



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

October 2<sup>nd</sup> - October 8<sup>th</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 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.

## Hebrews 10.36-39

<sup>36</sup>For you need endurance, so that when you have done the will of God, you may receive what was promised. <sup>37</sup>For yet 'in a very little while, the one who is coming will come and will not delay; <sup>38</sup>but my righteous one will live by faith. My soul takes no pleasure in anyone who shrinks back.' <sup>39</sup>But we are not among those who shrink back and so are lost, but among those who have faith and so are saved.

## 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 17.1-7

- 1 Hear my just cause, O Lord, give heed to my cry:  
listen to my prayer, that comes from no lying lips.
- 2 Let judgement for me come forth from your presence:  
and let your eyes discern the right.
- 3 Though you search my heart,  
and visit me in the night-time:  
though you try me by fire,  
you will find no wickedness in me.
- 4 My mouth does not transgress, like the mouth of others:  
for I have kept the word of your lips.
- 5 My steps have held firm in the way of your commands:  
and my feet have not stumbled from your paths.
- 6 I call upon you, O God, for you will surely answer:  
incline your ear to me, and hear my words.
- 7 Show me the wonders of your steadfast love,  
O saviour of those who come to you for refuge:  
who by your right hand deliver them  
from those that rise up against them.

## Ephesians 3.1b-6

<sup>1</sup>This is the reason that I Paul am a prisoner for Christ Jesus for the sake of you Gentiles— <sup>2</sup>for surely you have already heard of the commission of God's grace that was given to me for you, <sup>3</sup>and how the mystery was made known to me by revelation, as I wrote above in a few words, <sup>4</sup>a reading of which will enable you to perceive my understanding of the mystery of Christ. <sup>5</sup>In former generations this mystery was not made known to humankind, as it has now been revealed to his holy apostles and prophets by the Spirit: <sup>6</sup>that is, the Gentiles have become fellow-heirs, members of the same body, and sharers in the promise in Christ Jesus through the gospel.

## 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 119.89-96

- 89 Lord, your word is for ever:  
it stands firm in the heavens.
- 90 Your faithfulness abides from one generation to another:  
firm as the earth which you have made.
- 91 As for your judgements, they stand fast this day:  
for all things are your servants.
- 92 If your law had not been my delight:  
I would have perished in my affliction.
- 93 I will never forget your precepts:  
for by them you have given me life.
- 94 I am yours, O save me:  
for I have sought your precepts.
- 95 The wicked have lain in wait for me to destroy me:  
but I think on your commands.
- 96 I have seen that all perfection comes to an end:  
only your commandment has no bounds.

## Acts 9.1-6

<sup>1</sup>Meanwhile Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest <sup>2</sup>and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. <sup>3</sup>Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. <sup>4</sup>He fell to the ground and heard a voice saying to him, 'Saul, Saul, why do you persecute me?' <sup>5</sup>He asked, 'Who are you, Lord?' The reply came, 'I am Jesus, whom you are persecuting. <sup>6</sup>But get up and enter the city, and you will be told what you are to do.'

## 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 66.1-8

- 1 O shout with joy to God, all the earth:  
sing to the honour of his name,  
and give him glory as his praise.
- 2 Say to God 'How fearful are your works:  
because of your great might  
your enemies shall cower before you.'
- 3 All the earth shall worship you:  
and sing to you, and sing praises to your name.
- 4 Come then and see what God has done:  
how terrible are his dealings with the children of Adam.
- 5 He turned the sea into dry land,  
they crossed the river on foot:  
then were we joyful because of him.
- 6 By his power he rules for ever,  
his eyes keep watch on the nations:  
and rebels shall never rise against him.
- 7 O bless our God, you peoples:  
and cause his praises to resound,
- 8 Who has held our souls in life:  
who has not suffered our feet to slip.

