



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

August 28th - September 3rd 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 118.5-9, 13-14

- 5 In my danger I called to the Lord:
he answered and set me free.
- 6 The Lord is on my side, I shall not fear:
what can flesh and blood do to me?
- 7 The Lord is at my side as my helper:
I shall see the downfall of my enemies.
- 8 It is better to take refuge in the Lord:
than to trust to flesh and blood:
- 9 It is better to take refuge in the Lord:
than to put your trust in princes.
- 13 I was pressed so hard that I almost fell:
but the Lord was my helper.
- 14 The Lord is my strength and my song:
and has become my salvation.

Tobit 4.7-11

⁷Give alms from your possessions, and do not let your eye begrudge the gift when you make it. Do not turn your face away from anyone who is poor, and the face of God will not be turned away from you. ⁸If you have many possessions, make your gift from them in proportion; if few, do not be afraid to give according to the little you have. ⁹So you will be laying up a good treasure for yourself against the day of necessity. ¹⁰For almsgiving delivers from death and keeps you from going into the Darkness. ¹¹Indeed, almsgiving, for all who practise it, is an excellent offering in the presence of the Most High.

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 65.4, 9-13

- 4 You will answer us in your righteousness
with terrible deeds, O God our saviour:
you that are the hope of all the ends of the earth
and of the distant seas;
- 9 The river of God is full of water:
and so providing for the earth,
you provide grain for us all.
- 10 You drench its furrows, you level the ridges between:
you soften it with showers and bless its early growth.
- 11 You crown the year with your goodness:
and the tracks where you have passed drip with fatness.
- 12 The pastures of the wilderness run over:
and the hills are girded with joy.
- 13 The meadows are clothed with sheep:
and the valleys stand so thick with corn,
they shout for joy and sing.

2 Kings 5.9-14

⁹So Naaman came with his horses and chariots, and halted at the entrance of Elisha's house. ¹⁰Elisha sent a messenger to him, saying, 'Go, wash in the Jordan seven times, and your flesh shall be restored and you shall be clean.' ¹¹But Naaman became angry and went away, saying, 'I thought that for me he would surely come out, and stand and call on the name of the Lord his God, and would wave his hand over the spot, and cure the leprosy! ¹²Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them, and be clean?' He turned and went away in a rage. ¹³But his servants approached and said to him, 'Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, "Wash, and be clean"?' ¹⁴So he went down and immersed himself seven times in the Jordan, according to the word of the man of God; his flesh was restored like the flesh of a young boy, and he was clean.

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 142.1-3, 6-9

- 1 I call to the Lord with a loud voice:
with loud voice I entreat his favour.
- 2 I pour out my complaint before him:
and tell him all my trouble.
- 3 When my spirit is faint within me, you know my path:
in the way where I walk
they have hidden a snare for me.
- 6 I call to you, O Lord, I say 'You are my refuge:
you are my portion in the land of the living.'
- 7 Heed my loud crying, for I am brought very low:
O save me from my persecutors,
for they are too strong for me.
- 8 Bring me out of the prison-house:
that I may praise your name.
- 9 When you have given me my reward:
then will the righteous gather about me.

Wisdom 13.1-5

¹For all people who were ignorant of God were foolish by nature; and they were unable from the good things that are seen to know the one who exists, nor did they recognize the artisan while paying heed to his works; ² but they supposed that either fire or wind or swift air, or the circle of the stars, or turbulent water, or the luminaries of heaven were the gods that rule the world. ³ If through delight in the beauty of these things people assumed them to be gods, let them know how much better than these is their Lord, for the author of beauty created them. ⁴ And if people were amazed at their power and working, let them perceive from them how much more powerful is the one who formed them. ⁵ For from the greatness and beauty of created things comes a corresponding perception of their Creator.

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 144.1-4

- 1 Blessed be the Lord my rock:
 who teaches my hands to war and my fingers to fight;
- 2 My strength and my stronghold,
 my fortress and my deliverer:
 my shield, to whom I come for refuge,
 who subdues the peoples under me.
- 3 Lord, what are we, that you should be mindful of us:
 what are we, that you should consider us?
- 4 Flesh and blood is but a breath of wind:
 our days are like a shadow that passes away.

