



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

August 14th - August 20th 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 100

- 1 O shout to the Lord in triumph, all the earth:
serve the Lord with gladness,
and come before his face with songs of joy.
- 2 Know that the Lord he is God:
it is he who has made us and we are his;
we are his people and the sheep of his pasture.
- 3 Come into his gates with thanksgiving,
and into his courts with praise:
give thanks to him, and bless his holy name.
- 4 For the Lord is good, his loving mercy is for ever:
his faithfulness throughout all generations.

Isaiah 63.19b-64.3

- ¹⁹ We have long been like those whom you do not rule,
like those not called by your name.
- ¹ O that you would tear open the heavens and come down,
so that the mountains would quake at your presence—
- ² as when fire kindles brushwood
and the fire causes water to boil—
to make your name known to your adversaries,
so that the nations might tremble at your presence!
- ³ When you did awesome deeds that we did not expect,
you came down, the mountains quaked at your presence.

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 138.1-3, 6-8

- 1 I will give you thanks, O Lord, with my whole heart:
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple
and give thanks to your name:
because of your faithfulness and your loving-kindness,
for you have made your name and your word
supreme over all things.
- 3 At a time when I called to you, you gave me answer:
and put new strength within my soul.
- 6 For though the Lord is exalted, he looks upon the lowly:
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,
yet will you preserve my life:
you will stretch out your hand against the fury of my
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:
your loving-kindness, O Lord, endures for ever;
do not forsake the work of your own hands.

Sirach 24.8-12

- ⁸ ‘Then the Creator of all things gave me a command,
and my Creator chose the place for my tent.
He said, “Make your dwelling in Jacob,
and in Israel receive your inheritance.”
- ⁹ Before the ages, in the beginning, he created me,
and for all the ages I shall not cease to be.
- ¹⁰ In the holy tent I ministered before him,
and so I was established in Zion.
- ¹¹ Thus in the beloved city he gave me a resting-place,
and in Jerusalem was my domain.
- ¹² I took root in an honoured people,
in the portion of the Lord, his heritage.

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 33.1-5, 19-21

- 1 Rejoice in the Lord, you righteous:
for it befits the just to praise him.
- 2 Give the Lord thanks upon the harp:
and sing his praise to the lute of ten strings.
- 3 O sing him a new song:
make sweetest melody, with shouts of praise.
- 4 For the word of the Lord is true:
and all his works are faithful.
- 5 He loves righteousness and justice:
the earth is filled with the loving-kindness of the Lord.
- 19 We have waited eagerly for the Lord:
for he is our help and our shield.
- 20 Surely our hearts shall rejoice in him:
for we have trusted in his holy name.
- 21 Let your merciful kindness be upon us, O Lord:
even as our hope is in you.

Job 28.12-13, 15-18

- ¹² 'But where shall wisdom be found?
And where is the place of understanding?
- ¹³ Mortals do not know the way to it,
and it is not found in the land of the living.
- ¹⁵ It cannot be bought for gold,
and silver cannot be weighed out as its price.
- ¹⁶ It cannot be valued in the gold of Ophir,
in precious onyx or sapphire.
- ¹⁷ Gold and glass cannot equal it,
nor can it be exchanged for jewels of fine gold.
- ¹⁸ No mention shall be made of coral or of crystal;
the price of wisdom is above pearls.

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 147.12-20

- 12 Praise the Lord, O Jerusalem:
sing praises to your God, O Zion.
- 13 For he has strengthened the bars of your gates:
and blessed your children within you.
- 14 He makes peace within your borders:
and satisfies you with the finest wheat.
- 15 He sends his command to the earth:
and his word runs very swiftly.
- 16 He gives snow like wool:
and scatters the hoar-frost like ashes.
- 17 He sprinkles his ice like morsels of bread:
and the waters harden at his frost.
- 18 He sends out his word and melts them:
he blows with his wind and the waters flow.
- 19 He made his word known to Jacob:
his statutes and judgements to Israel.
- 20 He has not dealt so with any other nation:
nor have they knowledge of his laws. Praise the Lord.

Jeremiah 31.10-12

- ¹⁰ Hear the word of the Lord, O nations,
and declare it in the coastlands far away;
say, 'He who scattered Israel will gather him,
and will keep him as a shepherd a flock.'
- ¹¹ For the Lord has ransomed Jacob,
and has redeemed him from hands too strong for him.
- ¹² They shall come and sing aloud on the height of Zion,
and they shall be radiant over the goodness of the Lord,
over the grain, the wine, and the oil,
and over the young of the flock and the herd;
their life shall become like a watered garden,
and they shall never languish again.

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 37.7-9, 35, 40-41

- 7 Be still before the Lord, and wait patiently for him:
do not be vexed when someone prospers,
when they put their evil purposes to work.
- 8 Let go of anger and abandon wrath:
let not envy move you to do evil.
- 9 For the wicked shall be cut down:
but those who wait for the Lord shall possess the land.
- 35 Wait for the Lord, and hold to his way:
and he will raise you up to possess the land,
to see the ungodly when they are destroyed.
- 40 Deliverance for the righteous shall come from the Lord:
he is their strength in time of trouble.
- 41 The Lord will help them and deliver them:
he will save them from the ungodly and deliver them,
because they come to him for refuge.

Deuteronomy 30.15-19a

¹⁵See, I have set before you today life and prosperity, death and adversity. ¹⁶If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. ¹⁷But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, ¹⁸I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. ¹⁹I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses.

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 51.10-17

- 10 Create in me a clean heart, O God:
and renew a right spirit within me.
- 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.

Deuteronomy 6.4-9

⁴Hear, O Israel: The Lord is our God, the Lord alone. ⁵You shall love the Lord your God with all your heart, and with all your soul, and with all your might. ⁶Keep these words that I am commanding you today in your heart. ⁷Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. ⁸Bind them as a sign on your hand, fix them as an emblem on your forehead, ⁹and write them on the doorposts of your house and on your gates.

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 124

- 1 If the Lord had not been on our side,
now may Israel say:
 if the Lord had not been on our side,
 when our enemies rose against us,
- 2 Then they would have swallowed us alive:
 when their anger was kindled against us.
- 3 Then the waters would have overwhelmed us,
and the torrent gone over us:
 the raging waters would have gone clean over us.
- 4 But praised be the Lord:
 who has not given us as a prey to their teeth.
- 5 We have escaped like a bird from the snare of the fowler:
 the snare is broken, and we have gone free.
- 6 Our help is in the name of the Lord:
 who has made heaven and earth.

Isaiah 6.1-4

¹In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. ²Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. ³And one called to another and said:

‘Holy, holy, holy is the Lord of hosts;
the whole earth is full of his glory.’

⁴The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke.

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.

