¹¹Where is the one who put within them
his holy spirit,
¹² who caused his glorious arm
to march at the right hand of Moses,
who divided the waters before them
to make for himself an everlasting name,
¹³ who led them through the depths?
Like a horse in the desert,
they did not stumble.
- ¹⁴ Like cattle that go down into the valley,
the spirit of the Lord gave them rest.
Thus you led your people,
to make for yourself a glorious name.

Wednesday 17 May

Psalm 119.97-104

- 97 Lord, how I love your law:
it is my meditation all the day long.
- 98 Your commandments have made me
wiser than my enemies:
for they remain with me for ever.
- 99 I have more understanding than all my teachers:
for I study your commands.
- 100 I am wiser than the aged:
because I have kept your precepts.
- 101 I have held back my feet from every evil path:
that I might keep your word;
- 102 I have not turned aside from your judgements:
for you yourself are my teacher.
- 103 How sweet are your words to my tongue:
sweeter than honey to my mouth.
- 104 Through your precepts I get understanding:
therefore I hate all lying ways.

Isaiah 42.5-6, 8-9

- ⁵ Thus says God, the Lord,
who created the heavens and stretched them out,
who spread out the earth and what comes from it,
who gives breath to the people upon it
and spirit to those who walk in it:
- ⁶ I am the Lord, I have called you in righteousness,
I have taken you by the hand and kept you;
I have given you as a covenant to the people,
a light to the nations,
- ⁸ I am the Lord, that is my name;
my glory I give to no other,
nor my praise to idols.
- ⁹ See, the former things have come to pass,
and new things I now declare;
before they spring forth,
I tell you of them.

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.

Thursday 18 May

Psalm 99.1-5

- 1 The Lord is king, let the nations tremble:
he is enthroned upon the cherubim; let the earth quake.
- 2 The Lord is great in Zion:
he is high above all nations.
- 3 Let them praise your great and terrible name:
for holy is the Lord.
- 4 The Mighty One is king and loves justice:
you have established equity,
you have dealt righteousness and justice in Jacob.
- 5 O exalt the Lord our God:
and bow down before his footstool, for he is holy.

1 Corinthians 15.51-54

⁵¹Listen, I will tell you a mystery! We will not all die, but we will all be changed, ⁵²in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. ⁵³For this perishable body must put on imperishability, and this mortal body must put on immortality. ⁵⁴When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled: 'Death has been swallowed up in victory.'

Friday 19 May

Psalm 32.1-6

- 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;
- 6 I said 'I will confess my transgressions to the Lord':
 and so you forgave the wickedness of my sin.

Isaiah 51.9-11

- ⁹ Awake, awake, put on strength,
 O arm of the Lord!
Awake, as in days of old,
 the generations of long ago!
Was it not you who cut Rahab in pieces,
 who pierced the dragon?
- ¹⁰ Was it not you who dried up the sea,
 the waters of the great deep;
who made the depths of the sea a way
 for the redeemed to cross over?
- ¹¹ So the ransomed of the Lord shall return,
 and come to Zion with singing;
everlasting joy shall be upon their heads;
 they shall obtain joy and gladness,
 and sorrow and sighing shall flee away.

Saturday 20 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.

Isaiah 55.10-11

- ¹⁰ For as the rain and the snow come down from heaven,
and do not return there until they have watered the earth,
making it bring forth and sprout,
giving seed to the sower and bread to the eater,
¹¹ so shall my word be that goes out from my mouth;
it shall not return to me empty,
but it shall accomplish that which I purpose,
and succeed in the thing for which I sent it.

