



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

July 17th - July 23rd 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.

Deuteronomy 8.1-3

¹This entire commandment that I command you today you must diligently observe, so that you may live and increase, and go in and occupy the land that the Lord promised on oath to your ancestors. ²Remember the long way that the Lord your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments. ³He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.

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 120

- 1 I call to the Lord in my trouble:
that he may answer me.
- 2 O Lord, deliver me from lying lips:
and from the treacherous tongue.
- 3 What will he do to you,
and what more will he do to you,
O treacherous tongue?:
you are sharp as the arrows of a warrior,
that are tempered in coals of juniper.
- 4 Alas for me, I am like a stranger in Meshech:
like one who dwells amidst the tents of Kedar.
- 5 My soul has been too long:
among those who are enemies to peace.
- 6 I am for peace, but when I speak of it:
they make themselves ready for war.

Jonah 3.6-10

⁶When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. ⁷Then he had a proclamation made in Nineveh: 'By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. ⁸Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. ⁹Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.'

¹⁰When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

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 71.17-22

- 17 O God, you have taught me from my youth upward:
and to this day, I proclaim your marvellous works.
- 18 Forsake me not, O God, in my old age,
when I am grey-headed:
till I have shown the strength of your arm
to future generations,
and your might to those that come after.
- 19 Your righteousness, O God, reaches to the heavens:
great are the things that you have done;
O God, who is like you?
- 20 You have burdened me with many and bitter troubles,
O turn and renew me:
and raise me up again from the depths of the earth.
- 21 Bless me beyond my former greatness:
O turn to me again, and comfort me.
- 22 Then will I praise you upon the lute
for your faithfulness, O my God:
and sing your praises to the harp, O Holy One of Israel.\

2 Chronicles 6.19-21

¹⁹Have regard to your servant's prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you. ²⁰May your eyes be open day and night towards this house, the place where you promised to set your name, and may you heed the prayer that your servant prays towards this place. ²¹And hear the plea of your servant and of your people Israel, when they pray towards this place; may you hear from heaven your dwelling-place; hear and forgive.

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 86.1-8

- 1 Incline your ear to me, O God, and answer me:
for I am poor and in misery.
- 2 Preserve my life, for I am faithful:
my God, save your servant who trusts in you.
- 3 Be merciful to me, O Lord:
for I call to you all the day long.
- 4 O make glad the soul of your servant:
for I put my hope in you, O Lord.
- 5 For you, Lord, are good and forgiving:
of great and continuing kindness
to all who call upon you.
- 6 Hear my prayer, O Lord:
and give heed to the voice of my supplication.
- 7 In the day of my trouble I call upon you:
for you will surely answer.
- 8 Among the gods there is none like you, O Lord:
nor are there any deeds like yours.

Exodus 3.7a, 10; 4.10-12

⁷ Then the LORD said, 'I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters.

¹⁰ So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.'

¹⁰ But Moses said to the LORD, 'O my Lord, I have never been eloquent, neither in the past nor even now that you have spoken to your servant; but I am slow of speech and slow of tongue.'¹¹ Then the LORD said to him, 'Who gives speech to mortals? Who makes them mute or deaf, seeing or blind? Is it not I, the LORD?'¹² Now go, and I will be with your mouth and teach you what you are to speak.'

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 25.12-18, 21-22

- 12 Who are they that fear the Lord?:
 them will the Lord direct
 in the way that they should choose.
- 13 Their souls shall dwell at ease:
 and their children shall inherit the land.
- 14 The confidences of God belong to those that fear him:
 and his covenant shall give them understanding.
- 15 My eyes are ever looking to the Lord:
 for he will bring my feet out of the net.
- 16 Turn your face toward me and be gracious:
 for I am alone and in misery.
- 17 O free my heart from pain:
 and bring me out of my distress.
- 18 Give heed to my affliction and adversity:
 and forgive me all my sins.
- 21 Let innocence and integrity be my guard:
 for in you have I hoped.
- 22 O God, deliver Israel:
 out of all their tribulation.

Deuteronomy 8.7a, 8, 10-12a, 14

⁷For the Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, ⁸a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, ¹⁰You shall eat your fill and bless the LORD your God for the good land that he has given you.

¹¹Take care that you do not forget the LORD your God, by failing to keep his commandments, his ordinances, and his statutes, which I am commanding you today. ¹²When you have eaten your fill and have built fine houses and live in them, ¹⁴then do not exalt yourself, forgetting the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.

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 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.

Proverbs 31.10, 25-26, 29-31

- ¹⁰ A capable wife who can find?
She is far more precious than jewels.
- ²⁵ Strength and dignity are her clothing,
and she laughs at the time to come.
- ²⁶ She opens her mouth with wisdom,
and the teaching of kindness is on her tongue.
- ²⁹ 'Many women have done excellently,
but you surpass them all.'
- ³⁰ Charm is deceitful, and beauty is vain,
but a woman who fears the Lord is to be praised.
- ³¹ Give her a share in the fruit of her hands,
and let her works praise her in the city gates.

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 103.1-2, 11-14, 17-18

- 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,
- 11 For as the heavens are high above the earth:
so great is his mercy over those that fear him;
- 12 As far as the east is from the west:
so far has he set our sins from us.
- 13 As a father is tender towards his children:
so is the Lord tender to those that fear him.
- 14 For he knows of what we are made:
he remembers that we are but dust.
- 17 But the merciful goodness of the Lord
endures for ever and ever toward those that fear him:
and his righteousness upon their children's children;
- 18 Upon those who keep his covenant:
and remember his commandments to do them.

Ezekiel 10.18-19a; 11.22-23

¹⁸ Then the glory of the LORD went out from the threshold of the house and stopped above the cherubim. ¹⁹ The cherubim lifted up their wings and rose up from the earth in my sight as they went out with the wheels beside them.

²² Then the cherubim lifted up their wings, with the wheels beside them; and the glory of the God of Israel was above them. ²³ And the glory of the LORD ascended from the middle of the city, and stopped on the mountain east of the city.

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.

