



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

September 11th - September 17th 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.

Jeremiah 31.18-20

- ¹⁸ Indeed I heard Ephraim pleading:
'You disciplined me, and I took the discipline;
I was like a calf untrained.
Bring me back, let me come back,
for you are the Lord my God.
- ¹⁹ For after I had turned away I repented;
and after I was discovered, I struck my thigh;
I was ashamed, and I was dismayed
because I bore the disgrace of my youth.'
- ²⁰ Is Ephraim my dear son?
Is he the child I delight in?
As often as I speak against him,
I still remember him.
Therefore I am deeply moved for him;
I will surely have mercy on him,
says the Lord.

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 61

- 1 Hear my loud crying, O God:
and give heed to my prayer.
- 2 From the ends of the earth I call to you
when my heart faints:
O set me on the rock that is higher than I.
- 3 For you have been my refuge:
and my strong tower against the enemy.
- 4 I will dwell in your tent for ever:
and find shelter in the covering of your wings.
- 5 For you have heard my vows, O God:
you have granted the desire of those that fear your name.
- 6 You will give the king long life:
and his years shall endure through many generations.
- 7 He shall dwell before God for ever:
loving-kindness and truth shall be his guard.
- 8 So will I ever sing praises to your name:
while I daily perform my vows.

Jeremiah 32.37a, 38-41

³⁷See, I am going to gather them from all the lands to which I drove them in my anger and my wrath and in great indignation. ³⁸They shall be my people, and I will be their God. ³⁹I will give them one heart and one way, that they may fear me for all time, for their own good and the good of their children after them. ⁴⁰I will make an everlasting covenant with them, never to draw back from doing good to them; and I will put the fear of me in their hearts, so that they may not turn from me. ⁴¹I will rejoice in doing good to them, and I will plant them in this land in faithfulness, with all my heart and all my soul.

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 28.1-2, 7-10

- 1 To you will I cry, O Lord my rock,
be not deaf to my prayer:
lest, if you turn away silent,
I become like those that go down to the grave.
- 2 Hear the voice of my supplication
when I cry to you for help:
when I lift up my hands
toward the holiest place of your sanctuary.
- 7 Let the Lord's name be praised:
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,
in him my heart trusts and I am helped:
therefore my heart dances for joy,
and in my song will I praise him.
- 9 The Lord is the strength of his people:
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:
be their shepherd, and bear them up for ever.

2 Kings 4.32-37

³² When Elisha came into the house, he saw the child lying dead on his bed. ³³ So he went in and closed the door on the two of them, and prayed to the Lord. ³⁴ Then he got up on the bed and lay upon the child, putting his mouth upon his mouth, his eyes upon his eyes, and his hands upon his hands; and while he lay bent over him, the flesh of the child became warm. ³⁵ He got down, walked once to and fro in the room, then got up again and bent over him; the child sneezed seven times, and the child opened his eyes. ³⁶ Elisha summoned Gehazi and said, 'Call the Shunammite woman.' So he called her. When she came to him, he said, 'Take your son.' ³⁷ She came and fell at his feet, bowing to the ground; then she took her son and left.

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 96.1-3, 8-13

- 1 O sing to the Lord a new song:
sing to the Lord, all the earth.
- 2 Sing to the Lord and bless his holy name:
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations:
and his wonders among all peoples.
- 8 Render to the Lord the honour due to his name:
bring offerings and come into his courts.
- 9 O worship the Lord in the beauty of his holiness:
let the whole earth stand in awe of him.
- 10 Say among the nations that the Lord is king:
he has made the world so firm
that it can never be moved;
and he shall judge the peoples with equity.
- 11 Let the heavens rejoice and let the earth be glad:
let the sea roar, and all that fills it:
- 12 Let the fields rejoice, and everything in them:
then shall all the trees of the wood
shout with joy before the Lord;
- 13 For he comes, he comes to judge the earth:
he shall judge the world with righteousness,
and the peoples with his truth.

