



Ordinary Time

July 10<sup>th</sup> ~ July 16<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 116.10-18

- 10 I believed that I would perish, I was brought very low:  
I said in my haste 'Everyone is a liar.'
- 11 How shall I repay the Lord:  
for all his benefits to me?
- 12 I will take up the cup of salvation:  
and call upon the name of the Lord.
- 13 I will pay my vows to the Lord:  
in the presence of all his people.
- 14 Grievous in the sight of the Lord:  
is the death of his faithful ones.
- 15 O Lord, I am your servant,  
your servant and the child of your handmaid:  
you have unloosed my bonds.
- 16 I will offer you a sacrifice of thanksgiving:  
and call upon the name of the Lord.
- 17 I will pay my vows to the Lord:  
in the presence of all his people,
- 18 In the courts of the house of the Lord:  
even in your midst, O Jerusalem. Praise the Lord.

## Romans 12.17-21

<sup>17</sup>Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. <sup>18</sup>If it is possible, so far as it depends on you, live peaceably with all. <sup>19</sup>Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord.' <sup>20</sup>No, 'if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.' <sup>21</sup>Do not be overcome by evil, but overcome evil with good.

## 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 133

- 1 Behold how good and how lovely it is:  
when families live together in unity.
- 2 It is fragrant as oil upon the head,  
that runs down over the beard:  
fragrant as oil upon the beard of Aaron,  
that ran down over the collar of his robe.
- 3 It is like a dew of Hermon:  
like the dew that falls upon the hill of Zion.
- 4 For there the Lord has commanded his blessing:  
which is life for evermore.

## Acts 10.44-48

<sup>44</sup> While Peter was still speaking, the Holy Spirit fell upon all who heard the word. <sup>45</sup> The circumcised believers who had come with Peter were astounded that the gift of the Holy Spirit had been poured out even on the Gentiles, <sup>46</sup> for they heard them speaking in tongues and extolling God. Then Peter said, <sup>47</sup> 'Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have?' <sup>48</sup> So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

## 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 3.12-15

<sup>12</sup>Take care, brothers and sisters, that none of you may have an evil, unbelieving heart that turns away from the living God. <sup>13</sup>But exhort one another every day, as long as it is called 'today', so that none of you may be hardened by the deceitfulness of sin. <sup>14</sup>For we have become partners of Christ, if only we hold our first confidence firm to the end. <sup>15</sup>As it is said, 'Today, if you hear his voice, do not harden your hearts as in the rebellion.'

## 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.

## Philippians 2.13-16

<sup>13</sup>For it is God who is at work in you, enabling you both to will and to work for his good pleasure.

<sup>14</sup>Do all things without murmuring and arguing, <sup>15</sup>so that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, in which you shine like stars in the world. <sup>16</sup>It is by your holding fast to the word of life that I can boast on the day of Christ that I did not run in vain or labour in vain.

## 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 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.

## Acts 17.24-25, 30-31

<sup>24</sup>The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, <sup>25</sup>nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. <sup>30</sup>While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, <sup>31</sup>because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.'

## 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 40.1-7

- 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.
- 6 O Lord my God, great are the wonderful things  
which you have done,  
and your thoughts which are towards us:  
there is none to be compared with you;
- 7 Were I to declare them and speak of them:  
they are more than I am able to express.

## Galatians 3.12-16

<sup>12</sup>But the law does not rest on faith; on the contrary, 'Whoever does the works of the law will live by them.' <sup>13</sup>Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, 'Cursed is everyone who hangs on a tree'— <sup>14</sup>in order that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the promise of the Spirit through faith.

<sup>15</sup>Brothers and sisters, I give an example from daily life: once a person's will has been ratified, no one adds to it or annuls it. <sup>16</sup>Now the promises were made to Abraham and to his offspring; it does not say, 'And to offsprings', as of many; but it says, 'And to your offspring', that is, to one person, who is Christ.

## 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.

## Acts 10.44-48

<sup>44</sup> While Peter was still speaking, the Holy Spirit fell upon all who heard the word. <sup>45</sup> The circumcised believers who had come with Peter were astounded that the gift of the Holy Spirit had been poured out even on the Gentiles, <sup>46</sup> for they heard them speaking in tongues and extolling God. Then Peter said, <sup>47</sup> 'Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have?' <sup>48</sup> So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

## 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.**



