



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

August 21<sup>st</sup> - August 27<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 141.1-5, 9-11

- 1 O Lord, I call to you, make haste to help me:  
and hear my voice when I cry.
- 2 Let my prayer be as incense before you:  
and the lifting up of my hands as the evening sacrifice.
- 3 Set a guard, O Lord, on my mouth:  
and keep the door of my lips.
- 4 Let not my heart incline to evil speech,  
to join in wickedness with wrongdoers:  
let me not taste the pleasures of their table.
- 5 But let the righteous chastise me:  
and the faithful rebuke me.
- 9 But my eyes look to you, O Lord my God:  
to you I come for refuge, do not pour out my life.
- 10 Keep me from the snare that they have laid for me:  
and from the traps of the evildoers.
- 11 Let the wicked fall together into their own nets:  
whilst I pass safely by.

## Revelation 22.12-14, 17

<sup>12</sup> 'See, I am coming soon; my reward is with me, to repay according to everyone's work. <sup>13</sup> I am the Alpha and the Omega, the first and the last, the beginning and the end.' <sup>14</sup> Blessed are those who wash their robes, so that they will have the right to the tree of life and may enter the city by the gates.

<sup>17</sup> The Spirit and the bride say, 'Come.'

And let everyone who hears say, 'Come.'

And let everyone who is thirsty come.

Let anyone who wishes take the water of life as a gift.

## 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 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.

## Acts 5.27b-29, 40-42

<sup>27</sup> The high priest questioned them, <sup>28</sup>saying, 'We gave you strict orders not to teach in this name, yet here you have filled Jerusalem with your teaching and you are determined to bring this man's blood on us.' <sup>29</sup>But Peter and the apostles answered, 'We must obey God rather than any human authority. <sup>40</sup>and when they had called in the apostles, they had them flogged. Then they ordered them not to speak in the name of Jesus, and let them go. <sup>41</sup>As they left the council, they rejoiced that they were considered worthy to suffer dishonour for the sake of the name. <sup>42</sup>And every day in the temple and at home they did not cease to teach and proclaim Jesus as the Messiah.

## 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 119.89-96

- 89 Lord, your word is for ever:  
it stands firm in the heavens.
- 90 Your faithfulness abides from one generation to another:  
firm as the earth which you have made.
- 91 As for your judgements, they stand fast this day:  
for all things are your servants.
- 92 If your law had not been my delight:  
I would have perished in my affliction.
- 93 I will never forget your precepts:  
for by them you have given me life.
- 94 I am yours, O save me:  
for I have sought your precepts.
- 95 The wicked have lain in wait for me to destroy me:  
but I think on your commands.
- 96 I have seen that all perfection comes to an end:  
only your commandment has no bounds.

## Romans 2.12-15a

<sup>12</sup> All who have sinned apart from the law will also perish apart from the law, and all who have sinned under the law will be judged by the law. <sup>13</sup>For it is not the hearers of the law who are righteous in God's sight, but the doers of the law who will be justified. <sup>14</sup>When Gentiles, who do not possess the law, do instinctively what the law requires, these, though not having the law, are a law to themselves. <sup>15</sup>They show that what the law requires is written on their hearts, to which their own conscience also bears witness.

## 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 34.1-9

- 1 I will bless the Lord continually:  
his praise shall be always in my mouth.
- 2 Let my soul boast of the Lord:  
the humble shall hear it and rejoice.
- 3 O praise the Lord with me:  
let us exalt his name together.
- 4 For I sought the Lord's help and he answered:  
and he freed me from all my fears.
- 5 Look towards him and be bright with joy:  
your faces shall not be ashamed.
- 6 Here is a wretch who cried, and the Lord heard me:  
and saved me from all my troubles.
- 7 The angel of the Lord encamps round those who fear him:  
and delivers them in their need.
- 8 O taste and see that the Lord is good:  
happy are they that hide in him!
- 9 Fear the Lord, all you his holy ones:  
for those who fear him never lack.

