



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

October 9<sup>th</sup> - October 15<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 118.22-29**

- 22 The stone that the builders rejected:  
has become the head of the corner.
- 23 This is the Lord's doing:  
and it is marvellous in our eyes.
- 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 51.1-2a, 6b-8**

- <sup>1</sup> I give you thanks, O Lord and King,  
and praise you, O God my Saviour.  
I give thanks to your name,  
<sup>2</sup> for you have been my protector and helper  
and have delivered me from destruction  
and from the trap laid by a slanderous tongue,  
from lips that fabricate lies.
- <sup>6</sup> My soul drew near to death,  
and my life was on the brink of Hades below.
- <sup>7</sup> They surrounded me on every side,  
and there was no one to help me;  
I looked for human assistance,  
and there was none.
- <sup>8</sup> Then I remembered your mercy, O Lord,  
and your kindness from of old,  
for you rescue those who wait for you  
and save them from the hand of their enemies.

## 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 65.4, 9-13

- 4 You will answer us in your righteousness  
with terrible deeds, O God our saviour:  
you that are the hope of all the ends of the earth  
and of the distant seas;
- 9 The river of God is full of water:  
and so providing for the earth,  
you provide grain for us all.
- 10 You drench its furrows, you level the ridges between:  
you soften it with showers and bless its early growth.
- 11 You crown the year with your goodness:  
and the tracks where you have passed drip with fatness.
- 12 The pastures of the wilderness run over:  
and the hills are girded with joy.
- 13 The meadows are clothed with sheep:  
and the valleys stand so thick with corn,  
they shout for joy and sing.

## Isaiah 54.1-3

- <sup>1</sup> Sing, O barren one who did not bear;  
burst into song and shout,  
you who have not been in labour!  
For the children of the desolate woman will be more  
than the children of her that is married, says the Lord.
- <sup>2</sup> Enlarge the site of your tent,  
and let the curtains of your habitations be stretched out;  
do not hold back; lengthen your cords  
and strengthen your stakes.
- <sup>3</sup> For you will spread out to the right and to the left,  
and your descendants will possess the nations  
and will settle the desolate towns.

## 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 18.1-6, 18-19

- 1 I love you, O Lord my strength:  
O Lord my crag, my fortress and my deliverer,
- 2 My God, the rock to which I come for refuge:  
my shield, my mighty saviour, and my high defence.
- 3 I called to the Lord with loud lamentation:  
and I was rescued from my enemies.
- 4 The waves of death encompassed me:  
and the floods of chaos overwhelmed me;
- 5 The cords of the grave tightened about me:  
and the snares of death lay in my path.
- 6 In my anguish I called to the Lord:  
I cried for help to my God.
- 18 He reached down from on high and took me:  
he drew me out of the great waters.
- 19 He delivered me from my strongest enemy:  
from my foes that were mightier than I.

## Sirach 17.1-2, 11-14

- <sup>1</sup>The Lord created human beings out of earth,  
and makes them return to it again.
- <sup>2</sup> He gave them a fixed number of days,  
but granted them authority over everything on the earth.
- <sup>11</sup> He bestowed knowledge upon them,  
and allotted to them the law of life.
- <sup>12</sup> He established with them an eternal covenant,  
and revealed to them his decrees.
- <sup>13</sup> Their eyes saw his glorious majesty,  
and their ears heard the glory of his voice.
- <sup>14</sup> He said to them, 'Beware of all evil.'  
And he gave commandment to each of them concerning a neighbour.

## 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 86.1-8

- 1 Incline your ear to me, O God, and answer me:  
for I am poor and in misery.
- 2 Preserve my life, for I am faithful:  
my God, save your servant who trusts in you.
- 3 Be merciful to me, O Lord:  
for I call to you all the day long.
- 4 O make glad the soul of your servant:  
for I put my hope in you, O Lord.
- 5 For you, Lord, are good and forgiving:  
of great and continuing kindness  
to all who call upon you.
- 6 Hear my prayer, O Lord:  
and give heed to the voice of my supplication.
- 7 In the day of my trouble I call upon you:  
for you will surely answer.
- 8 Among the gods there is none like you, O Lord:  
nor are there any deeds like yours.

## Isaiah 11.1-4b

- <sup>1</sup>A shoot shall come out from the stock of Jesse,  
and a branch shall grow out of his roots.
- <sup>2</sup>The spirit of the LORD shall rest on him,  
the spirit of wisdom and understanding,  
the spirit of counsel and might,  
the spirit of knowledge and the fear of the LORD.
- <sup>3</sup>His delight shall be in the fear of the LORD.  
He shall not judge by what his eyes see,  
or decide by what his ears hear;
- <sup>4</sup>but with righteousness he shall judge the poor,  
and decide with equity for the meek of the earth;  
he shall strike the earth with the rod of his mouth,  
and with the breath of his lips he shall kill the wicked.

