



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Daily Prayer in Lent
21-27 February 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 51.11-19

- 11 Do not cast me out from your presence:
do not take your holy spirit from me.
- 12 O give me the gladness of your help again:
and support me with a willing spirit.
- 13 Then will I teach transgressors your ways:
and sinners shall turn to you again.
- 14 O Lord God of my salvation, deliver me from bloodshed:
and my tongue shall sing of your righteousness.
- 15 O Lord, open my lips:
and my mouth shall proclaim your praise.
- 16 You take no pleasure in sacrifice, or I would give it:
burnt-offerings you do not want.
- 17 The sacrifice of God is a broken spirit:
a broken and contrite heart, O God, you will not despise.
- 18 In your graciousness do good to Zion:
rebuild the walls of Jerusalem.
- 19 Then will you delight in right sacrifices,
in burnt-offerings and oblations:
then will they offer young bulls upon your altar.

Reading

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

Romans 6.3-5

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

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Anselm (1109)

The Word of God

Psalm 3

- 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

Yet even now, says the Lord,
return to me with all your heart,
with fasting, with weeping, and with mourning;
rend your hearts and not your clothing.

Return to the Lord, your God,
for he is gracious and merciful,
slow to anger, and abounding in steadfast love,
and relents from punishing.

Who knows whether he will not turn and relent,
and leave a blessing behind him,
a grain-offering and a drink-offering
for the Lord, your God?

Joel 2.12-14

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

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The Conclusion

May God bless us and show us compassion and mercy.

Amen.

Tuesday

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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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Anselm (1109)

The Word of God

Psalm 6

- 1 O Lord, rebuke me not in your indignation:
nor chasten me in your fierce displeasure.
- 2 Have mercy upon me, O Lord, for I am weak:
O Lord, heal me, for my very bones are afraid.
- 3 My soul also is greatly troubled:
and you, Lord—how long will you delay?
- 4 Turn again, O Lord, and deliver my soul:
O save me for your mercy's sake.
- 5 For in death no one remembers you:
and who can give you thanks from the grave?
- 6 I am wearied with my groaning:
every night I drown my bed with weeping,
and water my couch with my tears.
- 7 My eyes waste away for sorrow:
they grow dim because of all my enemies.
- 8 Away from me, all you that do evil:
for the Lord has heard the voice of my weeping.

- 9 The Lord has heard my supplication:
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and
greatly dismayed:
they shall turn back and be confounded in a moment.

Reading

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

1 Corinthians 9.24 -27

Response

Silence

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The Conclusion

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Amen.

Wednesday

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O Lord, make haste to help us.

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Praise

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Anselm (1109)

The Word of God

Psalm 11

- 1 In the Lord I have found my refuge:
how then can you say to me
'Flee like a bird to the mountains;
- 2 'Look how the wicked make ready the bow,
and notch their arrows upon the string:
to shoot from the darkness at the true of heart;
- 3 'If the foundations are destroyed:
what can the righteous do?'
- 4 The Lord is in his holy place,
the Lord is enthroned in heaven:
his eyes search out, his glance tries the children of Adam.
- 5 He tries the righteous and the wicked:
and those that delight in violence his soul abhors.
- 6 He will rain down coals of fire and brimstone
upon the wicked:
a scorching wind shall be their cup to drink.
- 7 For the Lord is righteous and loves righteous acts:
the upright shall see his face.

Reading

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

Romans 7.21-25a

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Psalm 12

- 1 Help, Lord, for there is not one godly person left:
the faithful have vanished from among
the children of Adam.
- 2 Everyone tells lies to their neighbour:
they flatter with their lips,
but speak from a double heart.
- 3 If only the Lord would cut off all flattering lips:
and the tongue that speaks so proudly!
- 4 They say 'By our tongues we shall prevail:
our lips are our servants—who is lord over us?'
- 5 Because of the oppression of the poor,
because of the groaning of the needy:
'I will arise', says the Lord,
'and set them in safety from those that
snarl after them.'
- 6 The words of the Lord are pure,
as silver refined in a crucible:
as gold that is seven times purified in the fire.

7 You will surely guard us, O Lord:
and shield us for ever from this evil generation,
8 Though the ungodly strut on every side:
though the vilest lord it over the children of Adam.

Reading

Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?
Then your light shall break forth like the dawn,
and your healing shall spring up quickly;
your vindicator shall go before you,
the glory of the Lord shall be your rearguard.
Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.
If you remove the yoke from among you,
the pointing of the finger, the speaking of evil,

Isaiah 58.6-9a

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The Word of God

Psalm 32

- 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.
- 7 For this cause shall everyone that is faithful
make their prayer to you in the day of trouble:
and in the time of the great water-flood,
it shall not come near them.

- 8 You are a place to hide me in,
you will preserve me from trouble:
you will surround me with deliverance on every side.
- 9 'I will instruct you, and direct you in the way that you should go:
I will fasten my eye upon you, and give you counsel.
- 10 'Be not like horse or mule, that have no understanding:
whose forward course must be curbed with bit and bridle.'
- 11 Great tribulations remain for the ungodly:
but whoever puts their trust in the Lord,
mercy embraces them on every side.
- 12 Rejoice in the Lord, you righteous, and be glad:
and shout for joy, all you that are true of heart.

Reading

'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven.

'So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

Matthew 6.1-4

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The Word of God

Psalm 148.1b-6

- 1 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.

Reading

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'

Genesis 12.1-3

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