



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

October 23rd - October 30th 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.

1 Samuel 2.1b, 6-8b

- ¹ My heart exults in the LORD;
my strength is exalted in my God.
My mouth derides my enemies,
because I rejoice in my victory.
- ⁶ The LORD kills and brings to life;
he brings down to Sheol and raises up.
- ⁷ The LORD makes poor and makes rich;
he brings low, he also exalts.
- ⁸ He raises up the poor from the dust;
he lifts the needy from the ash heap,
to make them sit with princes
and inherit a seat of honour.

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.

Isaiah 42.14-16

- ¹⁴ For a long time I have held my peace,
I have kept still and restrained myself;
now I will cry out like a woman in labour,
I will gasp and pant.
- ¹⁵ I will lay waste mountains and hills,
and dry up all their herbage;
I will turn the rivers into islands,
and dry up the pools.
- ¹⁶ I will lead the blind
by a road they do not know,
by paths they have not known
I will guide them.
I will turn the darkness before them into light,
the rough places into level ground.
These are the things I will do,
and I will not forsake 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 5.1-4, 11-13

- 1 Hear my words, O Lord, give heed to my groaning:
listen to my cry, you that are my king and my God.
- 2 In the morning when I pray to you,
surely you will hear my voice:
at daybreak I lay my prayers before you, and look up.
- 3 For you are not a God who
takes pleasure in wickedness:
nor can any evil dwell with you.
- 4 The boastful cannot stand in your sight:
you hate all those that work mischief.
- 11 But let all who put their trust in you rejoice:
let them shout with joy for ever.
- 12 Be the defender of those who love your name:
let them exult because of you.
- 13 For you will bless, O Lord, those that are righteous:
you will cover them with your favour as with a shield.

Sirach 26.1-4, 13, 16

- ¹Happy is the husband of a good wife;
the number of his days will be doubled.
- ²A loyal wife brings joy to her husband,
and he will complete his years in peace.
- ³A good wife is a great blessing;
she will be granted among the blessings of the man who fears the
Lord.
- ⁴Whether rich or poor, his heart is content,
and at all times his face is cheerful.
- ¹³A wife's charm delights her husband,
and her skill puts flesh on his bones.
- ¹⁶Like the sun rising in the heights of the Lord,
so is the beauty of a good wife in her well-ordered home.

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 98.1-6

- 1 O sing to the Lord a new song:
for he has done marvellous things;
- 2 His right hand and his holy arm:
they have got him the victory.
- 3 The Lord has made known his salvation:
he has revealed his just deliverance
in the sight of the nations.
- 4 He has remembered his mercy and faithfulness
towards the house of Israel:
and all the ends of the earth
have seen the salvation of our God.
- 5 Shout with joy to the Lord, all the earth:
break into singing and make melody.
- 6 Make melody to the Lord upon the harp:
upon the harp and with the sounds of praise.

Sirach 3.1-6

- ¹Listen to me your father, O children;
act accordingly, that you may be kept in safety.
- ²For the Lord honours a father above his children,
and he confirms a mother's right over her children.
- ³Those who honour their father atone for sins,
⁴ and those who respect their mother are like those who lay up
treasure.
- ⁵Those who honour their father will have joy in their own children,
and when they pray they will be heard.
- ⁶Those who respect their father will have long life,
and those who honour their mother obey the Lord;

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 107.1-9

- 1 O give thanks to the Lord, for he is good:
for his loving mercy is for ever.
- 2 Let the Lord's redeemed say so:
whom he has redeemed from the hand of the enemy,
- 3 And gathered in from every land,
from the east and from the west:
from the north and from the south.
- 4 Some went astray in the wilderness and in the desert:
and found no path to an inhabited city;
- 5 They were hungry and thirsty:
and their heart fainted within them.
- 6 Then they cried to the Lord in their distress:
and he took them out of their trouble.
- 7 He led them by the right path:
till they came to an inhabited city.
- 8 Let them thank the Lord for his goodness:
and for the wonders that he does
for the children of Adam;
- 9 For he satisfies the thirsty:
and fills the hungry with good things.

Wisdom 5.15-19

- ¹⁵ But the righteous live for ever,
and their reward is with the Lord;
the Most High takes care of them.
- ¹⁶ Therefore they will receive a glorious crown
and a beautiful diadem from the hand of the Lord,
because with his right hand he will cover them,
and with his arm he will shield them.
- ¹⁷ The Lord will take his zeal as his whole armour,
and will arm all creation to repel his enemies;
- ¹⁸ he will put on righteousness as a breastplate,
and wear impartial justice as a helmet;
- ¹⁹ he will take holiness as an invincible shield.

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 145.10-16, 21

- 10 All creation praises you, O Lord:
and your faithful servants bless your name.
- 11 They speak of the glory of your kingdom:
and tell of your great might,
- 12 That the whole earth may know your mighty acts:
and the glorious splendour of your kingdom.
- 13 Your kingdom is an everlasting kingdom:
and your dominion endures through all generations.
- 14 The Lord upholds all those who stumble:
and raises up those that are bowed down.
- 15 The eyes of all look to you in hope:
and you give them their food in due season;
- 16 You open wide your hand:
and fill all things living with your bounteous gift.
- 21 My mouth shall speak the praises of the Lord:
and let all flesh bless his holy name, for ever and ever.

Isaiah 52.7

- ⁷ How beautiful upon the mountains
are the feet of the messenger who announces peace,
who brings good news,
who announces salvation,
who says to Zion, 'Your God reigns.'

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 101.1-3, 7-8

- 1 My song shall be of steadfastness and justice:
to you, Lord, will I sing.
- 2 I will be wise in the way of innocence:
O when will you come to me?
- 3 I will walk within my house:
in purity of heart.
- 7 My eyes shall look to the faithful in the land,
and they shall make their home with me:
those who walk in the way of innocence,
they shall minister to me.
- 8 No one who practises deceit shall live in my house:
no one who utters lies shall stand in my sight.

Sirach 10.28-31

- ²⁸ My child, honour yourself with humility,
and give yourself the esteem you deserve.
- ²⁹ Who will acquit those who condemn themselves?
And who will honour those who dishonour themselves?
- ³⁰ The poor are honoured for their knowledge,
while the rich are honoured for their wealth.
- ³¹ One who is honoured in poverty, how much more in wealth!
And one dishonoured in wealth, how much more in poverty!

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.