## 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*

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 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 111.1-2, 7-10

- 1 O praise the Lord. I will praise the Lord  
with my whole heart:  
in the company of the upright  
and among the congregation.
- 2 The works of the Lord are great:  
and studied by all who take delight in them.
- 7 The works of his hands are faithful and just:  
and all his commandments are sure;
- 8 They stand firm for ever and ever:  
they are done in faithfulness and in truth.
- 9 He sent redemption to his people,  
he ordained his covenant for ever:  
holy is his name and worthy to be feared.
- 10 The fear of the Lord is the beginning of wisdom,  
and of good understanding are those  
that keep his commandments:  
his praise shall endure for ever.

## Genesis 4.3b-9

<sup>3</sup>In the course of time Cain brought to the Lord an offering of the fruit of the ground, <sup>4</sup>and Abel for his part brought of the firstlings of his flock, their fat portions. And the Lord had regard for Abel and his offering, <sup>5</sup>but for Cain and his offering he had no regard. So Cain was very angry, and his countenance fell. <sup>6</sup>The Lord said to Cain, 'Why are you angry, and why has your countenance fallen? <sup>7</sup>If you do well, will you not be accepted? And if you do not do well, sin is lurking at the door; its desire is for you, but you must master it.'

<sup>8</sup>Cain said to his brother Abel, 'Let us go out to the field.' And when they were in the field, Cain rose up against his brother Abel and killed him. <sup>9</sup>Then the Lord said to Cain, 'Where is your brother Abel?' He said, 'I do not know; am I my brother's keeper?'

## 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 12**

1 Help, Lord, for there is not one godly person left:

the faithful have vanished from among

the children of Adam.

- 2 Everyone tells lies to their neighbour:  
they flatter with their lips,  
but speak from a double heart.
- 3 If only the Lord would cut off all flattering lips:  
and the tongue that speaks so proudly!
- 4 They say 'By our tongues we shall prevail:  
our lips are our servants—who is lord over us?'
- 5 Because of the oppression of the poor,  
because of the groaning of the needy:  
'I will arise', says the Lord,  
'and set them in safety from those that  
snarl after them.'
- 6 The words of the Lord are pure,  
as silver refined in a crucible:  
as gold that is seven times purified in the fire.
- 7 You will surely guard us, O Lord:  
and shield us for ever from this evil generation,
- 8 Though the ungodly strut on every side:  
though the vilest lord it over the children of Adam.

### **Isaiah 46.9b-10, 11b-13**

- <sup>9</sup> I am God, and there is no one like me,  
<sup>10</sup> declaring the end from the beginning  
and from ancient times things not yet done,  
saying, 'My purpose shall stand,  
and I will fulfil my intention',  
<sup>11</sup> I have spoken, and I will bring it to pass;  
I have planned, and I will do it.  
<sup>12</sup> Listen to me, you stubborn of heart,  
you who are far from deliverance:  
<sup>13</sup> I bring near my deliverance, it is not far off,  
and my salvation will not tarry;  
I will put salvation in Zion,  
for Israel my glory.

## 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 103.1-2, 11-14, 17-18**

- 1 Praise the Lord, O my soul:  
and all that is within me, praise his holy name.
- 2 Praise the Lord, O my soul:  
and forget not all his benefits,
- 11 For as the heavens are high above the earth:  
so great is his mercy over those that fear him;

- 12 As far as the east is from the west:  
so far has he set our sins from us.
- 13 As a father is tender towards his children:  
so is the Lord tender to those that fear him.
- 14 For he knows of what we are made:  
he remembers that we are but dust.
- 17 But the merciful goodness of the Lord  
endures for ever and ever toward those that fear him:  
and his righteousness upon their children's children;
- 18 Upon those who keep his covenant:  
and remember his commandments to do them.

## **Isaiah 51.4-6**

- <sup>4</sup> Listen to me, my people,  
and give heed to me, my nation;  
for a teaching will go out from me,  
and my justice for a light to the peoples.
- <sup>5</sup> I will bring near my deliverance swiftly,  
my salvation has gone out  
and my arms will rule the peoples;  
the coastlands wait for me,  
and for my arm they hope.
- <sup>6</sup> Lift up your eyes to the heavens,  
and look at the earth beneath;  
for the heavens will vanish like smoke,  
the earth will wear out like a garment,  
and those who live on it will die like gnats;  
but my salvation will be for ever,  
and my deliverance will never be ended.

## 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.**



