



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

July 24th - July 30th 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.

James 5.17-20

¹⁷Elijah was a human being like us, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. ¹⁸Then he prayed again, and the heaven gave rain and the earth yielded its harvest.

¹⁹My brothers and sisters, if anyone among you wanders from the truth and is brought back by another, ²⁰you should know that whoever brings back a sinner from wandering will save the sinner's soul from death and will cover a multitude of sins.

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 92.1-6, 12-15

- 1 How good to give thanks to the Lord:
to sing praises to your name, O Most High,
- 2 To declare your love in the morning:
and at night to sing of your faithfulness,
- 3 Upon the lute, upon the lute of ten strings:
and to the melody of the lyre.
- 4 For in all you have done, O Lord, you have made me glad:
I will sing for joy because of the works of your hands.
- 5 Lord, how glorious are your works:
your thoughts are very deep.
- 6 The brutish do not consider:
and the fool cannot understand
- 12 The righteous shall flourish like the palm tree:
they shall spread abroad like a cedar in Lebanon;
- 13 For they are planted in the house of the Lord:
and flourish in the courts of our God.
- 14 In old age they shall be full of sap:
they shall be sturdy and laden with branches;
- 15 And they will say that the Lord is just:
the Lord my rock, in whom is no unrighteousness.

2 Corinthians 6.4b-10

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

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 11.1-2, 4-7

- 1 In the Lord I have found my refuge:
how then can you say to me
'Flee like a bird to the mountains;
- 2 'Look how the wicked make ready the bow,
and notch their arrows upon the string:
to shoot from the darkness at the true of heart;
- 4 The Lord is in his holy place,
the Lord is enthroned in heaven:
his eyes search out, his glance tries the children of Adam.
- 5 He tries the righteous and the wicked:
and those that delight in violence his soul abhors.
- 6 He will rain down coals of fire and brimstone
upon the wicked:
a scorching wind shall be their cup to drink.
- 7 For the Lord is righteous and loves righteous acts:
the upright shall see his face.

Galatians 5.16-25

¹⁶ Live by the Spirit, I say, and do not gratify the desires of the flesh. ¹⁷For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want. ¹⁸But if you are led by the Spirit, you are not subject to the law. ¹⁹Now the works of the flesh are obvious: fornication, impurity, licentiousness, ²⁰idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, ²¹envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.

²² By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, ²³gentleness, and self-control. There is no law against such things. ²⁴And those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵If we live by the Spirit, let us also be guided by the Spirit.

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 105.1-9

- 1 O give thanks to the Lord and call upon his name:
tell among the peoples what things he has done.
- 2 Sing to him, O sing praises:
and be telling of all his marvellous works.
- 3 Exult in his holy name:
and let those that seek the Lord be joyful in heart.
- 4 Seek the Lord and his strength:
O seek his face continually.
- 5 Call to mind what wonders he has done:
his marvellous acts, and the judgements of his mouth,
- 6 O seed of Abraham his servant:
O children of Jacob his chosen one.
- 7 For he is the Lord our God:
and his judgements are in all the earth.
- 8 He has remembered his covenant for ever:
the word that he ordained for a thousand generations,
- 9 The covenant that he made with Abraham:
the oath that he swore to Isaac.

Colossians 2.1-3, 6-7

¹For I want you to know how much I am struggling for you, and for those in Laodicea, and for all who have not seen me face to face. ²I want their hearts to be encouraged and united in love, so that they may have all the riches of assured understanding and have the knowledge of God's mystery, that is, Christ himself, ³in whom are hidden all the treasures of wisdom and knowledge.

⁶As you therefore have received Christ Jesus the Lord, continue to live your lives in him, ⁷rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

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 89.19-21, 25-30

- 19 You spoke once in a vision:
and said to your faithful one,
- 20 'I have set a youth above a warrior:
I have exalted a young man out of the people.
- 21 'I have found my servant David:
and anointed him with my holy oil.
- 25 'My faithfulness and loving-kindness shall be with him:
and through my name his head shall be lifted high.
- 26 'I will set the hand of his dominion
upon the Western Sea:
and his right hand shall stretch
to the streams of Mesopotamia.
- 27 'He will call to me "You are my Father:
my God, and the rock of my salvation."
- 28 'I will make him my first-born son:
and highest among the kings of the earth.
- 29 'I will ever maintain my loving-kindness toward him:
and my covenant with him shall stand firm.
- 30 'I will establish his line for ever:
and his throne like the days of heaven.

Acts 8.27b-31a, 35

²⁷Now there was an Ethiopian eunuch, a court official of the Candace, queen of the Ethiopians, in charge of her entire treasury. He had come to Jerusalem to worship ²⁸and was returning home; seated in his chariot, he was reading the prophet Isaiah. ²⁹Then the Spirit said to Philip, 'Go over to this chariot and join it.' ³⁰So Philip ran up to it and heard him reading the prophet Isaiah. He asked, 'Do you understand what you are reading?' ³¹He replied, 'How can I, unless someone guides me?' ³⁵Then Philip began to speak, and starting with this scripture, he proclaimed to him the good news about 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 85.8-13

- 8 I will hear what the Lord God will speak:
for he will speak peace to his people,
to his faithful ones, whose hearts are turned to him.
- 9 Truly his salvation is near to those that fear him:
and his glory shall dwell in our land.
- 10 Mercy and truth are met together:
righteousness and peace have kissed each other;
- 11 Truth shall flourish out of the earth:
and righteousness shall look down from heaven.
- 12 The Lord will also give us all that is good:
and our land shall yield its plenty.
- 13 For righteousness shall go before him:
and tread the path before his feet.

Romans 16.1-4, 6-7

¹I commend to you our sister Phoebe, a deacon of the church at Cenchreae, ²so that you may welcome her in the Lord as is fitting for the saints, and help her in whatever she may require from you, for she has been a benefactor of many and of myself as well.

³Greet Prisca and Aquila, who work with me in Christ Jesus, ⁴and who risked their necks for my life, to whom not only I give thanks, but also all the churches of the Gentiles. ⁶Greet Mary, who has worked very hard among you. ⁷Greet Andronicus and Junia, my relatives who were in prison with me; they are prominent among the apostles, and they were in Christ before I was.

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 110.1-4

- 1 The Lord said to my lord:
'Sit at my right hand,
until I make your enemies your footstool.'
- 2 The Lord commits to you the sceptre of your power:
reign from Zion in the midst of your enemies.
- 3 Noble are you, from the day of your birth
upon the holy hill:
radiant are you, even from the womb,
in the morning dew of your youth.
- 4 The Lord has sworn and will not turn back:
'You are a priest for ever after the order of Melchizedek.'

Romans 11.1-5

¹I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. ²God has not rejected his people whom he foreknew. Do you not know what the scripture says of Elijah, how he pleads with God against Israel? ³'Lord, they have killed your prophets, they have demolished your altars; I alone am left, and they are seeking my life.' ⁴But what is the divine reply to him? 'I have kept for myself seven thousand who have not bowed the knee to Baal.' ⁵So too at the present time there is a remnant, chosen by grace.

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.

