



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

September 18th - September 24th 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 123

- 1 To you I lift up my eyes:
you who are enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their master:
or as the eyes of a maid toward the hand of her mistress,
- 3 So our eyes look to the Lord our God:
until he show us his mercy.
- 4 Have mercy upon us, O Lord, have mercy upon us:
for we have had our fill of derision.
- 5 Our souls overflow with the mockery of those at ease:
and with the contempt of the proud.

1 Corinthians 4.1-5

¹Think of us in this way, as servants of Christ and stewards of God's mysteries. ²Moreover, it is required of stewards that they should be found trustworthy. ³But 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. ⁴I am not aware of anything against myself, but I am not thereby acquitted. It is the Lord who judges me. ⁵Therefore 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 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 29.1-4, 7-10

- 1 Ascribe to the Lord, you powers of heaven:
ascribe to the Lord glory and might.
- 2 Ascribe to the Lord the honour due to his name:
O worship the Lord in the beauty of his holiness.
- 3 The voice of the Lord is upon the waters:
the God of glory thunders,
the Lord upon the great waters.
- 4 The voice of the Lord is mighty in operation:
the voice of the Lord is a glorious voice.
- 7 The voice of the Lord divides the lightning-flash:
the voice of the Lord whirls the sands of the desert,
the Lord whirls the desert of Kadesh.
- 8 The voice of the Lord rends the terebinth trees,
and strips bare the forests:
in his temple all cry 'Glory.'
- 9 The Lord sits enthroned above the water-flood:
the Lord sits enthroned as a king for ever.
- 10 The Lord will give strength to his people:
the Lord will give to his people the blessing of peace.

1 Corinthians 13.4-8a

⁴ Love is patient; love is kind; love is not envious or boastful or arrogant ⁵or rude. It does not insist on its own way; it is not irritable or resentful; ⁶it does not rejoice in wrongdoing, but rejoices in the truth. ⁷It bears all things, believes all things, hopes all things, endures all things. ⁸ Love never ends.

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 131

- 1 O Lord, my heart is not proud:
nor are my eyes haughty.
- 2 I do not busy myself in great matters:
or in things too wonderful for me.
- 3 But I have calmed and quieted my soul
like a weaned child upon its mother's breast:
like a child on its mother's breast is my soul within me.
- 4 O Israel, trust in the Lord:
from this time forward and for ever.

James 2.8-13

⁸You do well if you really fulfil the royal law according to the scripture, 'You shall love your neighbour as yourself.' ⁹But if you show partiality, you commit sin and are convicted by the law as transgressors. ¹⁰For whoever keeps the whole law but fails in one point has become accountable for all of it. ¹¹For the one who said, 'You shall not commit adultery', also said, 'You shall not murder.' Now if you do not commit adultery but if you murder, you have become a transgressor of the law. ¹²So speak and so act as those who are to be judged by the law of liberty. ¹³For judgement will be without mercy to anyone who has shown no mercy; mercy triumphs over judgement.

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 34.1-8

- 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!

2 Timothy 4.1-5

¹In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: ²proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. ³For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, ⁴and will turn away from listening to the truth and wander away to myths. ⁵As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

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 67

- 1 Let God be gracious to us and bless us:
and make his face shine upon us,
- 2 That your ways may be known on earth:
your liberating power among all nations.
- 3 Let the peoples praise you, O God:
let all the peoples praise you.
- 4 Let the nations be glad and sing:
for you judge the peoples with integrity,
and govern the nations upon earth.
- 5 Let the peoples praise you, O God:
let all the peoples praise you.
- 6 Then the earth will yield its fruitfulness:
and God, our God, will bless us.
- 7 God shall bless us:
and all the ends of the earth will fear him.

Romans 8.18-21

¹⁸ I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. ¹⁹For the creation waits with eager longing for the revealing of the children of God; ²⁰for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope ²¹that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God.

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 125

- 1 Those who put their trust in the Lord
shall be as Mount Zion:
which cannot be shaken, but endures for ever.
- 2 As the mountains stand about Jerusalem,
so stands the Lord about his people:
from this time forward for evermore.
- 3 For the sceptre of wickedness shall have no sway
over the land apportioned to the righteous:
lest the righteous set their hands to do evil.
- 4 Do good, O Lord, to those who are good:
to those that are upright in heart.
- 5 As for those who turn aside to crooked ways,
let the Lord lead them away with the evildoers:
and in Israel let there be peace.

2 Corinthians 1.3-7

³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, ⁴who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. ⁵For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. ⁶If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. ⁷Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

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 122

- 1 I was glad when they said to me:
'Let us go to the house of the Lord.'
- 2 And now our feet are standing:
within your gates, O Jerusalem;
- 3 Jerusalem which is built as a city:
where the pilgrims gather in unity.
- 4 There the tribes go up, the tribes of the Lord:
as he commanded Israel,
to give thanks to the name of the Lord.
- 5 There are set thrones of judgement:
the thrones of the house of David.
- 6 O pray for the peace of Jerusalem:
may those who love you prosper.
- 7 Peace be within your walls:
and prosperity in your palaces.
- 8 For the sake of my kindred and companions:
I will pray that peace be with you.
- 9 For the sake of the house of the Lord our God:
I will seek for your good.

1 Corinthians 15.13-17

¹³If there is no resurrection of the dead, then Christ has not been raised; ¹⁴and if Christ has not been raised, then our proclamation has been in vain and your faith has been in vain. ¹⁵We are even found to be misrepresenting God, because we testified of God that he raised Christ—whom he did not raise if it is true that the dead are not raised. ¹⁶For if the dead are not raised, then Christ has not been raised. ¹⁷If Christ has not been raised, your faith is futile and you are still in your sins.

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.