## 1 Corinthians 4.1-5

<sup>1</sup>Think of us in this way, as servants of Christ and stewards of God's mysteries. <sup>2</sup>Moreover, it is required of stewards that they should be found trustworthy. <sup>3</sup>But with me it is a very small thing that I should be judged by you or by any human court. I do not even judge myself. <sup>4</sup>I am not aware of anything against myself, but I am not thereby acquitted. It is the Lord who judges me. <sup>5</sup>Therefore do not pronounce judgement before the time, before the Lord comes, who will bring to light the things now hidden in darkness and will disclose the purposes of the heart. Then each one will receive commendation from God.

## 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 132.1-4, 7-9

- 1 Lord, remember David and all his trouble:  
how he swore an oath to the Lord,  
and vowed to the Mighty One of Jacob;
- 2 'I will not enter the shelter of my house:  
nor climb into the comfort of my bed;
- 3 'I will not give sleep to my eyes:  
or slumber to my eyelids,
- 4 'Till I find out a place for the ark of the Lord:  
a dwelling for the Mighty One of Jacob.'
- 7 Arise, O Lord, into your resting-place:  
you, and the ark of your might.
- 8 Let your priests be clothed with righteousness:  
and let your faithful ones shout for joy.
- 9 For the sake of David your servant:  
do not turn away the face of your anointed.\

## Hebrews 6.9-12

<sup>9</sup>Even though we speak in this way, beloved, we are confident of better things in your case, things that belong to salvation. <sup>10</sup>For God is not unjust; he will not overlook your work and the love that you showed for his sake in serving the saints, as you still do. <sup>11</sup>And we want each one of you to show the same diligence, so as to realize the full assurance of hope to the very end, <sup>12</sup>so that you may not become sluggish, but imitators of those who through faith and patience inherit the promises.

## 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 102.1-2, 24-28

- 1 O Lord, hear my prayer:  
and let my cry come to you.
- 2 Do not hide your face from me in the day of my trouble:  
turn your ear to me;  
and when I call, be swift to answer.
- 24 Do not take me away, O God, in the midst of my life:  
you, whose years extend through all generations.
- 25 In the beginning you laid the foundations of the earth:  
and the heavens are the work of your hands.
- 26 They shall perish, but you will endure:  
they shall all grow old like a garment;  
like clothes you will change them,  
and they shall pass away.
- 27 But you are the same for ever:  
and your years will never fail.
- 28 The children of your servants shall rest secure:  
and their seed shall be established in your sight.

## Ephesians 5.14b-20

<sup>14</sup>Therefore it says,

‘Sleeper, awake!

Rise from the dead,

and Christ will shine on you.’

<sup>15</sup>Be careful then how you live, not as unwise people but as wise, <sup>16</sup>making the most of the time, because the days are evil. <sup>17</sup>So do not be foolish, but understand what the will of the Lord is. <sup>18</sup>Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, <sup>19</sup>as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, <sup>20</sup>giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

## 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 48.1-8

- 1 Great is the Lord and greatly to be praised:  
in the city of our God.
- 2 High and beautiful is his holy hill:  
it is the joy of all the earth.
- 3 On Mount Zion, where godhead truly dwells,  
stands the city of the Great King:  
God is well known in her palaces as a sure defence.
- 4 For the kings of the earth assembled:  
they gathered together and came on;
- 5 They saw, they were struck dumb:  
they were astonished and fled in terror.
- 6 Trembling took hold on them, and anguish:  
as on a woman in her travail;
- 7 Like the breath of the east wind:  
that shatters the ships of Tarshish.
- 8 As we have heard, so have we seen  
in the city of the Lord of hosts:  
in the city of our God,  
which God has established for ever.

## Galatians 6.7-10

<sup>7</sup>Do not be deceived; God is not mocked, for you reap whatever you sow. <sup>8</sup>If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. <sup>9</sup>So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. <sup>10</sup>So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

## 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.**



