



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

June 12<sup>th</sup> - June 18<sup>th</sup> 2022

Prayer in the Middle of the Day

## *Sunday Daily Prayer*

### **Preparation**

O God, make speed to save us.

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

Your words have I hidden within my heart,

**that I should not sin against you.**

*Psalm 119.11*

### **Praise**

We praise you, O God,  
we acclaim you as the Lord;  
all creation worships you,  
the Father everlasting.

To you all angels, all the powers of heaven,  
the cherubim and seraphim, sing in endless praise:  
Holy, holy, holy Lord, God of power and might,  
heaven and earth are full of your glory.

*from Te Deum Laudamus*

# The Word of God

## Psalm 139.1-10

- 1 O Lord, you have searched me out and known me:  
you know when I sit or when I stand,  
you comprehend my thoughts long before.
- 2 You discern my path and the places where I rest:  
you are acquainted with all my ways.
- 3 For there is not a word on my tongue:  
but you, Lord, know it altogether.
- 4 You have encompassed me behind and before:  
and have laid your hand upon me.
- 5 Such knowledge is too wonderful for me:  
so high that I cannot endure it.
- 6 Where shall I go from your spirit:  
or where shall I flee from your presence?
- 7 If I ascend into heaven you are there:  
if I make my bed in the grave you are there also.
- 8 If I spread out my wings towards the morning:  
or dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me:  
and your right hand shall hold me.
- 10 If I say 'Surely the darkness will cover me:  
and the night will enclose me'.

## Ephesians 3.8-12

<sup>8</sup>Although I am the very least of all the saints, this grace was given to me to bring to the Gentiles the news of the boundless riches of Christ, <sup>9</sup>and to make everyone see what is the plan of the mystery hidden for ages in God who created all things; <sup>10</sup>so that through the church the wisdom of God in its rich variety might now be made known to the rulers and authorities in the heavenly places. <sup>11</sup>This was in accordance with the eternal purpose that he has carried out in Christ Jesus our Lord, <sup>12</sup>in whom we have access to God in boldness and confidence through faith in him.

## Response

*Silence*

Jesus said, I am the living bread that came down from heaven.

**Whoever eats of this bread will live for ever.**

*John 6.51a*

## Prayer

*Concluding Prayer*

Christ be with me, Christ within me,

Christ behind me, Christ before me,

Christ beside me, Christ to win me,

Christ to comfort and restore me.

Christ beneath me, Christ above me,

Christ in quiet, Christ in danger,

Christ in hearts of all that love me,

Christ in mouth of friend and stranger. **Amen.**

*from St Patrick's Breastplate*

*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 who made both heaven and earth bless us.

**Amen.**

## ***Monday Daily Prayer***

### **Preparation**

O God, make speed to save us.

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

Let the words of my mouth and the meditation of my heart

**be acceptable in your sight, O Lord,**

**my strength and my redeemer.**

*Psalm 19.14*

### **Praise**

I bind unto myself today  
the strong name of the Trinity,  
by invocation of the same,  
the Three in One, and One in Three.  
Of whom all nature hath creation;  
eternal Father, Spirit, Word:  
Praise to the Lord of my salvation,  
salvation is of Christ the Lord.

*from St Patrick's Breastplate*

# 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.

## James 2.5-8

<sup>5</sup>Listen, my beloved brothers and sisters. Has not God chosen the poor in the world to be rich in faith and to be heirs of the kingdom that he has promised to those who love him? <sup>6</sup>But you have dishonoured the poor. Is it not the rich who oppress you? Is it not they who drag you into court? <sup>7</sup>Is it not they who blaspheme the excellent name that was invoked over you? <sup>8</sup>You do well if you really fulfil the royal law according to the scripture, 'You shall love your neighbour as yourself.'

## Response

*Silence*

Jesus said, I am the true vine.

**My Father is glorified by this, that you bear much fruit.**

*John 15.1a,8*

## Prayer

*Concluding Prayer*

Eternal light, shine into our hearts,  
eternal goodness, deliver us from evil,  
eternal power, be our support,  
eternal wisdom, scatter the darkness of our ignorance,  
eternal pity, have mercy upon us;  
that with all our heart and mind and soul and strength  
we may seek your face and be brought by your infinite mercy  
to your holy presence;  
through Jesus Christ our Lord. **Amen.**

*Alcuin of York (804)*

*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 the work of our hands.

