



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Fourth Week in Lent

19<sup>th</sup> March - 25<sup>th</sup> 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 19 March

### 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.

### 2 Samuel 23.1b-4

- <sup>1</sup> The oracle of David, son of Jesse,  
the oracle of the man whom God exalted,  
the anointed of the God of Jacob,  
the favourite of the Strong One of Israel:
- <sup>2</sup> The spirit of the Lord speaks through me,  
his word is upon my tongue.
- <sup>3</sup> The God of Israel has spoken,  
the Rock of Israel has said to me:  
One who rules over people justly,  
ruling in the fear of God,
- <sup>4</sup> is like the light of morning,  
like the sun rising on a cloudless morning,  
gleaming from the rain on the grassy land.

## Monday 20 March

### Psalm 112.1-9

- 1 O praise the Lord. Blessed are they that fear the Lord:  
and greatly delight in his commandments.
- 2 Their children shall be mighty in the land:  
an upright race who will be blessed.
- 3 Riches and plenty shall be in their house:  
and their righteousness shall stand for ever.
- 4 Light arises in darkness for the upright:  
gracious and merciful are the righteous.
- 5 It goes well with those who act generously and lend:  
who guide their affairs with justice.
- 6 Surely they shall never be moved:  
the righteous shall be held in everlasting remembrance.
- 7 They will not fear bad tidings:  
their hearts are steadfast, trusting in the Lord.
- 8 Their hearts are confident and will not fear:  
they will see the downfall of their enemies.
- 9 They give freely to the poor:  
their righteousness stands for ever,  
their head is uplifted in glory.

### Sirach 14.20, 15.1-4, 6

- <sup>20</sup> Happy is the person who meditates on wisdom  
and reasons intelligently,
- <sup>1</sup>Whoever fears the Lord will do this,  
and whoever holds to the law will obtain wisdom.
- <sup>2</sup> She will come to meet him like a mother,  
and like a young bride she will welcome him.
- <sup>3</sup> She will feed him with the bread of learning,  
and give him the water of wisdom to drink.
- <sup>4</sup> He will lean on her and not fall,  
and he will rely on her and not be put to shame.
- <sup>6</sup> He will find gladness and a crown of rejoicing,  
and will inherit an everlasting name.

## Tuesday 21 March

### Psalm 33.8-12, 18-21

- 8 Let the whole earth fear the Lord:  
and let all the inhabitants of the world  
stand in awe of him.
- 9 For he spoke, and it was done:  
he commanded, and it stood fast.
- 10 The Lord frustrates the counsels of the nations:  
he brings to nothing the devices of the peoples.
- 11 But the counsels of the Lord shall endure for ever:  
the purposes of his heart from generation to generation.
- 12 Blessed is that nation whose God is the Lord:  
the people he chose to be his own possession.
- 18 To deliver them from death:  
and to feed them in the time of dearth.
- 19 We have waited eagerly for the Lord:  
for he is our help and our shield.
- 20 Surely our hearts shall rejoice in him:  
for we have trusted in his holy name.
- 21 Let your merciful kindness be upon us, O Lord:  
even as our hope is in you.

### Zechariah 14.6-9

<sup>6</sup>On that day there shall not be either cold or frost. <sup>7</sup>And there shall be continuous day (it is known to the Lord), not day and not night, for at evening time there shall be light. <sup>8</sup>On that day living waters shall flow out from Jerusalem, half of them to the eastern sea and half of them to the western sea; it shall continue in summer as in winter. <sup>9</sup>And the Lord will become king over all the earth; on that day the Lord will be one and his name one.

## Wednesday 22 March

### Psalm 104.26-33

- 26 Lord, how various are your works:  
in wisdom you have made them all,  
and the earth is full of your creatures.
- 27 There is the wide, immeasurable sea:  
there move living things without number, great and small;
- 28 There go the ships, to and fro:  
and there is that Leviathan  
whom you formed to sport in the deep.
- 29 These all look to you:  
to give them their food in due season.
- 30 When you give it to them, they gather it:  
when you open your hand  
they are satisfied with good things.
- 31 When you hide your face, they are troubled:  
when you take away their breath,  
they die and return to their dust.
- 32 When you send forth your spirit they are created:  
and you renew the face of the earth.
- 33 May the glory of the Lord endure for ever:  
may the Lord rejoice in his works.

### Deuteronomy 32.36-37, 38b-39

- <sup>36</sup> Indeed the Lord will vindicate his people,  
have compassion on his servants,  
when he sees that their power is gone,  
neither bond nor free remaining.
- <sup>37</sup> Then he will say: Where are their gods,  
the rock in which they took refuge?
- <sup>38</sup> Let them rise up and help you,  
let them be your protection!
- <sup>39</sup> See now that I, even I, am he;  
there is no god besides me.  
I kill and I make alive;  
I wound and I heal;  
and no one can deliver from my hand.

## Thursday 23 March

### Psalm 86.11-17

- 11 Show me your way, O Lord, and I will walk in your truth:  
let my heart delight to fear your name.
- 12 I will praise you, O Lord my God, with all my heart:  
and I will glorify your name for ever.
- 13 For great is your abiding love toward me:  
and you have delivered my life  
from the lowest depths of the grave.
- 14 The insolent, O God, have risen against me:  
a ruthless band seek my life,  
they have not set God before their eyes.
- 15 But you, Lord, are a God gracious and compassionate:  
slow to anger, full of goodness and truth.
- 16 Turn to me and be merciful,  
give your strength to your servant:  
and save the child of your handmaid.
- 17 Show me some token of your goodness:  
that those who hate me may see it and be ashamed,  
because you, Lord, are my helper and my comforter.

### Numbers 14.13-14a, 15-16, 19

<sup>13</sup> But Moses said to the Lord, 'Then the Egyptians will hear of it, for in your might you brought up this people from among them, <sup>14</sup>and they will tell the inhabitants of this land. <sup>15</sup>Now if you kill this people all at one time, then the nations who have heard about you will say, <sup>16</sup>"It is because the Lord was not able to bring this people into the land he swore to give them that he has slaughtered them in the wilderness."  
<sup>19</sup>Forgive the iniquity of this people according to the greatness of your steadfast love, just as you have pardoned this people, from Egypt even until now.'









