



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

September 25<sup>th</sup> - October 1<sup>st</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 118.24-29

- 24 This is the day that the Lord has made:  
let us rejoice and be glad in it.
- 25 O Lord, save us, we pray:  
O Lord, send us prosperity.
- 26 Blessed is he who comes, in the name of the Lord:  
from the house of the Lord we bless you.
- 27 The Lord is God, and he has given us light:  
guide the festal throng up to the horns of the altar.
- 28 You are my God and I will praise you:  
you are my God, I will exalt you.
- 29 O give thanks to the Lord, for he is good:  
and his mercy endures for ever.

## Sirach 4.1, 8-10

- <sup>1</sup>My child, do not cheat the poor of their living,  
and do not keep needy eyes waiting.
- <sup>8</sup> Give a hearing to the poor,  
and return their greeting politely.
- <sup>9</sup> Rescue the oppressed from the oppressor;  
and do not be hesitant in giving a verdict.
- <sup>10</sup> Be a father to orphans,  
and be like a husband to their mother;  
you will then be like a son of the Most High,  
and he will love you more than does your mother.

## 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 71.1-6

- 1 To you, Lord, have I come for shelter:  
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:  
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:  
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:  
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:  
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:  
you are he that brought me out of my mother's womb,  
and my praise is of you continually.

## Numbers 11.26-29

<sup>26</sup>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. <sup>27</sup>And a young man ran and told Moses, 'Eldad and Medad are prophesying in the camp.' <sup>28</sup>And Joshua son of Nun, the assistant of Moses, one of his chosen men, said, 'My lord Moses, stop them!' <sup>29</sup>But 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 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 119.97-104

- 97 Lord, how I love your law:  
it is my meditation all the day long.
- 98 Your commandments have made me  
wiser than my enemies:  
for they remain with me for ever.
- 99 I have more understanding than all my teachers:  
for I study your commands.
- 100 I am wiser than the aged:  
because I have kept your precepts.
- 101 I have held back my feet from every evil path:  
that I might keep your word;
- 102 I have not turned aside from your judgements:  
for you yourself are my teacher.
- 103 How sweet are your words to my tongue:  
sweeter than honey to my mouth.
- 104 Through your precepts I get understanding:  
therefore I hate all lying ways.

## Jeremiah 20.14-15, 17b-18

- <sup>14</sup> Cursed be the day  
on which I was born!  
The day when my mother bore me,  
let it not be blessed!
- <sup>15</sup> Cursed be the man  
who brought the news to my father, saying,  
'A child is born to you, a son',  
making him very glad.
- <sup>17</sup> because he did not kill me in the womb;  
so my mother would have been my grave,  
and her womb for ever great.
- <sup>18</sup> Why did I come forth from the womb  
to see toil and sorrow,  
and spend my days in shame?

## 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 135.1-6, 13-14

- 1 Praise the Lord, praise the name of the Lord:  
praise him, you servants of the Lord,
- 2 Who stand in the house of the Lord:  
in the courts of the house of our God.
- 3 Praise the Lord, for the Lord is gracious:  
sing praises to his name, for it is good.
- 4 For the Lord has chosen Jacob for himself:  
and Israel as his own possession.
- 5 I know that the Lord is great:  
and that our Lord is above all gods.
- 6 He does whatever he wills, in heaven and upon the earth:  
in the seas and in the great depths.
- 13 O Lord, your name shall endure for ever:  
so shall your renown, throughout all generations.
- 14 For the Lord will vindicate his people:  
he will take pity on his servants.

## 1 Kings 19.19-21

<sup>19</sup> So he set out from there, and found Elisha son of Shaphat, who was ploughing. There were twelve yoke of oxen ahead of him, and he was with the twelfth. Elijah passed by him and threw his mantle over him. <sup>20</sup> He left the oxen, ran after Elijah, and said, 'Let me kiss my father and my mother, and then I will follow you.' Then Elijah said to him, 'Go back again; for what have I done to you?' <sup>21</sup> He returned from following him, took the yoke of oxen, and slaughtered them; using the equipment from the oxen, he boiled their flesh, and gave it to the people, and they ate. Then he set out and followed Elijah, and became his servant.

## 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 138.1-3, 6-8

- 1 I will give you thanks, O Lord, with my whole heart:  
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple  
and give thanks to your name:  
because of your faithfulness and your loving-kindness,  
for you have made your name and your word  
supreme over all things.
- 3 At a time when I called to you, you gave me answer:  
and put new strength within my soul.
- 6 For though the Lord is exalted, he looks upon the lowly:  
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,  
yet will you preserve my life:  
you will stretch out your hand against the fury of my  
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:  
your loving-kindness, O Lord, endures for ever;  
do not forsake the work of your own hands.

## Tobit 12.11-12, 14-15

<sup>11</sup> I will now declare the whole truth to you and will conceal nothing from you. Already I have declared it to you when I said, "It is good to conceal the secret of a king, but to reveal with due honour the works of God." <sup>12</sup> So now, when you and Sarah prayed, it was I who brought and read the record of your prayer before the glory of the Lord, and likewise whenever you buried the dead. <sup>14</sup> I was sent to you to test you. And at the same time God sent me to heal you and Sarah your daughter-in-law. <sup>15</sup> I am Raphael, one of the seven angels who stand ready and enter before the glory of the Lord.'

## 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 62.1-3, 5-8

- 1 My soul waits in silence for God:  
for from him comes my salvation.
- 2 He only is my rock and my salvation:  
my strong tower, so that I shall never be moved.
- 3 How long will you all plot against me to destroy me:  
as though I were a leaning fence or a buckling wall?
- 5 Nevertheless, my soul, wait in silence for God:  
for from him comes my hope.
- 6 He only is my rock and my salvation:  
my strong tower, so that I shall not be moved.
- 7 In God is my deliverance and my glory:  
God is my strong rock and my shelter.
- 8 Trust in him at all times, O my people:  
pour out your hearts before him, for God is our refuge.

## Isaiah 40.12-14

- <sup>12</sup> Who has measured the waters in the hollow of his hand  
and marked off the heavens with a span,  
enclosed the dust of the earth in a measure,  
and weighed the mountains in scales  
and the hills in a balance?
- <sup>13</sup> Who has directed the spirit of the Lord,  
or as his counsellor has instructed him?
- <sup>14</sup> Whom did he consult for his enlightenment,  
and who taught him the path of justice?  
Who taught him knowledge,  
and showed him the way of understanding?

## 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 124

- 1 If the Lord had not been on our side,  
now may Israel say:  
if the Lord had not been on our side,  
when our enemies rose against us,
- 2 Then they would have swallowed us alive:  
when their anger was kindled against us.
- 3 Then the waters would have overwhelmed us,  
and the torrent gone over us:  
the raging waters would have gone clean over us.
- 4 But praised be the Lord:  
who has not given us as a prey to their teeth.
- 5 We have escaped like a bird from the snare of the fowler:  
the snare is broken, and we have gone free.
- 6 Our help is in the name of the Lord:  
who has made heaven and earth.

## Daniel 12.1-3

<sup>1</sup>At that time Michael, the great prince, the protector of your people, shall arise. There shall be a time of anguish, such as has never occurred since nations first came into existence. But at that time your people shall be delivered, everyone who is found written in the book. <sup>2</sup>Many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt. <sup>3</sup>Those who are wise shall shine like the brightness of the sky, and those who lead many to righteousness, like the stars for ever and ever.

## 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.**



