



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

September 4th - September 10th 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'.

Colossians 3.1-4, 9-10

¹So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth, ³for you have died, and your life is hidden with Christ in God. ⁴When Christ who is your life is revealed, then you also will be revealed with him in glory. ⁹Do not lie to one another, seeing that you have stripped off the old self with its practices ¹⁰and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator.

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 31.9-10, 16-18

- 9 Have mercy upon me, O Lord, for I am in trouble:
my eye wastes away for grief,
my throat also and my inward parts.
- 10 For my life wears out in sorrow,
and my years with sighing:
my strength fails me in my affliction,
and my bones are consumed.
- 16 But in you, Lord, have I put my trust:
I have said 'You are my God.'
- 17 All my days are in your hand:
O deliver me from the power of my enemies
and from my persecutors.
- 18 Make your face to shine upon your servant:
and save me for your mercy's sake.

Romans 12.17-21

¹⁷Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸If it is possible, so far as it depends on you, live peaceably with all. ¹⁹Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' ²⁰No, '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.' ²¹Do not be overcome by evil, but overcome evil with good.

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 26.1-3, 6-12

- 1 Give judgement for me, O Lord,
for I have walked in my integrity:
I have trusted in the Lord and not wavered.
- 2 Put me to the test, O Lord, and prove me:
try my mind and my heart.
- 3 For your steadfast love has been ever before my eyes:
and I have walked in your truth.
- 6 I wash my hands in innocence, O Lord:
that I may go about your altar,
- 7 And lift up the voice of thanksgiving:
to tell of all your marvellous works.
- 8 Lord, I love the house of your habitation:
and the place where your glory dwells.
- 9 Do not sweep me away with sinners:
nor my life with those that thirst for blood,
- 10 In whose hand is abomination:
and their right hand is full of bribes.
- 11 As for me, I walk in my integrity:
O ransom me and be favourable toward me.
- 12 My foot stands on an even path:
I will bless the Lord in the great congregation.

Revelation 21.9-11a, 12, 14

⁹Then one of the seven angels who had the seven bowls full of the seven last plagues came and said to me, 'Come, I will show you the bride, the wife of the Lamb.' ¹⁰And in the spirit he carried me away to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God. ¹¹It has the glory of God and a radiance like a very rare jewel, like jasper, clear as crystal. ¹²It has a great, high wall with twelve gates, and at the gates twelve angels, and on the gates are inscribed the names of the twelve tribes of the Israelites; ¹⁴And the wall of the city has twelve foundations, and on them are the twelve names of the twelve apostles of the Lamb.

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 105.1-9

- 1 O give thanks to the Lord and call upon his name:
tell among the peoples what things he has done.
- 2 Sing to him, O sing praises:
and be telling of all his marvellous works.
- 3 Exult in his holy name:
and let those that seek the Lord be joyful in heart.
- 4 Seek the Lord and his strength:
O seek his face continually.
- 5 Call to mind what wonders he has done:
his marvellous acts, and the judgements of his mouth,
- 6 O seed of Abraham his servant:
O children of Jacob his chosen one.
- 7 For he is the Lord our God:
and his judgements are in all the earth.
- 8 He has remembered his covenant for ever:
the word that he ordained for a thousand generations,
- 9 The covenant that he made with Abraham:
the oath that he swore to Isaac.

Hebrews 12.25-29

²⁵See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! ²⁶At that time his voice shook the earth; but now he has promised, 'Yet once more I will shake not only the earth but also the heaven.' ²⁷This phrase 'Yet once more' indicates the removal of what is shaken—that is, created things—so that what cannot be shaken may remain. ²⁸Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; ²⁹for indeed our God is a consuming fire.

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 113

- 1 Praise the Lord, O sing praises, you that are his servants:
O praise the name of the Lord.
- 2 Let the name of the Lord be blessed:
from this time forward and for ever.
- 3 From the rising of the sun to its going down:
let the name of the Lord be praised.
- 4 The Lord is exalted over all the nations:
and his glory is above the heavens.
- 5 Who can be likened to the Lord our God:
in heaven or upon the earth,
- 6 Who has his dwelling so high:
yet condescends to look on things beneath?
- 7 He raises the lowly from the dust:
and lifts the poor from out of the dungheap;
- 8 He gives them a place among the princes:
even among the princes of his people.
- 9 He causes the barren woman to keep house:
and makes her a joyful mother of children.
Praise the Lord.

Revelation 21.3-5

³And I heard a loud voice from the throne saying,

‘See, the home of God is among mortals.

He will dwell with them;

they will be his peoples,

and God himself will be with them;

⁴ he will wipe every tear from their eyes.

Death will be no more;

mourning and crying and pain will be no more,

for the first things have passed away.’

⁵And the one who was seated on the throne said, ‘See, I am making all things new.’ Also he said, ‘Write this, for these words are trustworthy and true.’

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 85.8-13

- 8 I will hear what the Lord God will speak:
for he will speak peace to his people,
to his faithful ones, whose hearts are turned to him.
- 9 Truly his salvation is near to those that fear him:
and his glory shall dwell in our land.
- 10 Mercy and truth are met together:
righteousness and peace have kissed each other;
- 11 Truth shall flourish out of the earth:
and righteousness shall look down from heaven.
- 12 The Lord will also give us all that is good:
and our land shall yield its plenty.
- 13 For righteousness shall go before him:
and tread the path before his feet.

2 Corinthians 11.24-28

²⁴Five times I have received from the Jews the forty lashes minus one. ²⁵Three times I was beaten with rods. Once I received a stoning. Three times I was shipwrecked; for a night and a day I was adrift at sea; ²⁶on frequent journeys, in danger from rivers, danger from bandits, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers and sisters; ²⁷in toil and hardship, through many a sleepless night, hungry and thirsty, often without food, cold and naked. ²⁸And, besides other things, I am under daily pressure because of my anxiety for all the churches.

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 110

- 1 The Lord said to my lord:
 'Sit at my right hand,
 until I make your enemies your footstool.'
- 2 The Lord commits to you the sceptre of your power:
 reign from Zion in the midst of your enemies.
- 3 Noble are you, from the day of your birth
upon the holy hill:
 radiant are you, even from the womb,
 in the morning dew of your youth.
- 4 The Lord has sworn and will not turn back:
 'You are a priest for ever after the order of Melchizedek.'
- 5 The king shall stand at your right hand, O Lord:
 and shatter kings in the day of his wrath.
- 6 Glorious in majesty, he shall judge among the nations:
 and shatter heads over a wide land.
- 7 He shall slake his thirst from the brook beside the way:
 therefore shall he lift up his head.

Romans 12.1-3a, 3c-5

¹I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. ³For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. ⁴For as in one body we have many members, and not all the members have the same function, ⁵so we, who are many, are one body in Christ, and individually we are members one of another.

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.