**Amen.**

## *Tuesday Daily Prayer*

### **Preparation**

O God, make speed to save us.

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

To you, O Lord, I lift up my soul.

**O my God, in you I trust.**

*Psalm 25.1a*

### **Praise**

I am giving you worship with all my life,

I am giving you obedience with all my power,

I am giving you praise with all my strength,

I am giving you honour with all my speech.

I am giving you love with all my heart,

I am giving you affection with all my sense,

I am giving you my being with all my mind,

I am giving you my soul, O most high and holy God.

Praise to the Father,

Praise to the Son,

Praise to the Spirit,

The Three in One.

*adapted from Alexander Carmichael,  
Carmina Gadelica (1900)*



# 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.

## Romans 12.17-21

<sup>17</sup>Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. <sup>18</sup>If it is possible, so far as it depends on you, live peaceably with all. <sup>19</sup>Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' <sup>20</sup>No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' <sup>21</sup>Do not be overcome by evil, but overcome evil with good.

## Response

*Silence*

Jesus said, I am the light of the world.

**Whoever follows me will have the light of life.**

*John 8.12*

## Prayer

*Concluding Prayer*

Eternal God,  
the light of the minds that know you,  
the joy of the hearts that love you,  
and the strength of the wills that serve you:  
grant us so to know you  
that we may truly love you,  
so to love you that we may truly serve you,  
whose service is perfect freedom;  
through Jesus Christ our Lord. **Amen.**

*after Augustine of Hippo (430)*

*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 Christ our redeemer bring us healing and wholeness.

**Amen.**

## ***Wednesday Daily Prayer***

### **Preparation**

O God, make speed to save us.

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

Make me to know your ways, O Lord,  
**and teach me your paths.**

*Psalm 25.3*

### **Praise**

You, Christ, are the King of glory,  
the eternal Son of the Father.

When you took our flesh to set us free

you humbly chose the Virgin's womb.

You overcame the sting of death

and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

*from Te Deum Laudamus*

# 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.

## 2 Corinthians 10.14-18

<sup>14</sup>For we were not overstepping our limits when we reached you; we were the first to come all the way to you with the good news of Christ. <sup>15</sup>We do not boast beyond limits, that is, in the labours of others; but our hope is that, as your faith increases, our sphere of action among you may be greatly enlarged, <sup>16</sup>so that we may proclaim the good news in lands beyond you, without boasting of work already done in someone else's sphere of action. <sup>17</sup>'Let the one who boasts, boast in the Lord.' <sup>18</sup>For it is not those who commend themselves that are approved, but those whom the Lord commends.

## Response

*Silence*

Jesus said, I am the way, and the truth, and the life.

**No one comes to the Father except through me.**

*John 14.6*

## Prayer

*Concluding Prayer*

O Lord our God,

grant us grace to desire you with our whole heart;

that so desiring, we may seek and find you;

and so finding may love you;

and so loving, may hate those sins from which

you have delivered us;

through Jesus Christ our Lord.

**Amen.**

*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 grant to the world justice, truth and peace. **Amen.**

## *Thursday Daily Prayer*

### **Preparation**

O God, make speed to save us.

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

Teach me to do what pleases you, for you are my God;

**let your kindly spirit lead me on a level path.**

*Psalm 143.10*

### **Praise**

Come, my Way, my Truth, my Life:

Such a Way, as gives us breath:

Such a Truth, as ends all strife:

And such a Life, as killeth death.

Come, my Light, my Feast, my Strength:

Such a Light, as shows a Feast:

Such a Feast, as mends in length:

Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:

Such a Joy, as none can move:

Such a Love, as none can part:

Such a Heart, as joys in Love.

*George Herbert (1633)*

# 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.

## 1 Corinthians 14.1-4, 5b

<sup>1</sup>Pursue love and strive for the spiritual gifts, and especially that you may prophesy. <sup>2</sup>For those who speak in a tongue do not speak to other people but to God; for nobody understands them, since they are speaking mysteries in the Spirit. <sup>3</sup>On the other hand, those who prophesy speak to other people for their building up and encouragement and consolation. <sup>4</sup>Those who speak in a tongue build up themselves, but those who prophesy build up the church. <sup>5</sup>Now I would like all of you to speak in tongues, but even more to prophesy. One who prophesies is greater than one who speaks in tongues, unless someone interprets, so that the church may be built up.

