



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

First Week in Lent

26th February - 4th March 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 February

Psalm 80.1-7, 17-19

- 1 Hear, O Shepherd of Israel,
you that led Joseph like a flock:
 you that are enthroned upon the cherubim,
 shine out in glory;
- 2 Before Ephraim, Benjamin and Manasseh:
 stir up your power, and come to save us.
- 3 Restore us again, O Lord of hosts:
 show us the light of your countenance,
 and we shall be saved.
- 4 O Lord God of hosts:
 how long will you be angry at your people's prayer?
- 5 You have fed them with the bread of tears:
 and given them tears to drink in good measure.
- 6 You have made us the victim of our neighbours:
 and our enemies laugh us to scorn.
- 7 Restore us again, O Lord of hosts:
 show us the light of your countenance,
 and we shall be saved.
- 17 Let your power rest on the man at your right hand:
 on that son of man
 whom you made so strong for yourself.
- 18 And so we shall not turn back from you:
 give us life, and we will call upon your name.
- 19 Restore us again, O Lord of hosts:
 show us the light of your countenance,
 and we shall be saved.

Hebrews 4.14-16

¹⁴ Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. ¹⁶ Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Monday 27 February

Psalm 85.1-7

- 1 O Lord, you were gracious to your land:
you restored the fortunes of Jacob.
- 2 You forgave the iniquity of your people:
and covered all their sin.
- 3 You put aside all your wrath:
and turned away from your fierce indignation.
- 4 Return to us again, O God our saviour:
and let your anger cease from us.
- 5 Will you be displeased with us for ever:
will you stretch out your wrath
from one generation to another?
- 6 Will you not give us life again:
that your people may rejoice in you?
- 7 Show us your mercy, O Lord:
and grant us your salvation.

Romans 13.8-10

⁸ Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. ⁹The commandments, 'You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet'; and any other commandment, are summed up in this word, 'Love your neighbour as yourself.' ¹⁰Love does no wrong to a neighbour; therefore, love is the fulfilling of the law.

Tuesday 28 February

Psalm 30.1-5, 10-12

- 1 I will exalt you, O Lord,
for you have drawn me up from the depths:
and have not suffered my foes to triumph over me.
- 2 O Lord my God, I cried to you:
and you have made me whole.
- 3 You brought me back, O Lord, from the land of silence:
you saved my life
from among those that go down to the Pit.
- 4 Sing praises to the Lord, all you his faithful ones:
and give thanks to his holy name.
- 5 For if in his anger is havoc,
in his good favour is life:
heaviness may endure for a night,
but joy comes in the morning.
- 10 'Hear, O Lord, and be merciful:
O Lord, be my helper.'
- 11 You have turned my lamentation into dancing:
you have put off my sackcloth and girded me with joy,
- 12 That my heart may sing your praise and never be silent:
O Lord my God, I will give you thanks for ever.

Ephesians 4.25-27, 30-32

²⁵ So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. ²⁶ Be angry but do not sin; do not let the sun go down on your anger, ²⁷ and do not make room for the devil. ³⁰ And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹ Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³² and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

Wednesday 1 March

Psalm 137.1-6

- 1 By the waters of Babylon we sat down and wept:
when we remembered Zion.
- 2 As for our harps we hung them up:
upon the trees that are in that land.
- 3 For there those who led us away captive
required of us a song:
and those who had despoiled us demanded mirth,
saying 'Sing us one of the songs of Zion.'
- 4 How can we sing the Lord's song in a strange land?
- 5 If I forget you, O Jerusalem:
let my right hand forget its mastery.
- 6 Let my tongue cling to the roof of my mouth:
if I do not remember you,
if I do not prefer Jerusalem above my chief joy.

2 Peter 3.8-10

⁸ But do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day. ⁹The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance. ¹⁰But the day of the Lord will come like a thief, and then the heavens will pass away with a loud noise, and the elements will be dissolved with fire, and the earth and everything that is done on it will be disclosed.

Thursday 2 March

Psalm 145.1-8

- 1 I will exalt you, O God my king:
I will bless your name for ever and ever.
- 2 Every day will I bless you:
and praise your name for ever and ever.
- 3 Great is the Lord, and wonderfully worthy to be praised:
his greatness is past searching out.
- 4 One generation shall praise your works to another:
and declare your mighty acts.
- 5 As for me, I will be talking
of the glorious splendour of your majesty:
I will tell the story of your marvellous works.
- 6 All people shall speak of the power of your terrible deeds:
and I will proclaim your greatness.
- 7 Their lips shall flow with the remembrance
of your abundant goodness:
they shall shout for joy at your righteousness.
- 8 The Lord is gracious and compassionate:
slow to anger and of great goodness.

1 John 3.21-24

²¹Beloved, if our hearts do not condemn us, we have boldness before God; ²²and we receive from him whatever we ask, because we obey his commandments and do what pleases him. ²³And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. ²⁴All who obey his commandments abide in him, and he abides in them. And by this we know that he abides in us, by the Spirit that he has given us.

Friday 3 March

Psalm 119.9-16

- 9 How shall the young keep their path pure:
unless they hold to your word?
- 10 I have sought you with my whole heart:
let me not stray from your commandments.
- 11 I have treasured your words in my heart:
that I might not sin against you.
- 12 Blessed are you, Lord God:
O teach me your statutes.
- 13 With my lips I have been telling:
all the judgements of your mouth;
- 14 And I find more joy in the way of your commands:
than in all manner of riches.
- 15 I will meditate on your precepts:
and give heed to your ways;
- 16 For my delight is wholly in your statutes:
and I will not forget your word.

Romans 2.1-4

²Therefore you have no excuse, whoever you are, when you judge others; for in passing judgement on another you condemn yourself, because you, the judge, are doing the very same things. ²You say, 'We know that God's judgement on those who do such things is in accordance with truth.' ³Do you imagine, whoever you are, that when you judge those who do such things and yet do them yourself, you will escape the judgement of God? ⁴Or do you despise the riches of his kindness and forbearance and patience? Do you not realize that God's kindness is meant to lead you to repentance?

Saturday 4 March

Psalm 81.1-3, 6-10

- 1 O sing joyfully to God our strength:
shout in triumph to the God of Jacob.
- 2 Make music and beat upon the drum:
sound the lute and the melodious harp.
- 3 Blow the ram's horn at the new moon:
and at the full moon of our day of festival.
- 6 I heard a voice that I had not known, saying:
'I eased your shoulders of the burden,
and your hands were freed from the load.
- 7 'You called to me in trouble, and I rescued you:
I answered you from the secret place of my thunder,
I put you to the test at the waters of Meribah.
- 8 'Listen, my people, and I will admonish you:
O Israel, if only you would hear me.
- 9 'There shall be no strange god among you:
nor shall you bow down to an alien god.
- 10 'I am the Lord your God,
who brought you up from the land of Egypt:
open wide your mouth, and I will fill it.

Romans 8.31-34

³¹ What then are we to say about these things? If God is for us, who is against us? ³² He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? ³³ Who will bring any charge against God's elect? It is God who justifies. ³⁴ Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us.

