



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

November 13th - November 19th 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 95.1-9

- 1 O come, let us sing out to the Lord:
let us shout in triumph to the rock of our salvation.
- 2 Let us come before his face with thanksgiving:
and cry out to him joyfully in psalms.
- 3 For the Lord is a great God:
and a great king above all gods.
- 4 In his hand are the depths of the earth:
and the peaks of the mountains are his also.
- 5 The sea is his and he made it:
his hands moulded dry land.
- 6 Come, let us worship and bow down:
and kneel before the Lord our maker.
- 7 For he is the Lord our God:
we are his people and the sheep of his pasture.
- 8 Today if only you would hear his voice—
'Do not harden your hearts as at Meribah:
as on that day at Massah in the wilderness;
- 9 'When your forebears tested me:
put me to proof, though they had seen my works.

2 Peter 3.3-7

³First of all you must understand this, that in the last days scoffers will come, scoffing and indulging their own lusts ⁴and saying, 'Where is the promise of his coming? For ever since our ancestors died, all things continue as they were from the beginning of creation!' ⁵They deliberately ignore this fact, that by the word of God heavens existed long ago and an earth was formed out of water and by means of water, ⁶through which the world of that time was deluged with water and perished. ⁷But by the same word the present heavens and earth have been reserved for fire, being kept until the day of judgement and destruction of the godless.

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 93

- 1 The Lord is king, and has put on robes of glory:
the Lord has put on his glory,
he has girded himself with strength.
- 2 He has made the world so firm:
that it cannot be moved.
- 3 Your throne is established from of old:
you are from everlasting.
- 4 The floods have lifted up, O Lord,
the floods have lifted up their voice:
the floods lift up their pounding.
- 5 But mightier than the sound of many waters,
than the mighty waters or the breakers of the sea:
the Lord on high is mighty.
- 6 Your decrees are very sure:
and holiness, O Lord, adorns your house for ever.

Ephesians 4.15-16, 22b-24

¹⁵But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, ¹⁶from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love. ²²You were taught to put away your former way of life, your old self, corrupt and deluded by its lusts, ²³and to be renewed in the spirit of your minds, ²⁴and to clothe yourselves with the new self, created according to the likeness of God in true righteousness and holiness.

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 119.33-40

- 33 Teach me, O Lord, the way of your statutes:
and I will honour it to the end.
- 34 Give me understanding, that I may keep your law:
that I may keep it with my whole heart.
- 35 Guide me in the path of your commandments:
for therein is my delight.
- 36 Incline my heart to your commands:
and not to selfish gain.
- 37 Turn away my eyes from looking on vanities:
as I walk in your way give me life.
- 38 Make good your promise to your servant:
the promise that endures for all who fear you.
- 39 Turn aside the taunts that I dread:
for your judgements are very good.
- 40 Lord, I long for your precepts:
in your righteousness give me life.

Hebrews 2.1-4

¹Therefore we must pay greater attention to what we have heard, so that we do not drift away from it. ²For if the message declared through angels was valid, and every transgression or disobedience received a just penalty, ³how can we escape if we neglect so great a salvation? It was declared at first through the Lord, and it was attested to us by those who heard him, ⁴while God added his testimony by signs and wonders and various miracles, and by gifts of the Holy Spirit, distributed according to his will.

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 119.41-48

- 41 Let your loving mercy come to me, O Lord:
and your salvation, according to your word.
- 42 Then I shall have an answer for those who reproach me:
for I trust in your word.
- 43 Do not take the word of truth utterly out of my mouth:
for in your judgements is my hope.
- 44 Let me keep your law continually:
O let me keep it for ever.
- 45 And so I shall walk at liberty:
because I have sought your precepts.
- 46 I shall speak of your commands before kings:
and shall not be put to shame.
- 47 My delight shall be in your commandments:
which I have greatly loved;
- 48 I shall worship you with outstretched hands:
and I shall meditate on your statutes.

Galatians 6.7-10

⁷ Do not be deceived; God is not mocked, for you reap whatever you sow. ⁸ If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. ⁹ So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. ¹⁰ So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

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 96.1-6, 11-13

- 1 O sing to the Lord a new song:
sing to the Lord, all the earth.
- 2 Sing to the Lord and bless his holy name:
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations:
and his wonders among all peoples.
- 4 For great is the Lord, and greatly to be praised:
he is more to be feared than all gods.
- 5 As for all the gods of the nations, they are mere idols:
it is the Lord who made the heavens.
- 6 Majesty and glory are before him:
beauty and power are in his sanctuary.
- 11 Let the heavens rejoice and let the earth be glad:
let the sea roar, and all that fills it:
- 12 Let the fields rejoice, and everything in them:
then shall all the trees of the wood
shout with joy before the Lord;
- 13 For he comes, he comes to judge the earth:
he shall judge the world with righteousness,
and the peoples with his truth.

1 Peter 1.17-21

¹⁷ If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. ¹⁸You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, ¹⁹but with the precious blood of Christ, like that of a lamb without defect or blemish. ²⁰He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. ²¹Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on 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 40.1-5

- 1 I waited patiently for the Lord:
and he inclined to me and heard my cry.
- 2 He brought me up from the pit of roaring waters,
out of the mire and clay:
and set my feet upon a rock, and made firm my foothold.
- 3 And he has put a new song in my mouth:
even a song of thanksgiving to our God.
- 4 Many shall see it and fear:
and shall put their trust in the Lord.
- 5 Blessed are those who have made the Lord their hope:
who have not turned to the proud,
or to those who wander in deceit.

Romans 10.9-13

⁹Because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. ¹¹The scripture says, 'No one who believes in him will be put to shame.' ¹²For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. ¹³For, 'Everyone who calls on the name of the Lord shall be saved.'

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 73.1-3, 21-26

- 1 God is indeed good to Israel:
to those whose hearts are pure.
- 2 Nevertheless, my feet were almost gone:
my steps had well-nigh slipped.
- 3 For I was filled with envy at the boastful:
when I saw the ungodly had such tranquillity.
- 21 When my heart was soured:
and I was wounded to the core,
- 22 I was but brutish and ignorant:
no better than a beast before you.
- 23 Nevertheless, I am always with you:
for you hold me by my right hand.
- 24 You will guide me with your counsel:
and afterwards you will lead me to glory.
- 25 Whom have I in heaven but you?:
and there is no one upon earth
that I desire in comparison with you.
- 26 Though my flesh and my heart fail me:
you, O God, are my portion for ever.

1 Corinthians 15.35-38, 42-43a

³⁵ But someone will ask, 'How are the dead raised? With what kind of body do they come?' ³⁶Fool! What you sow does not come to life unless it dies. ³⁷And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. ³⁸But God gives it a body as he has chosen, and to each kind of seed its own body. ⁴² So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. ⁴³It is sown in dishonour, it is raised in 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.

