



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Daily Prayer in Lent

7-13 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 119.17-24

- 17 O be bountiful to your servant that I may live:  
in obedience to your word.
- 18 Take away the veil from my eyes:  
that I may see the wonders of your law.
- 19 I am but a stranger on the earth:  
do not hide your commandments from me.
- 20 My soul is consumed with longing:  
for your judgements day and night.
- 21 You have rebuked the proud:  
and cursed are those who stray  
from your commandments;
- 22 Turn away from me their reproach and scorn:  
for I have kept your commands.
- 23 Though princes sit and plot together against me:  
your servant shall meditate on your statutes;
- 24 For your commands are my delight:  
and they are counsellors in my defence.

## Reading

So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the Lord, the God of your ancestors, is giving you. You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, 'Surely this great nation is a wise and discerning people!' For what other great nation has a god so near to it as the Lord our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today?

*Deuteronomy 4.1a,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 70

- 1 O God, be pleased to deliver me:  
O Lord, make haste to help me.
- 2 Let them be put to shame and confounded  
who seek my life:  
let them be turned back and disgraced who wish me evil.
- 3 Let them turn away for shame:  
who say to me 'Aha, aha!'
- 4 Let all who seek you be joyful and glad because of you:  
let those who love your salvation  
say always 'God is great.'
- 5 As for me, I am poor and needy:  
O God, be swift to save me.
- 6 You are my helper and my deliverer:  
O Lord, make no delay.

## Reading

But now, irrespective of law, the righteousness of God has been disclosed, and is attested by the law and the prophets, the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, since all have sinned and fall short of the glory of God; they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.

*Romans 3.21-26*

## 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.

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 131

- 1 O Lord, my heart is not proud:  
nor are my eyes haughty.
- 2 I do not busy myself in great matters:  
or in things too wonderful for me.
- 3 But I have calmed and quieted my soul  
like a weaned child upon its mother's breast:  
like a child on its mother's breast is my soul within me.
- 4 O Israel, trust in the Lord:  
from this time forward and for ever.

## Reading

But when the goodness and loving-kindness of God our Saviour appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit. This Spirit he poured out on us richly through Jesus Christ our Saviour, so that, having been justified by his grace, we might become heirs according to the hope of eternal life.

*Titus 3.4-7*

## **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.  
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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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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you are gentle with us as a mother with her children.  
Despair turns to hope through your sweet goodness;  
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Your warmth gives life to the dead,  
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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 40.12-17

- 12 I have not hidden your righteousness in my heart:  
I have spoken of your faithfulness and of your salvation.
- 13 I have not kept back your loving-kindness and your truth:  
from the great congregation.
- 14 O Lord, do not withhold your mercy from me:  
let your loving-kindness and your truth  
ever preserve me.
- 15 For innumerable troubles have come upon me:  
my sins have overtaken me, and I cannot see.
- 16 They are more in number than the hairs of my head:  
therefore my heart fails me.
- 17 Be pleased, O Lord, to deliver me:  
O Lord, make haste to help me.

## Reading

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God. For

‘All flesh is like grass

and all its glory like the flower of grass.

The grass withers,

and the flower falls,

but the word of the Lord endures for ever.’

That word is the good news that was announced to you.

*1 Peter 1.22-25*

## 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.

# 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;

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

## Praise

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Your warmth gives life to the dead,  
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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 67

- 1 Let God be gracious to us and bless us:  
and make his face shine upon us,
- 2 That your ways may be known on earth:  
your liberating power among all nations.
- 3 Let the peoples praise you, O God:  
let all the peoples praise you.
- 4 Let the nations be glad and sing:  
for you judge the peoples with integrity,  
and govern the nations upon earth.
- 5 Let the peoples praise you, O God:  
let all the peoples praise you.
- 6 Then the earth will yield its fruitfulness:  
and God, our God, will bless us.
- 7 God shall bless us:  
and all the ends of the earth will fear him.

## Reading

For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

*1 Corinthians 1.21-25*

## 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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that we may not avoid struggle,  
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*Closing Prayer*

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**Amen.**

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*The Lord's Prayer*

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and deliver us from evil.**

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now and forever. Amen.**

## **The Conclusion**

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**Amen.**

# Friday

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**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;  
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 125

- 1 Those who put their trust in the Lord  
shall be as Mount Zion:  
    which cannot be shaken, but endures for ever.
- 2 As the mountains stand about Jerusalem,  
so stands the Lord about his people:  
    from this time forward for evermore.
- 3 For the sceptre of wickedness shall have no sway  
over the land apportioned to the righteous:  
    lest the righteous set their hands to do evil.
- 4 Do good, O Lord, to those who are good:  
    to those that are upright in heart.
- 5 As for those who turn aside to crooked ways,  
let the Lord lead them away with the evildoers:  
    and in Israel let there be peace.

## Reading

Grace, mercy, and peace will be with us from God the Father and from Jesus Christ, the Father's Son, in truth and love.

I was overjoyed to find some of your children walking in the truth, just as we have been commanded by the Father. But now, dear lady, I ask you, not as though I were writing you a new commandment, but one we have had from the beginning, let us love one another. And this is love, that we walk according to his commandments; this is the commandment just as you have heard it from the beginning—you must walk in it.

*2 John 3-6*

## 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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*Closing Prayer*

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**Amen.**

*Ignatius of Loyola (1556)*

*The Lord's Prayer*

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and deliver us from evil.**

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## **The Conclusion**

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**Amen.**

# Saturday

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**O Lord, make haste to help us.**

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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 122

- 1 I was glad when they said to me:  
    'Let us go to the house of the Lord.'
- 2 And now our feet are standing:  
    within your gates, O Jerusalem;
- 3 Jerusalem which is built as a city:  
    where the pilgrims gather in unity.
- 4 There the tribes go up, the tribes of the Lord:  
    as he commanded Israel,  
    to give thanks to the name of the Lord.
- 5 There are set thrones of judgement:  
    the thrones of the house of David.
- 6 O pray for the peace of Jerusalem:  
    may those who love you prosper.
- 7 Peace be within your walls:  
    and prosperity in your palaces.
- 8 For the sake of my kindred and companions:  
    I will pray that peace be with you.
- 9 For the sake of the house of the Lord our God:  
    I will seek for your good.

## Reading

Little children, let no one deceive you. Everyone who does what is right is righteous, just as he is righteous. Everyone who commits sin is a child of the devil; for the devil has been sinning from the beginning. The Son of God was revealed for this purpose, to destroy the works of the devil. Those who have been born of God do not sin, because God's seed abides in them; they cannot sin, because they have been born of God. The children of God and the children of the devil are revealed in this way: all who do not do what is right are not from God, nor are those who do not love their brothers and sisters.

*1 John 3.7-10*

## 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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*Closing Prayer*

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save that of knowing that we do your will.

**Amen.**

*Ignatius of Loyola (1556)*

*The Lord's Prayer*

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## **The Conclusion**

May God bless us and show us compassion and mercy.

**Amen.**

