



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

July 3<sup>rd</sup> - July 9<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 118.24-29

- 24 This is the day that the Lord has made:  
let us rejoice and be glad in it.
- 25 O Lord, save us, we pray:  
O Lord, send us prosperity.
- 26 Blessed is he who comes, in the name of the Lord:  
from the house of the Lord we bless you.
- 27 The Lord is God, and he has given us light:  
guide the festal throng up to the horns of the altar.
- 28 You are my God and I will praise you:  
you are my God, I will exalt you.
- 29 O give thanks to the Lord, for he is good:  
and his mercy endures for ever.

## Tobit 13.15-16a, 16c-18

- <sup>15</sup> My soul blesses the Lord, the great King!
- <sup>16</sup> For Jerusalem will be built as his house for all ages.  
How happy I will be if a remnant of my descendants should survive  
to see your glory and acknowledge the King of heaven.  
The towers of Jerusalem will be built with gold,  
and their battlements with pure gold.
- <sup>17</sup> The streets of Jerusalem will be paved  
with ruby and with stones of Ophir.
- <sup>18</sup> The gates of Jerusalem will sing hymns of joy,  
and all her houses will cry, "Hallelujah!  
Blessed be the God of Israel!"  
and the blessed will bless the holy name for ever and ever.'

## 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 46.1-3, 8-11

- 1 God is our refuge and strength:  
a very present help in trouble.
- 2 Therefore we will not fear, though the earth be moved:  
and though the mountains are shaken  
in the midst of the sea;
- 3 Though the waters rage and foam:  
and though the mountains quake at the rising of the sea.
- 8 Come then and see what the Lord has done:  
what destruction he has brought upon the earth.
- 9 He makes wars to cease in all the world:  
he breaks the bow and shatters the spear,  
and burns the chariots in the fire.
- 10 'Be still, and know that I am God:  
I will be exalted among the nations,  
I will be exalted upon the earth.'
- 11 The Lord of hosts is with us:  
the God of Jacob is our stronghold.

## Zechariah 9.9-10

- <sup>9</sup> Rejoice greatly, O daughter Zion!  
Shout aloud, O daughter Jerusalem!  
Lo, your king comes to you;  
triumphant and victorious is he,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.
- <sup>10</sup> He will cut off the chariot from Ephraim  
and the warhorse from Jerusalem;  
and the battle-bow shall be cut off,  
and he shall command peace to the nations;  
his dominion shall be from sea to sea,  
and from the River to the ends of the earth.

## 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 142.1-4, 6-9

- 1 I call to the Lord with a loud voice:  
with loud voice I entreat his favour.
- 2 I pour out my complaint before him:  
and tell him all my trouble.
- 3 When my spirit is faint within me, you know my path:  
in the way where I walk  
they have hidden a snare for me.
- 4 I look to my right hand and see:  
but no one will know me;
- 6 I call to you, O Lord, I say 'You are my refuge:  
you are my portion in the land of the living.'
- 7 Heed my loud crying, for I am brought very low:  
O save me from my persecutors,  
for they are too strong for me.
- 8 Bring me out of the prison-house:  
that I may praise your name.
- 9 When you have given me my reward:  
then will the righteous gather about me.

## Ezekiel 34.11-12, 15-16a

<sup>11</sup> For thus says the Lord God: I myself will search for my sheep, and will seek them out. <sup>12</sup>As shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my sheep. I will rescue them from all the places to which they have been scattered on a day of clouds and thick darkness. <sup>15</sup>I myself will be the shepherd of my sheep, and I will make them lie down, says the Lord God. <sup>16</sup>I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, but the fat and the strong I will destroy.

## 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 135.1-6, 13-14

- 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.
- 13 O Lord, your name shall endure for ever:  
so shall your renown, throughout all generations.
- 14 For the Lord will vindicate his people:  
he will take pity on his servants.

## Proverbs 3.1-6

- <sup>1</sup>My child, do not forget my teaching,  
but let your heart keep my commandments;
- <sup>2</sup>for length of days and years of life  
and abundant welfare they will give you.
- <sup>3</sup>Do not let loyalty and faithfulness forsake you;  
bind them round your neck,  
write them on the tablet of your heart.
- <sup>4</sup>So you will find favour and good repute  
in the sight of God and of people.
- <sup>5</sup>Trust in the LORD with all your heart,  
and do not rely on your own insight.
- <sup>6</sup>In all your ways acknowledge him,  
and he will make straight your paths.