## Response

*Silence*

Jesus said, I am the gate for the sheep.

**I came that they may have life, and have it abundantly.**

*John 10.7,10b*

## Prayer

*Concluding Prayer*

O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the Spirit  
of Jesus Christ our Lord. **Amen.**

*Benedict of Nursia (c.550)*

*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 kindle in us the fire of love.

**Amen.**



## ***Friday Daily Prayer***

### **Preparation**

O God, make speed to save us.

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

Make me a clean heart, O God,

**and renew a right spirit within me.**

*Psalm 51.11*

### **Praise**

Jesus, Saviour of the world,  
come to us in your mercy:

we look to you to save and help us.

By your cross and your life laid down,  
you set your people free:

we look to you to save and help us.

When they were ready to perish, you saved your disciples:  
we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,  
forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;  
save us and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:  
hear our prayer and be with us always.

And when you come in your glory:  
make us to be one with you  
and to share the life of your kingdom.

# The Word of God

## Psalm 40.8-13

- 8 Sacrifice and offering you do not desire:  
but my ears you have marked for obedience;
- 9 Burnt-offering and sin-offering you have not required:  
then said I, Lo, I come.
- 10 In the scroll of the book it is written of me,  
that I should do your will:  
O my God, I long to do it, your law delights my heart.
- 11 I have declared your righteousness  
in the great congregation:  
I have not restrained my lips, O Lord,  
and that you know.
- 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.

## 1 Thessalonians 5.1-5a

<sup>1</sup>Now concerning the times and the seasons, brothers and sisters, you do not need to have anything written to you. <sup>2</sup>For you yourselves know very well that the day of the Lord will come like a thief in the night. <sup>3</sup>When they say, 'There is peace and security', then sudden destruction will come upon them, as labour pains come upon a pregnant woman, and there will be no escape! <sup>4</sup>But you, beloved, are not in darkness, for that day to surprise you like a thief; <sup>5</sup>for you are all children of light and children of the day; we are not of the night or of darkness.

## Response

*Silence*

Jesus said, I am the good shepherd.

**The good shepherd lays down his life for the sheep.**

*John 10.11*

## Prayer

*Concluding Prayer*

Lord Jesus Christ, we thank you

for all the benefits that you have won for us,

for all the pains and insults that you have borne for us.

Most merciful redeemer,

friend and brother,

may we know you more clearly,

love you more dearly,

and follow you more nearly,

day by day. **Amen.**

*after Richard of Chichester (1253)*

*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 Christ our Saviour give us peace.

**Amen.**

## ***Saturday Daily Prayer***

### **Preparation**

O God, make speed to save us.

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

Your love, O Lord, reaches to the heavens

**and your faithfulness to the clouds.**

*Psalm 36.5*

### **Praise**

What shall I give you, Lord, in return for all your kindness?

Glory to you for your love.

Glory to you for your patience.

Glory to you for forgiving us all our sins.

Glory to you for coming to save our souls.

Glory to you for your incarnation in the virgin's womb.

Glory to you for your bonds.

Glory to you for receiving the cut of the lash.

Glory to you for accepting mockery.

Glory to you for your crucifixion.

Glory to you for your burial.

Glory to you for your resurrection.

Glory to you that you were preached to all.

Glory to you in whom they believed.

*Ephrem the Syrian (373)*

# 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.

## Acts 2.44-47

<sup>44</sup>All who believed were together and had all things in common; <sup>45</sup>they would sell their possessions and goods and distribute the proceeds to all, as any had need. <sup>46</sup>Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, <sup>47</sup>praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

## Response

*Silence*

Jesus said, I am the resurrection and the life.

**Those who believe in me will never die.**

*cf John 11.25,26*

## Prayer

*Concluding Prayer*

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at mine end, and at my departing. **Amen.**

*Sarum Primer*

*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 Christ dwell in our hearts by faith.

**Amen.**



