



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

October 16th - October 22nd 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 116.10-18

- 10 I believed that I would perish, I was brought very low:
I said in my haste 'Everyone is a liar.'
- 11 How shall I repay the Lord:
for all his benefits to me?
- 12 I will take up the cup of salvation:
and call upon the name of the Lord.
- 13 I will pay my vows to the Lord:
in the presence of all his people.
- 14 Grievous in the sight of the Lord:
is the death of his faithful ones.
- 15 O Lord, I am your servant,
your servant and the child of your handmaid:
you have unloosed my bonds.
- 16 I will offer you a sacrifice of thanksgiving:
and call upon the name of the Lord.
- 17 I will pay my vows to the Lord:
in the presence of all his people,
- 18 In the courts of the house of the Lord:
even in your midst, O Jerusalem. Praise the Lord.

Colossians 4.2-6

²Devote yourselves to prayer, keeping alert in it with thanksgiving. ³At the same time pray for us as well that God will open to us a door for the word, that we may declare the mystery of Christ, for which I am in prison, ⁴so that I may reveal it clearly, as I should. ⁵Conduct yourselves wisely towards outsiders, making the most of the time. ⁶Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer everyone.

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 31.9-11, 16-18

- 9 Have mercy upon me, O Lord, for I am in trouble:
my eye wastes away for grief,
my throat also and my inward parts.
- 10 For my life wears out in sorrow,
and my years with sighing:
my strength fails me in my affliction,
and my bones are consumed.
- 11 I am become the scorn of all my enemies:
and my neighbours wag their heads in derision.
- 16 But in you, Lord, have I put my trust:
I have said 'You are my God.'
- 17 All my days are in your hand:
O deliver me from the power of my enemies
and from my persecutors.
- 18 Make your face to shine upon your servant:
and save me for your mercy's sake.

Jude 20-21, 24-25

²⁰But you, beloved, build yourselves up on your most holy faith; pray in the Holy Spirit; ²¹keep yourselves in the love of God; look forward to the mercy of our Lord Jesus Christ that leads to eternal life. ²⁴Now to him who is able to keep you from falling, and to make you stand without blemish in the presence of his glory with rejoicing, ²⁵to the only God our Saviour, through Jesus Christ our Lord, be glory, majesty, power, and authority, before all time and now and for ever. Amen.

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 34.1-10

- 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!
- 9 Fear the Lord, all you his holy ones:
for those who fear him never lack.
- 10 Lions may suffer want and go hungry:
but those who seek the Lord lack nothing good.

Acts 1.1-5

¹In the first book, Theophilus, I wrote about all that Jesus did and taught from the beginning ²until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. ³After his suffering he presented himself alive to them by many convincing proofs, appearing to them over the course of forty days and speaking about the kingdom of God. ⁴While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. 'This', he said, 'is what you have heard from me; ⁵for John baptized with water, but you will be baptized with the Holy Spirit not many days from now.'

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 105.1-9

- 1 O give thanks to the Lord and call upon his name:
tell among the peoples what things he has done.
- 2 Sing to him, O sing praises:
and be telling of all his marvellous works.
- 3 Exult in his holy name:
and let those that seek the Lord be joyful in heart.
- 4 Seek the Lord and his strength:
O seek his face continually.
- 5 Call to mind what wonders he has done:
his marvellous acts, and the judgements of his mouth,
- 6 O seed of Abraham his servant:
O children of Jacob his chosen one.
- 7 For he is the Lord our God:
and his judgements are in all the earth.
- 8 He has remembered his covenant for ever:
the word that he ordained for a thousand generations,
- 9 The covenant that he made with Abraham:
the oath that he swore to Isaac,

1 Peter 4.7-11

⁷The end of all things is near; therefore be serious and discipline yourselves for the sake of your prayers. ⁸Above all, maintain constant love for one another, for love covers a multitude of sins. ⁹Be hospitable to one another without complaining. ¹⁰Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. ¹¹Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To him belong the glory and the power for ever and ever. Amen.

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 89.19-21, 25-30

- 19 You spoke once in a vision:
and said to your faithful one,
- 20 'I have set a youth above a warrior:
I have exalted a young man out of the people.
- 21 'I have found my servant David:
and anointed him with my holy oil.
- 25 'My faithfulness and loving-kindness shall be with him:
and through my name his head shall be lifted high.
- 26 'I will set the hand of his dominion
upon the Western Sea:
and his right hand shall stretch
to the streams of Mesopotamia.
- 27 'He will call to me "You are my Father:
my God, and the rock of my salvation."
- 28 'I will make him my first-born son:
and highest among the kings of the earth.
- 29 'I will ever maintain my loving-kindness toward him:
and my covenant with him shall stand firm.
- 30 'I will establish his line for ever:
and his throne like the days of heaven.

Philippians 1.3-6, 9-11

³ I thank my God every time I remember you, ⁴constantly praying with joy in every one of my prayers for all of you, ⁵because of your sharing in the gospel from the first day until now. ⁶I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ. ⁹And this is my prayer, that your love may overflow more and more with knowledge and full insight ¹⁰to help you to determine what is best, so that on the day of Christ you may be pure and blameless, ¹¹having produced the harvest of righteousness that comes through Jesus Christ for the glory and praise 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 85.8-13

- 8 I will hear what the Lord God will speak:
for he will speak peace to his people,
to his faithful ones, whose hearts are turned to him.
- 9 Truly his salvation is near to those that fear him:
and his glory shall dwell in our land.
- 10 Mercy and truth are met together:
righteousness and peace have kissed each other;
- 11 Truth shall flourish out of the earth:
and righteousness shall look down from heaven.
- 12 The Lord will also give us all that is good:
and our land shall yield its plenty.
- 13 For righteousness shall go before him:
and tread the path before his feet.

2 Corinthians 5.1-5

¹ For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. ²For in this tent we groan, longing to be clothed with our heavenly dwelling— ³if indeed, when we have taken it off we will not be found naked. ⁴For while we are still in this tent, we groan under our burden, because we wish not to be unclothed but to be further clothed, so that what is mortal may be swallowed up by life. ⁵He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee.

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 110.1-4

- 1 The Lord said to my lord:
'Sit at my right hand,
until I make your enemies your footstool.'
- 2 The Lord commits to you the sceptre of your power:
reign from Zion in the midst of your enemies.
- 3 Noble are you, from the day of your birth
upon the holy hill:
radiant are you, even from the womb,
in the morning dew of your youth.
- 4 The Lord has sworn and will not turn back:
'You are a priest for ever after the order of Melchizedek.'

1 Timothy 1.12-17

¹²I am grateful to Christ Jesus our Lord, who has strengthened me, because he judged me faithful and appointed me to his service, ¹³even though I was formerly a blasphemer, a persecutor, and a man of violence. But I received mercy because I had acted ignorantly in unbelief, ¹⁴and the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus. ¹⁵The saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners—of whom I am the foremost. ¹⁶But for that very reason I received mercy, so that in me, as the foremost, Jesus Christ might display the utmost patience, making me an example to those who would come to believe in him for eternal life. ¹⁷To the King of the ages, immortal, invisible, the only God, be honour and glory for ever and ever. Amen.

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.

