



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

June 19<sup>th</sup> - June 25<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 100

- 1 O shout to the Lord in triumph, all the earth:  
serve the Lord with gladness,  
and come before his face with songs of joy.
- 2 Know that the Lord he is God:  
it is he who has made us and we are his;  
we are his people and the sheep of his pasture.
- 3 Come into his gates with thanksgiving,  
and into his courts with praise:  
give thanks to him, and bless his holy name.
- 4 For the Lord is good, his loving mercy is for ever:  
his faithfulness throughout all generations.

## Isaiah 55.1-3

- <sup>1</sup>Ho, everyone who thirsts,  
come to the waters;  
and you that have no money,  
come, buy and eat!  
Come, buy wine and milk  
without money and without price.
- <sup>2</sup>Why do you spend your money for that which is not bread,  
and your labour for that which does not satisfy?  
Listen carefully to me, and eat what is good,  
and delight yourselves in rich food.
- <sup>3</sup>Incline your ear, and come to me;  
listen, so that you may live.  
I will make with you an everlasting covenant,  
my steadfast, sure love for David.

## 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 103.1-5, 8-10

- 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,
- 3 Who forgives all your sin:  
and heals all your infirmities,
- 4 Who redeems your life from the Pit:  
and crowns you with mercy and compassion;
- 5 Who satisfies your being with good things:  
so that your youth is renewed like an eagle's.
- 8 The Lord is full of compassion and mercy:  
slow to anger and of great goodness.
- 9 He will not always be chiding:  
nor will he keep his anger for ever.
- 10 He has not dealt with us according to our sins:  
nor rewarded us according to our wickedness.

## Baruch 2.11-14

<sup>11</sup> And now, O Lord God of Israel, who brought your people out of the land of Egypt with a mighty hand and with signs and wonders and with great power and outstretched arm, and made yourself a name that continues to this day, <sup>12</sup>we have sinned, we have been ungodly, we have done wrong, O Lord our God, against all your ordinances. <sup>13</sup>Let your anger turn away from us, for we are left, few in number, among the nations where you have scattered us. <sup>14</sup>Hear, O Lord, our prayer and our supplication, and for your own sake deliver us, and grant us favour in the sight of those who have carried us into exile.

## 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 71.1-2, 8-12, 14-15

- 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.
- 8 My mouth shall be filled with your praises:  
I shall sing of your glory all the day long.
- 9 Cast me not away in the time of old age:  
nor forsake me when my strength fails.
- 10 For my enemies speak against me:  
and those that watch for my life conspire together, saying,
- 11 'God has forsaken him:  
pursue him, take him, for there is none to save him.'
- 12 Be not far from me, O God:  
my God, make haste to help me.
- 14 As for me, I will wait in hope continually:  
and I will praise you more and more.
- 15 My mouth shall speak of your righteousness all the day:  
and tell of your salvation, though it exceeds my telling.

### Judges 10.11, 12b-16

<sup>11</sup>And the Lord said to the Israelites, 'Did I not deliver you from the Egyptians and from the Amorites, from the Ammonites and from the Philistines?' <sup>12</sup>The Sidonians also, and the Amalekites, and the Maonites oppressed you; and you cried to me, and I delivered you out of their hand. <sup>13</sup>Yet you have abandoned me and worshipped other gods; therefore I will deliver you no more. <sup>14</sup>Go and cry to the gods whom you have chosen; let them deliver you in the time of your distress.' <sup>15</sup>And the Israelites said to the Lord, 'We have sinned; do to us whatever seems good to you; but deliver us this day!' <sup>16</sup>So they put away the foreign gods from among them and worshipped the Lord; and he could no longer bear to see Israel suffer.

## 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 147.1-7, 11

- 1 O praise the Lord,  
for it is good to sing praises to our God:  
and to praise him is joyful and right.
- 2 The Lord is rebuilding Jerusalem:  
he is gathering together the scattered outcasts of Israel.
- 3 He heals the broken in spirit:  
and binds up their wounds.
- 4 He counts the number of the stars:  
and calls them all by name.
- 5 Great is our Lord, and great is his power:  
there is no measuring his understanding.
- 6 The Lord restores the humble:  
but he brings down the wicked to the dust.
- 7 O sing to the Lord a song of thanksgiving:  
sing praises to our God upon the harp.
- 11 But the Lord's delight is in those that fear him:  
who wait in hope for his mercy.

## Deuteronomy 4.1-2, 5

<sup>1</sup>So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you. <sup>2</sup>You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you. <sup>5</sup>See, just as the LORD my God has charged me, I now teach you statutes and ordinances for you to observe in the land that you are about to enter and occupy.

## 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 135.1-6, 19-20

- 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.
- 19 Bless the Lord, O house of Israel:  
bless the Lord, O house of Aaron.
- 20 Bless the Lord, O house of Levi:  
you that fear the Lord, bless the Lord.

## Malachi 3.2-4

<sup>2</sup>But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; <sup>3</sup>he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the LORD in righteousness. <sup>4</sup>Then the offering of Judah and Jerusalem will be pleasing to the LORD as in the days of old and as in former years.

## 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 63.1-9

- 1 O God, you are my God:  
eagerly will I seek you.
- 2 My soul thirsts for you, my flesh longs for you:  
as a dry and thirsty land where no water is.
- 3 So it was when I beheld you in the sanctuary:  
and saw your power and your glory.
- 4 For your unchanging goodness is better than life:  
therefore my lips shall praise you.
- 5 And so I will bless you as long as I live:  
and in your name will I lift my hands on high.
- 6 My longing shall be satisfied as with marrow and fatness:  
my mouth shall praise you with exultant lips.
- 7 When I remember you upon my bed:  
when I meditate upon you in the night watches,
- 8 How you have been my helper:  
then I sing for joy in the shadow of your wings,
- 9 Then my soul clings to you:  
and your right hand upholds me.

## Isaiah 49.13-16

- <sup>13</sup> Sing for joy, O heavens, and exult, O earth;  
break forth, O mountains, into singing!  
For the LORD has comforted his people,  
and will have compassion on his suffering ones.
- <sup>14</sup> But Zion said, 'The LORD has forsaken me,  
my Lord has forgotten me.'
- <sup>15</sup> Can a woman forget her nursing-child,  
or show no compassion for the child of her womb?  
Even these may forget,  
yet I will not forget you.
- <sup>16</sup> See, I have inscribed you on the palms of my hands;  
your walls are continually before me.

## 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 111.1-4, 9-10

- 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.
- 3 His deeds are majestic and glorious:  
and his righteousness stands for ever.
- 4 His marvellous acts have won him a name  
to be remembered:  
the Lord is gracious and merciful.
- 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.

## Sirach 14.20-27

- <sup>20</sup> Happy is the person who meditates on wisdom  
and reasons intelligently,
- <sup>21</sup> who reflects in his heart on her ways  
and ponders her secrets,
- <sup>22</sup> pursuing her like a hunter,  
and lying in wait on her paths;
- <sup>23</sup> who peers through her windows  
and listens at her doors;
- <sup>24</sup> who camps near her house  
and fastens his tent-peg to her walls;
- <sup>25</sup> who pitches his tent near her,  
and so occupies an excellent lodging-place;
- <sup>26</sup> who places his children under her shelter,  
and lodges under her boughs;
- <sup>27</sup> who is sheltered by her from the heat,  
and dwells in the midst of her glory.

## 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.**



