



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Fifth Week in Lent

26<sup>th</sup> March - 1<sup>st</sup> April 2023

Prayer in the Middle of the Day

## *Lent Daily Prayer*

O God, make speed to save us.

**O Lord, make haste to help us.**

Hear my prayer, O Lord, and give ear to my cry;

**hold not your peace at my tears.**

### **Praise**

Jesus, like a mother you gather your people to you;  
you are gentle with us as a mother with her children.  
Despair turns to hope through your sweet goodness;  
through your gentleness we find comfort in fear.  
Your warmth gives life to the dead,  
your touch makes sinners righteous.  
Lord Jesus, in your mercy heal us;  
in your love and tenderness remake us.  
In your compassion bring grace and forgiveness,  
for the beauty of heaven may your love prepare us.

*Anselm (1109)*

### **The Word of God**

#### **Psalm**

#### **Reading**

### **Response**

*Silence*

Blessed are the merciful,

**for they will receive mercy.**

*Matthew 5.7*

# Prayer

*Prayers are offered followed by the prayer of the Season*

## *Prayer of the Season*

God of wilderness and water,  
your Son was baptized and tempted as we are.  
Guide us through this season,  
that we may not avoid struggle,  
but open ourselves to blessing,  
through the cleansing depths of repentance  
and the heaven-rending words of the Spirit. Amen.

## *Closing Prayer*

Teach us, good Lord, to serve you as you deserve;  
to give and not to count the cost;  
to fight and not to heed the wounds;  
to toil and not to seek for rest;  
to labour and not to seek for any reward,  
save that of knowing that we do your will. **Amen.**

*Ignatius of Loyola (1556)*

## *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 us and show us compassion and mercy.  
**Amen.**

## Sunday 26 March

### Psalm 24.1-6

- 1 The earth is the Lord's and all that is in it:  
the compass of the world and those who dwell therein.
- 2 For he has founded it upon the seas:  
and established it upon the waters.
- 3 Who shall ascend the hill of the Lord:  
or who shall stand in his holy place?
- 4 Those who have clean hands and a pure heart:  
who have not set their soul upon idols,  
nor sworn their oath to a lie.
- 5 They shall receive blessing from the Lord:  
and recompense from the God of their salvation.
- 6 Of such a kind as this are those who seek him:  
those who seek your face, O God of Jacob.

### 1 John 5.9-12

<sup>9</sup>If we receive human testimony, the testimony of God is greater; for this is the testimony of God that he has testified to his Son. <sup>10</sup>Those who believe in the Son of God have the testimony in their hearts. Those who do not believe in God have made him a liar by not believing in the testimony that God has given concerning his Son. <sup>11</sup>And this is the testimony: God gave us eternal life, and this life is in his Son. <sup>12</sup>Whoever has the Son has life; whoever does not have the Son of God does not have life.

## Monday 27 March

### Psalm 34.11-18

- 11 Come, my children, listen to me:  
and I will teach you the fear of the Lord.
- 12 Which of you relishes life:  
wants time to enjoy good things?
- 13 Keep your tongue from evil:  
and your lips from telling lies.
- 14 Turn from evil and do good:  
seek peace and pursue it.
- 15 The eyes of God are on the righteous:  
and his ears towards their cry.
- 16 The Lord sets his face against wrongdoers:  
to root out their memory from the earth.
- 17 The righteous cry; the Lord hears it:  
and frees them from all their afflictions.
- 18 The Lord is close to those who are broken-hearted:  
and the crushed in spirit he saves.

### James 4.11-12

<sup>11</sup> Do not speak evil against one another, brothers and sisters. Whoever speaks evil against another or judges another, speaks evil against the law and judges the law; but if you judge the law, you are not a doer of the law but a judge. <sup>12</sup>There is one lawgiver and judge who is able to save and to destroy. So who, then, are you to judge your neighbour?

## Tuesday 28 March

### Psalm 99.1-2, 5-9

- 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.
- 5 O exalt the Lord our God:  
and bow down before his footstool, for he is holy.
- 6 Moses and Aaron among his priests,  
and Samuel among those who call upon his name:  
they called to the Lord and he answered.
- 7 He spoke to them from the pillar of cloud:  
they kept to his teachings and the law that he gave them.
- 8 You answered them, O Lord our God:  
you were a forgiving God to them,  
and pardoned their wrongdoing.
- 9 O exalt the Lord our God:  
and bow down towards his holy hill,  
for the Lord our God is holy.

### 2 Corinthians 4.13-16

<sup>13</sup> But just as we have the same spirit of faith that is in accordance with scripture—'I believed, and so I spoke'—we also believe, and so we speak, <sup>14</sup>because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. <sup>15</sup>Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God. <sup>16</sup> So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day.

## Wednesday 29 March

### 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.

### Hebrews 1.2-5

<sup>2</sup>But in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. <sup>3</sup>He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, <sup>4</sup>having become as much superior to angels as the name he has inherited is more excellent than theirs.

<sup>5</sup>For to which of the angels did God ever say,

'You are my Son;  
today I have begotten you'?

Or again,

'I will be his Father,  
and he will be my Son'?

## Thursday 30 March

### 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.

### Romans 4.1-5

<sup>1</sup>What then are we to say was gained by Abraham, our ancestor according to the flesh? <sup>2</sup>For if Abraham was justified by works, he has something to boast about, but not before God. <sup>3</sup>For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' <sup>4</sup>Now to one who works, wages are not reckoned as a gift but as something due. <sup>5</sup>But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.



## Friday 31 March

### Psalm 13

- 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 John 4.13-16

<sup>13</sup> By this we know that we abide in him and he in us, because he has given us of his Spirit. <sup>14</sup> And we have seen and do testify that the Father has sent his Son as the Saviour of the world. <sup>15</sup> God abides in those who confess that Jesus is the Son of God, and they abide in God. <sup>16</sup> So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.

## Saturday 1 April

### Psalm 145.10-11, 13-16, 21

- 10 All creation praises you, O Lord:  
and your faithful servants bless your name.
- 11 They speak of the glory of your kingdom:  
and tell of your great might,
- 13 Your kingdom is an everlasting kingdom:  
and your dominion endures through all generations.
- 14 The Lord upholds all those who stumble:  
and raises up those that are bowed down.
- 15 The eyes of all look to you in hope:  
and you give them their food in due season;
- 16 You open wide your hand:  
and fill all things living with your bounteous gift.
- 21 My mouth shall speak the praises of the Lord:  
and let all flesh bless his holy name, for ever and ever.

### Revelation 5.6a, 8b-10

- <sup>6</sup> Then I saw between the throne and the four living creatures and among the elders a Lamb standing as if it had been slaughtered. <sup>8</sup>The four living creatures and the twenty-four elders fell before the Lamb, each holding a harp and golden bowls full of incense, which are the prayers of the saints. <sup>9</sup>They sing a new song: 'You are worthy to take the scroll and to open its seals, for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation; <sup>10</sup> you have made them to be a kingdom and priests serving our God, and they will reign on earth.'