## Ephesians 6.18-20

<sup>18</sup> Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. <sup>19</sup> Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

## 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 132.1-10

- 1 Lord, remember David and all his trouble:  
how he swore an oath to the Lord,  
and vowed to the Mighty One of Jacob;
- 2 'I will not enter the shelter of my house:  
nor climb into the comfort of my bed;
- 3 'I will not give sleep to my eyes:  
or slumber to my eyelids,
- 4 'Till I find out a place for the ark of the Lord:  
a dwelling for the Mighty One of Jacob.'
- 5 Lo, we heard of it at Ephrathah:  
we found it in the fields of Ja-ar.
- 6 Let us go to the place of his dwelling:  
let us fall upon our knees before his footstool.
- 7 Arise, O Lord, into your resting-place:  
you, and the ark of your might.
- 8 Let your priests be clothed with righteousness:  
and let your faithful ones shout for joy.
- 9 For the sake of David your servant:  
do not turn away the face of your anointed.
- 10 The Lord has sworn to David:  
an oath which he will not break.

## 1 John 5.11b-15

<sup>11</sup>God gave us eternal life, and this life is in his Son. <sup>12</sup>Whoever has the Son has life; whoever does not have the Son of God does not have life. <sup>13</sup>I write these things to you who believe in the name of the Son of God, so that you may know that you have eternal life. <sup>14</sup>And this is the boldness we have in him, that if we ask anything according to his will, he hears us. <sup>15</sup>And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him.

## 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 102.1-2, 12-17

- 1 O Lord, hear my prayer:  
and let my cry come to you.
- 2 Do not hide your face from me in the day of my trouble:  
turn your ear to me;  
and when I call, be swift to answer.
- 12 But you, Lord, are enthroned for ever:  
and your name shall be known  
throughout all generations.
- 13 You will arise and have mercy upon Zion:  
for it is time to pity her, the appointed time has come.
- 14 Your servants love even her stones:  
and her dust moves them to pity.
- 15 Then shall the nations fear your name, O Lord:  
and all the kings of the earth your glory,
- 16 When the Lord has built up Zion:  
when he shows himself in his glory,
- 17 When he turns to the prayer of the destitute:  
and does not despise their supplication.

## Revelation 19.11-16

<sup>11</sup> Then I saw heaven opened, and there was a white horse! Its rider is called Faithful and True, and in righteousness he judges and makes war. <sup>12</sup> His eyes are like a flame of fire, and on his head are many diadems; and he has a name inscribed that no one knows but himself. <sup>13</sup> He is clothed in a robe dipped in blood, and his name is called The Word of God. <sup>14</sup> And the armies of heaven, wearing fine linen, white and pure, were following him on white horses. <sup>15</sup> From his mouth comes a sharp sword with which to strike down the nations, and he will rule them with a rod of iron; he will tread the wine press of the fury of the wrath of God the Almighty. <sup>16</sup> On his robe and on his thigh he has a name inscribed, 'King of kings and Lord of lords'.

## 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 48.1-3, 8-11

- 1 Great is the Lord and greatly to be praised:  
in the city of our God.
- 2 High and beautiful is his holy hill:  
it is the joy of all the earth.
- 3 On Mount Zion, where godhead truly dwells,  
stands the city of the Great King:  
God is well known in her palaces as a sure defence.
- 8 As we have heard, so have we seen  
in the city of the Lord of hosts:  
in the city of our God,  
which God has established for ever.
- 9 We have called to mind your loving-kindness, O God:  
in the midst of your temple.
- 10 As your name is great, O God, so also is your praise:  
even to the ends of the earth.
- 11 Your right hand is full of victory  
—let Zion's hill rejoice:  
let the daughters of Judah be glad,  
because of your judgements.

## James 1.22-25

<sup>22</sup> But be doers of the word, and not merely hearers who deceive themselves. <sup>23</sup> For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; <sup>24</sup> for they look at themselves and, on going away, immediately forget what they were like. <sup>25</sup> But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

## 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.**



