



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

October 30<sup>th</sup> - November 5<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 116.1-9

- 1 I love the Lord, because he heard my voice:  
the voice of my supplication;
- 2 Because he inclined his ear to me:  
in the day that I called to him.
- 3 The cords of death encompassed me,  
the snares of the grave took hold on me:  
I was in anguish and sorrow.
- 4 Then I called upon the name of the Lord:  
'O Lord, I beseech you, deliver me!'
- 5 Gracious and righteous is the Lord:  
full of compassion is our God.
- 6 The Lord preserves the simple:  
when I was brought low, he saved me.
- 7 Return, O my soul, to your rest:  
for the Lord has rewarded you.
- 8 For you, O Lord, have delivered my soul from death:  
my eyes from tears and my feet from falling.
- 9 I will walk before the Lord:  
in the land of the living.

## 1 Corinthians 15.51-55

<sup>51</sup>Listen, I will tell you a mystery! We will not all die, but we will all be changed, <sup>52</sup>in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. <sup>53</sup>For this perishable body must put on imperishability, and this mortal body must put on immortality. <sup>54</sup>When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

'Death has been swallowed up in victory.'

<sup>55</sup> 'Where, O death, is your victory?  
Where, O death, is your sting?'

## 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 70

- 1 O God, be pleased to deliver me:  
O Lord, make haste to help me.
- 2 Let them be put to shame and confounded  
who seek my life:  
let them be turned back and disgraced who wish me evil.
- 3 Let them turn away for shame:  
who say to me 'Aha, aha!'
- 4 Let all who seek you be joyful and glad because of you:  
let those who love your salvation  
say always 'God is great.'
- 5 As for me, I am poor and needy:  
O God, be swift to save me.
- 6 You are my helper and my deliverer:  
O Lord, make no delay.

## 1 Peter 5.5b-7

<sup>5</sup>And all of you must clothe yourselves with humility in your dealings with one another, for

'God opposes the proud,  
but gives grace to the humble.'

<sup>6</sup>Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. <sup>7</sup>Cast all your anxiety on him, because he cares for you.

## 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 111.1-6, 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.
- 5 He gives food to those that fear him:  
he remembers his covenant for ever.
- 6 He showed his people the power of his acts:  
in giving them the heritage of the heathen.
- 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.

## Ephesians 4.1-6

<sup>1</sup>I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, <sup>2</sup>with all humility and gentleness, with patience, bearing with one another in love, <sup>3</sup>making every effort to maintain the unity of the Spirit in the bond of peace. <sup>4</sup>There is one body and one Spirit, just as you were called to the one hope of your calling, <sup>5</sup>one Lord, one faith, one baptism, <sup>6</sup>one God and Father of all, who is above all and through all and in all.

## 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 116.1-9

- 1 I love the Lord, because he heard my voice:  
the voice of my supplication;
- 2 Because he inclined his ear to me:  
in the day that I called to him.
- 3 The cords of death encompassed me,  
the snares of the grave took hold on me:  
I was in anguish and sorrow.
- 4 Then I called upon the name of the Lord:  
'O Lord, I beseech you, deliver me!'
- 5 Gracious and righteous is the Lord:  
full of compassion is our God.
- 6 The Lord preserves the simple:  
when I was brought low, he saved me.
- 7 Return, O my soul, to your rest:  
for the Lord has rewarded you.
- 8 For you, O Lord, have delivered my soul from death:  
my eyes from tears and my feet from falling.
- 9 I will walk before the Lord:  
in the land of the living.

## 1 Corinthians 15.51-55

<sup>51</sup>Listen, I will tell you a mystery! We will not all die, but we will all be changed, <sup>52</sup>in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. <sup>53</sup>For this perishable body must put on imperishability, and this mortal body must put on immortality. <sup>54</sup>When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled: 'Death has been swallowed up in victory.'

<sup>55</sup> 'Where, O death, is your victory?  
Where, O death, is your sting?'

## 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 67

- 1 Let God be gracious to us and bless us:  
and make his face shine upon us,
- 2 That your ways may be known on earth:  
your liberating power among all nations.
- 3 Let the peoples praise you, O God:  
let all the peoples praise you.
- 4 Let the nations be glad and sing:  
for you judge the peoples with integrity,  
and govern the nations upon earth.
- 5 Let the peoples praise you, O God:  
let all the peoples praise you.
- 6 Then the earth will yield its fruitfulness:  
and God, our God, will bless us.
- 7 God shall bless us:  
and all the ends of the earth will fear him.

## Romans 3.21-26

<sup>21</sup> But now, irrespective of law, the righteousness of God has been disclosed, and is attested by the law and the prophets, <sup>22</sup>the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, <sup>23</sup>since all have sinned and fall short of the glory of God; <sup>24</sup>they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, <sup>25</sup>whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; <sup>26</sup>it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.

## 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 125

- 1 Those who put their trust in the Lord  
shall be as Mount Zion:  
    which cannot be shaken, but endures for ever.
- 2 As the mountains stand about Jerusalem,  
so stands the Lord about his people:  
    from this time forward for evermore.
- 3 For the sceptre of wickedness shall have no sway  
over the land apportioned to the righteous:  
    lest the righteous set their hands to do evil.
- 4 Do good, O Lord, to those who are good:  
    to those that are upright in heart.
- 5 As for those who turn aside to crooked ways,  
let the Lord lead them away with the evildoers:  
    and in Israel let there be peace.

## Hebrews 11.8-10

<sup>8</sup> By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. <sup>9</sup> By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise. <sup>10</sup> For he looked forward to the city that has foundations, whose architect and builder is God.

## 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 40.14-18, 20-22

- 14 O Lord, do not withhold your mercy from me:  
let your loving-kindness and your truth  
ever preserve me.
- 15 For innumerable troubles have come upon me:  
my sins have overtaken me, and I cannot see.
- 16 They are more in number than the hairs of my head:  
therefore my heart fails me.
- 17 Be pleased, O Lord, to deliver me:  
O Lord, make haste to help me.
- 18 Let those who seek my life to take it away:  
be put to shame and confounded altogether.
- 20 Let all who seek you be joyful and glad because of you:  
let those who love your salvation say always  
'The Lord is great.
- 21 As for me, I am poor and needy:  
but the Lord will care for me.
- 22 You are my helper and my deliverer:  
make no long delay, O Lord my God.

## 2 Corinthians 6.4b-10

<sup>4</sup>Through great endurance, in afflictions, hardships, calamities, <sup>5</sup>beatings, imprisonments, riots, labours, sleepless nights, hunger; <sup>6</sup>by purity, knowledge, patience, kindness, holiness of spirit, genuine love, <sup>7</sup>truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; <sup>8</sup>in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; <sup>9</sup>as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; <sup>10</sup>as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

## 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.**



