



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Daily Prayer in Lent

21-26 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 95

- 1 O come, let us sing out to the Lord:  
let us shout in triumph to the rock of our salvation.
- 2 Let us come before his face with thanksgiving:  
and cry out to him joyfully in psalms.
- 3 For the Lord is a great God:  
and a great king above all gods.
- 4 In his hand are the depths of the earth:  
and the peaks of the mountains are his also.
- 5 The sea is his and he made it:  
his hands moulded dry land.
- 6 Come, let us worship and bow down:  
and kneel before the Lord our maker.
- 7 For he is the Lord our God:  
we are his people and the sheep of his pasture.
- 8 Today if only you would hear his voice—  
'Do not harden your hearts as at Meribah:  
as on that day at Massah in the wilderness;

- 9 'When your forebears tested me:  
put me to proof, though they had seen my works.
- 10 'Forty years long I loathed that generation and said:  
"It is a people who err in their hearts,  
for they do not know my ways";
- 11 'Of whom I swore in my wrath:  
"They shall not enter my rest."

## Reading

Beloved, if our hearts do not condemn us, we have boldness before God; and we receive from him whatever we ask, because we obey his commandments and do what pleases him.

And 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. All 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.

*1 John 3.21-24*

## 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 93

- 1 The Lord is king, and has put on robes of glory:  
the Lord has put on his glory,  
he has girded himself with strength.
- 2 He has made the world so firm:  
that it cannot be moved.
- 3 Your throne is established from of old:  
you are from everlasting.
- 4 The floods have lifted up, O Lord,  
the floods have lifted up their voice:  
the floods lift up their pounding.
- 5 But mightier than the sound of many waters,  
than the mighty waters or the breakers of the sea:  
the Lord on high is mighty.
- 6 Your decrees are very sure:  
and holiness, O Lord, adorns your house for ever.

## Reading

Who will bring any charge against God's elect? It is God who justifies. 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. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, 'For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.' No, in all these things we are more than conquerors through him who loved us.

*Romans 8.33-37*

## 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;  
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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 119.33-40

- 33 Teach me, O Lord, the way of your statutes:  
and I will honour it to the end.
- 34 Give me understanding, that I may keep your law:  
that I may keep it with my whole heart.
- 35 Guide me in the path of your commandments:  
for therein is my delight.
- 36 Incline my heart to your commands:  
and not to selfish gain.
- 37 Turn away my eyes from looking on vanities:  
as I walk in your way give me life.
- 38 Make good your promise to your servant:  
the promise that endures for all who fear you.
- 39 Turn aside the taunts that I dread:  
for your judgements are very good.
- 40 Lord, I long for your precepts:  
in your righteousness give me life.

## Reading

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, 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. 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.  
So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day.

*2 Corinthians 4.13-16*

## 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.**

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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;

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

## Praise

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Lord Jesus, in your mercy heal us;  
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In your compassion bring grace and forgiveness,  
for the beauty of heaven may your love prepare us.

*Anselm (1109)*

## The Word of God

### Psalm 119.41-48

- 41 Let your loving mercy come to me, O Lord:  
and your salvation, according to your word.
- 42 Then I shall have an answer for those who reproach me:  
for I trust in your word.
- 43 Do not take the word of truth utterly out of my mouth:  
for in your judgements is my hope.
- 44 Let me keep your law continually:  
O let me keep it for ever.
- 45 And so I shall walk at liberty:  
because I have sought your precepts.
- 46 I shall speak of your commands before kings:  
and shall not be put to shame.
- 47 My delight shall be in your commandments:  
which I have greatly loved;
- 48 I shall worship you with outstretched hands:  
and I shall meditate on your statutes.

## Reading

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. 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, having become as much superior to angels as the name he has inherited is more excellent than theirs.

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'?

*Hebrews 1.2-5*

## Response

*Silence*

Blessed are the merciful,  
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*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 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,  
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**Give us today our daily bread.**

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**Save us from the time of trial  
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### **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;  
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 87

- 1 He has founded it upon a holy hill:  
and the Lord loves the gates of Zion  
more than all the dwellings of Jacob.
- 2 Glorious things shall be spoken of you:  
O Zion, city of our God.
- 3 I might speak of my kindred in Egypt or in Babylon:  
in Philistia, Tyre or Nubia, where each was born.
- 4 But of Zion it shall be said:  
many were born in her,  
he that is Most High has established her.
- 5 When the Lord draws up the record of the nations:  
he shall take note where everyone was born.
- 6 And the singers and the dancers together:  
shall make their song to your name.

## Reading

In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

*Ephesians 1.11-14*

## Response

*Silence*

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*Matthew 5.7*

## Prayer

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*Prayer of the Season*

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*Closing Prayer*

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save that of knowing that we do your will.

**Amen.**

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*The Lord's Prayer*

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## **The Conclusion**

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**Amen.**

# Friday

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*Anselm (1109)*

## The Word of God

### Psalm 40.2-6

- 2 He brought me up from the pit of roaring waters,  
out of the mire and clay:  
and set my feet upon a rock, and made firm my foothold.
- 3 And he has put a new song in my mouth:  
even a song of thanksgiving to our God.
- 4 Many shall see it and fear:  
and shall put their trust in the Lord.
- 5 Blessed are those who have made the Lord their hope:  
who have not turned to the proud,  
or to those who wander in deceit.
- 6 O Lord my God, great are the wonderful things  
which you have done,  
and your thoughts which are towards us:  
there is none to be compared with you;

## Reading

By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and do testify that the Father has sent his Son as the Saviour of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God. 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.

*1 John 4.13-16*

## Response

*Silence*

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**for they will receive mercy.**

*Matthew 5.7*

## Prayer

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*Ignatius of Loyola (1556)*

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## **The Conclusion**

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**Amen.**

# Saturday

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## Praise

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for the beauty of heaven may your love prepare us.

*Anselm (1109)*

## The Word of God

### Psalm 73.1-3, 21-26

- 1 God is indeed good to Israel:  
to those whose hearts are pure.
- 2 Nevertheless, my feet were almost gone:  
my steps had well-nigh slipped.
- 3 For I was filled with envy at the boastful:  
when I saw the ungodly had such tranquillity.
- 21 When my heart was soured:  
and I was wounded to the core,
- 22 I was but brutish and ignorant:  
no better than a beast before you.
- 23 Nevertheless, I am always with you:  
for you hold me by my right hand.
- 24 You will guide me with your counsel:  
and afterwards you will lead me to glory.
- 25 Whom have I in heaven but you?:  
and there is no one upon earth  
that I desire in comparison with you.
- 26 Though my flesh and my heart fail me:  
you, O God, are my portion for ever.

## Reading

He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross.

And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him— provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel.

*Colossians 1.18b-23*

## Response

*Silence*

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**for they will receive mercy.**

*Matthew 5.7*

## Prayer

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*Prayer of the Season*

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**Amen.**

*Ignatius of Loyola (1556)*

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### **The Conclusion**

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**Amen.**