Numbers 11.25b-29

²⁵And when the spirit rested upon them, they prophesied. But they did not do so again.²⁶ Two men remained in the camp, one named Eldad, and the other named Medad, and the spirit rested on them; they were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. ²⁷And a young man ran and told Moses, 'Eldad and Medad are prophesying in the camp.' ²⁸And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, 'My lord Moses, stop them!' ²⁹But Moses said to him, 'Are you jealous for my sake? Would that all the Lord's people were prophets, and that the Lord would put his spirit on them!'

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.

Psalms 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 2.1-4, 6-7, 9-11

- 1 Why are the nations in tumult:
and why do the peoples cherish a vain dream?
- 2 The kings of the earth rise up
and the rulers conspire together:
against the Lord and against his anointed, saying,
- 3 'Let us break their bonds asunder:
let us throw off their chains from us.'

- 4 He that dwells in heaven shall laugh them to scorn:
the Lord will hold them in derision.
- 6 I will announce the Lord's decree,
that which he has spoken:
'You are my son, this day have I begotten you.
- 7 'Ask of me,
and I will give you the nations for your inheritance:
the uttermost parts of the earth for your possession.
- 9 Now therefore be wise, O kings:
be advised, you that are judges of the earth.
- 10 Serve the Lord with awe,
and govern yourselves in fear and trembling:
lest he be angry, and you perish in your course.
- 11 For his wrath is quickly kindled:
blessed are those that turn to him for refuge.

Isaiah 44.24-27

- ²⁴ Thus says the Lord, your Redeemer,
who formed you in the womb:
I am the Lord, who made all things,
who alone stretched out the heavens,
who by myself spread out the earth;
²⁵ who frustrates the omens of liars,
and makes fools of diviners;
who turns back the wise,
and makes their knowledge foolish;
²⁶ who confirms the word of his servant,
and fulfils the prediction of his messengers;
who says of Jerusalem, 'It shall be inhabited',
and of the cities of Judah, 'They shall be rebuilt,
and I will raise up their ruins';
²⁷ who says to the deep, 'Be dry—
I will dry up your rivers';

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 12

- 1 Help, Lord, for there is not one godly person left:
the faithful have vanished from among
the children of Adam.
- 2 Everyone tells lies to their neighbour:
they flatter with their lips,
but speak from a double heart.
- 3 If only the Lord would cut off all flattering lips:
and the tongue that speaks so proudly!
- 4 They say 'By our tongues we shall prevail:
our lips are our servants—who is lord over us?'
- 5 Because of the oppression of the poor,
because of the groaning of the needy:
'I will arise', says the Lord,
'and set them in safety from those that
snarl after them.'
- 6 The words of the Lord are pure,
as silver refined in a crucible:
as gold that is seven times purified in the fire.
- 7 You will surely guard us, O Lord:
and shield us for ever from this evil generation,
- 8 Though the ungodly strut on every side:
though the vilest lord it over the children of Adam.

Daniel 2.20-23a

- ²⁰ Daniel said:
'Blessed be the name of God from age to age,
for wisdom and power are his.
- ²¹ He changes times and seasons,
deposes kings and sets up kings;
he gives wisdom to the wise
and knowledge to those who have understanding.
- ²² He reveals deep and hidden things;
he knows what is in the darkness,
and light dwells with him.
- ²³ To you, O God of my ancestors,
I give thanks and praise.

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 121

- 1 I lift up my eyes to the hills:
but where shall I find help?
- 2 My help comes from the Lord:
who has made heaven and earth.
- 3 He will not suffer your foot to stumble:
and he who watches over you will not sleep.
- 4 Be sure he who has charge of Israel:
will neither slumber nor sleep.
- 5 The Lord himself is your keeper:
the Lord is your defence upon your right hand;
- 6 The sun shall not strike you by day:
nor shall the moon by night.
- 7 The Lord will defend you from all evil:
it is he who will guard your life.
- 8 The Lord will defend your going out and your coming in:
from this time forward for evermore.

1 Samuel 21.2-5

²David said to the priest Ahimelech, 'The king has charged me with a matter, and said to me, "No one must know anything of the matter about which I send you, and with which I have charged you." I have made an appointment with the young men for such and such a place. ³Now then, what have you at hand? Give me five loaves of bread, or whatever is here.' ⁴The priest answered David, 'I have no ordinary bread at hand, only holy bread—provided that the young men have kept themselves from women.' ⁵David answered the priest, 'Indeed, women have been kept from us as always when I go on an expedition; the vessels of the young men are holy even when it is a common journey; how much more today will their vessels be holy?'

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.