Wisdom 16.5-7

⁵ For when the terrible rage of wild animals came upon your people and they were being destroyed by the bites of writhing serpents, your wrath did not continue to the end; ⁶ they were troubled for a little while as a warning, and received a symbol of deliverance to remind them of your law's command. ⁷ For the one who turned towards it was saved, not by the thing that was beheld, but by you, the Saviour of all.

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 5.1-2, 7, 11-13

- 1 Hear my words, O Lord, give heed to my groaning:
listen to my cry, you that are my king and my God.
- 2 In the morning when I pray to you,
surely you will hear my voice:
at daybreak I lay my prayers before you, and look up.
- 7 Lead me, O Lord, in your righteousness,
for my enemies lie in wait:
make straight your way before me.
- 11 But let all who put their trust in you rejoice:
let them shout with joy for ever.
- 12 Be the defender of those who love your name:
let them exult because of you.
- 13 For you will bless, O Lord, those that are righteous:
you will cover them with your favour as with a shield.

2 Maccabees 7.20-23

²⁰ The mother was especially admirable and worthy of honourable memory. Although she saw her seven sons perish within a single day, she bore it with good courage because of her hope in the Lord. ²¹ She encouraged each of them in the language of their ancestors. Filled with a noble spirit, she reinforced her woman's reasoning with a man's courage, and said to them, ²² 'I do not know how you came into being in my womb. It was not I who gave you life and breath, nor I who set in order the elements within each of you. ²³ Therefore the Creator of the world, who shaped the beginning of humankind and devised the origin of all things, will in his mercy give life and breath back to you again, since you now forget yourselves for the sake of his laws.'

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 14.1-4, 7

- 1 Fools have said in their hearts 'There is no God':
they have all become vile and abominable in their doings,
there is not one that does good.
- 2 The Lord looked down from heaven
upon the children of Adam:
to see if there were any who would act wisely
and seek after God.
- 3 But they have all turned out of the way,
they have all alike become corrupt:
there is none that does good, no not one.
- 4 Are all the evildoers devoid of understanding:
who eat up my people as they eat bread,
and do not pray to the Lord?
- 7 O that deliverance for Israel might come forth
from Zion:
when the Lord turns again the fortunes of his people,
then shall Jacob rejoice and Israel be glad.

Tobit 6.16, 18b

¹⁶ But Raphael said to him, 'Do you not remember your father's orders when he commanded you to take a wife from your father's house? Now listen to me, brother, and say no more about this demon. Take her. I know that this very night she will be given to you in marriage. ¹⁸ Now when you are about to go to bed with her, both of you must first stand up and pray, imploring the Lord of heaven that mercy and safety may be granted to you. Do not be afraid, for she was set apart for you before the world was made. You will save her, and she will go with you. I presume that you will have children by her, and they will be as brothers to you. Now say no more!' When Tobias heard the words of Raphael and learned that she was his kinswoman, related through his father's lineage, he loved her very much, and his heart was drawn to her.

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 101.1-3, 7-8

- 1 My song shall be of steadfastness and justice:
to you, Lord, will I sing.
- 2 I will be wise in the way of innocence:
O when will you come to me?
- 3 I will walk within my house:
in purity of heart.
- 7 My eyes shall look to the faithful in the land,
and they shall make their home with me:
those who walk in the way of innocence,
they shall minister to me.
- 8 No one who practises deceit shall live in my house:
no one who utters lies shall stand in my sight.

Sirach 17.1-3, 7-10

- ¹The Lord created human beings out of earth,
and makes them return to it again.
- ²He gave them a fixed number of days,
but granted them authority over everything on the earth.
- ³He endowed them with strength like his own,
and made them in his own image.
- ⁷He filled them with knowledge and understanding,
and showed them good and evil.
- ⁸He put the fear of him into their hearts
to show them the majesty of his works.
- ⁹And they will praise his holy name,
- ¹⁰to proclaim the grandeur of his works.

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.