## 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 2.1-2, 4, 6-9, 11

- 1 Why are the nations in tumult:  
and why do the peoples cherish a vain dream?
- 2 The kings of the earth rise up  
and the rulers conspire together:  
against the Lord and against his anointed, saying,
- 4 He that dwells in heaven shall laugh them to scorn:  
the Lord will hold them in derision.
- 6 I will announce the Lord's decree,  
that which he has spoken:  
'You are my son, this day have I begotten you.
- 7 'Ask of me,  
and I will give you the nations for your inheritance:  
the uttermost parts of the earth for your possession.
- 8 'You may break them with a rod of iron:  
and shatter them in pieces like a potter's vessel.'
- 9 Now therefore be wise, O kings:  
be advised, you that are judges of the earth.
- 11 For his wrath is quickly kindled:  
blessed are those that turn to him for refuge.

## Deuteronomy 1.30-33

<sup>30</sup>The Lord your God, who goes before you, is the one who will fight for you, just as he did for you in Egypt before your very eyes, <sup>31</sup>and in the wilderness, where you saw how the Lord your God carried you, just as one carries a child, all the way that you travelled until you reached this place. <sup>32</sup>But in spite of this, you have no trust in the Lord your God, <sup>33</sup>who goes before you on the way to seek out a place for you to camp, in fire by night, and in the cloud by day, to show you the route you should take.'

## 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 149

- 1 O praise the Lord, and sing to the Lord a new song:  
O praise him in the assembly of the faithful.
- 2 Let Israel rejoice in him that made him:  
let the children of Zion be joyful in their king.
- 3 Let them praise him in the dance:  
let them sing his praise with timbrel and with harp.
- 4 For the Lord takes delight in his people:  
he adorns the meek with his salvation.
- 5 Let his faithful ones exult in his glory:  
let them sing for joy upon their beds.
- 6 Let the high praises of God be in their mouths:  
and a two-edged sword in their hands,
- 7 To execute vengeance on the nations:  
and chastisement upon the peoples,
- 8 To bind their kings in chains:  
and their nobles with fetters of iron,
- 9 To visit upon them the judgement that is decreed:  
such honour belongs to all his faithful servants.  
Praise the Lord.

## Zechariah 8.11-13

<sup>11</sup>But now I will not deal with the remnant of this people as in the former days, says the Lord of hosts. <sup>12</sup>For there shall be a sowing of peace; the vine shall yield its fruit, the ground shall give its produce, and the skies shall give their dew; and I will cause the remnant of this people to possess all these things. <sup>13</sup>Just as you have been a cursing among the nations, O house of Judah and house of Israel, so I will save you and you shall be a blessing. Do not be afraid, but let your hands be strong.

## 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 75.1-7, 10

- 1 We give you thanks, O God, we give you thanks:  
we call upon your name  
and tell of all the wonders you have done.
- 2 'I will surely appoint a time:  
when I, the Lord, will judge with equity.
- 3 'Though the earth shake, and all who dwell in it:  
it is I that have founded its pillars.
- 4 'I will say to the boasters "Boast no more":  
and to the wicked "Do not flaunt your horns;
- 5 "'Do not flaunt your horns so high:  
or speak so proud and stiff-necked.'"
- 6 For there is none from the east or from the west:  
or from the wilderness who can raise up;
- 7 But it is God who is the judge:  
who puts down one and exalts another.
- 10 But I will sing praises to the God of Jacob:  
I will glorify his name for ever.

## 1 Samuel 3.6-9a

<sup>6</sup>The Lord called again, 'Samuel!' Samuel got up and went to Eli, and said, 'Here I am, for you called me.' But he said, 'I did not call, my son; lie down again.' <sup>7</sup>Now Samuel did not yet know the Lord, and the word of the Lord had not yet been revealed to him. <sup>8</sup>The Lord called Samuel again, a third time. And he got up and went to Eli, and said, 'Here I am, for you called me.' Then Eli perceived that the Lord was calling the boy. <sup>9</sup>Therefore Eli said to Samuel, 'Go, lie down; and if he calls you, you shall say, "Speak, Lord, for your servant is listening."' '

## 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.**



