



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Daily Prayer in Lent

14-20 March 2021



# Sunday

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 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.

## Reading

The people spoke against God and against Moses, 'Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.' Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, 'We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us.' So Moses prayed for the people. And the Lord said to Moses, 'Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live.'

*Numbers 21.5a, 6-8*

## 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.**

# Monday

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 71.1-6

- 1 To you, Lord, have I come for shelter:  
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:  
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:  
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:  
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:  
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:  
you are he that brought me out of my mother's womb,  
and my praise is of you continually.

## Reading

Look towards the east, O Jerusalem,

and see the joy that is coming to you from God.

Look, your children are coming, whom you sent away;

they are coming, gathered from east and west,

at the word of the Holy One,

rejoicing in the glory of God.

Take off the garment of your sorrow and affliction, O Jerusalem,

and put on for ever the beauty of the glory from God.

Put on the robe of the righteousness that comes from God;

put on your head the diadem of the glory of the Everlasting;

for God will show your splendour everywhere under heaven.

For God will give you evermore the name,

'Righteous Peace, Godly Glory'.

*Baruch 4.36-5.4*

## 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.**



# Tuesday

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.  
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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 142.2-5b, 6-8

- 2 I pour out my complaint before him:  
and tell him all my trouble.
- 3 When my spirit is faint within me, you know my path:  
in the way where I walk  
they have hidden a snare for me.
- 4 I look to my right hand and see:  
but no one will know me;
- 5 All escape is gone:  
and there is no one who cares for me.
- 6 I call to you, O Lord, I say 'You are my refuge:  
you are my portion in the land of the living.'
- 7 Heed my loud crying, for I am brought very low:  
O save me from my persecutors,  
for they are too strong for me.
- 8 Bring me out of the prison-house:  
that I may praise your name.

## Reading

On that day there shall not be either cold or frost. 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.

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.

And the Lord will become king over all the earth; on that day the Lord will be one and his name one.

*Zechariah 14.6-9*

## 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*

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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.**

# Wednesday

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;

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## Praise

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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 135.1b-6, 13-14

- 1 Praise him, you servants of the Lord,
- 2 Who stand in the house of the Lord:  
in the courts of the house of our God.
- 3 Praise the Lord, for the Lord is gracious:  
sing praises to his name, for it is good.
- 4 For the Lord has chosen Jacob for himself:  
and Israel as his own possession.
- 5 I know that the Lord is great:  
and that our Lord is above all gods.
- 6 He does whatever he wills, in heaven and upon the earth:  
in the seas and in the great depths.
- 13 O Lord, your name shall endure for ever:  
so shall your renown, throughout all generations.
- 14 For the Lord will vindicate his people:  
he will take pity on his servants.

## Reading

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.  
Then he will say: Where are their gods,  
    the rock in which they took refuge,  
who ate the fat of their sacrifices,  
    and drank the wine of their libations?  
Let them rise up and help you,  
    let them be your protection!  
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.

*Deuteronomy 32.36-37, 38b-39*

## 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;  
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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  
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**Save us from the time of trial  
and deliver us from evil.**

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now and forever. Amen.**

### **The Conclusion**

May God bless us and show us compassion and mercy.

**Amen.**

# Thursday

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;

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## Praise

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Lord Jesus, in your mercy heal us;  
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*Anselm (1109)*

## The Word of God

### Psalm 2.1-4, 6-9

- 1 Why are the nations in tumult:  
and why do the peoples cherish a vain dream?
- 2 The kings of the earth rise up  
and the rulers conspire together:  
against the Lord and against his anointed, saying,
- 3 'Let us break their bonds asunder:  
let us throw off their chains from us.'
- 4 He that dwells in heaven shall laugh them to scorn:  
the Lord will hold them in derision.
- 6 I will announce the Lord's decree,  
that which he has spoken:  
'You are my son, this day have I begotten you.
- 7 'Ask of me,  
and I will give you the nations for your inheritance:  
the uttermost parts of the earth for your possession.
- 8 'You may break them with a rod of iron:  
and shatter them in pieces like a potter's vessel.'
- 9 Now therefore be wise, O kings:  
be advised, you that are judges of the earth.

## Reading

You will say on that day:

I will give thanks to you, O Lord,  
for though you were angry with me,  
your anger turned away,  
and you comforted me.

Surely God is my salvation;

I will trust, and will not be afraid,  
for the Lord God is my strength and my might;  
he has become my salvation.

With joy you will draw water from the wells of salvation. And you will say on that day:

Give thanks to the Lord,  
call on his name;  
make known his deeds among the nations;  
proclaim that his name is exalted.

*Isaiah 12.1-4*

## 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*

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your Son was baptized and tempted as we are.  
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that we may not avoid struggle,  
but open ourselves to blessing,  
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and the heaven-rending words of the Spirit. Amen.



### *Closing Prayer*

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**Amen.**

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### *The Lord's Prayer*

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**Save us from the time of trial  
and deliver us from evil.**

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now and forever. Amen.**

### **The Conclusion**

May God bless us and show us compassion and mercy.

**Amen.**

# Friday

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

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## The Word of God

### Psalm 112.1b-9

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and greatly delight in his commandments.
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- 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.

## Reading

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

*Sirach 14.20, 15.1-4, 6*

## 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,  
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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.**

# Saturday

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;  
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for the beauty of heaven may your love prepare us.

*Anselm (1109)*

## The Word of God

### Psalm 122

- 1 Lord, how numerous are my enemies:  
many they are that rise against me.
- 2 Many there are that talk of me and say:  
'Here is one who has no help in God.'
- 3 But you, Lord, are about me as a shield:  
you are my glory, and the lifter up of my head.
- 4 I cry to the Lord with a loud voice:  
and he answers me from his holy hill.
- 5 I lay myself down and sleep:  
I wake again, because the Lord sustains me.
- 6 Therefore I will not be afraid  
of the multitudes of the nations:  
who have set themselves against me on every side.
- 7 Arise, Lord, and deliver me, O my God:  
for you will strike all my enemies upon the cheek,  
you will break the teeth of the ungodly.
- 8 Deliverance belongs to the Lord:  
O let your blessing be upon your people.

## Reading

But there will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations.

The people who walked in darkness  
have seen a great light;  
those who lived in a land of deep darkness—  
on them light has shined.

For all the boots of the tramping warriors  
and all the garments rolled in blood  
shall be burned as fuel for the fire.

*Isaiah 8.23-9.2, 5a*

## 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,  
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*Closing Prayer*

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## **The Conclusion**

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**Amen.**

