



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

July 31st - August 6th 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.

Sirach 31.8-11

- ⁸ Blessed is the rich person who is found blameless,
and who does not go after gold.
- ⁹ Who is he, that we may praise him?
For he has done wonders among his people.
- ¹⁰ Who has been tested by it and been found perfect?
Let it be for him a ground for boasting.
Who has had the power to transgress and did not transgress,
and to do evil and did not do it?
- ¹¹ His prosperity will be established,
and the assembly will proclaim his acts of charity.

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 61

- 1 Hear my loud crying, O God:
and give heed to my prayer.
- 2 From the ends of the earth I call to you
when my heart faints:
O set me on the rock that is higher than I.
- 3 For you have been my refuge:
and my strong tower against the enemy.
- 4 I will dwell in your tent for ever:
and find shelter in the covering of your wings.
- 5 For you have heard my vows, O God:
you have granted the desire of those that fear your name.
- 6 You will give the king long life:
and his years shall endure through many generations.
- 7 He shall dwell before God for ever:
loving-kindness and truth shall be his guard.
- 8 So will I ever sing praises to your name:
while I daily perform my vows.

Deuteronomy 18.18-22

¹⁸I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. ¹⁹Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. ²⁰But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.’ ²¹You may say to yourself, ‘How can we recognize a word that the Lord has not spoken?’ ²²If a prophet speaks in the name of the Lord but the thing does not take place or prove true, it is a word that the Lord has not spoken. The prophet has spoken it presumptuously; do not be frightened by 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 28.1-2, 7-10

- 1 To you will I cry, O Lord my rock,
be not deaf to my prayer:
lest, if you turn away silent,
I become like those that go down to the grave.
- 2 Hear the voice of my supplication
when I cry to you for help:
when I lift up my hands
toward the holiest place of your sanctuary.
- 7 Let the Lord's name be praised:
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,
in him my heart trusts and I am helped:
therefore my heart dances for joy,
and in my song will I praise him.
- 9 The Lord is the strength of his people:
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:
be their shepherd, and bear them up for ever.

Ezra 6.3a, 4b-5

³In the first year of his reign, King Cyrus issued a decree: let the cost be paid from the royal treasury. ⁵Moreover, let the gold and silver vessels of the house of God, which Nebuchadnezzar took out of the temple in Jerusalem and brought to Babylon, be restored and brought back to the temple in Jerusalem, each to its place; you shall put them in the house of God.'

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 119.145-152

- 145 I call with my whole heart:
 hear me, O Lord, I will keep your statutes.
- 146 I cry out to you; O save me:
 and I will heed your commands.
- 147 Before the morning light I rise and I call:
 for in your word is my hope.
- 148 Before the night watch my eyes wake:
 that I may meditate upon your words.
- 149 Hear my voice, O Lord, in your loving mercy:
 and according to your judgements, give me life.
- 150 They draw near to me who maliciously persecute me:
 but they are far from your law.
- 151 You, Lord, are close at hand:
 and all your commandments are true.
- 152 I have known long since from your commands:
 that you have founded them for ever.

Micah 4.1-2

- ¹In days to come
 the mountain of the Lord's house
shall be established as the highest of the mountains,
 and shall be raised up above the hills.
Peoples shall stream to it,
² and many nations shall come and say:
'Come, let us go up to the mountain of the Lord,
 to the house of the God of Jacob;
that he may teach us his ways
 and that we may walk in his paths.'
For out of Zion shall go forth instruction,
 and the word of the Lord from Jerusalem.

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 104.26-33

- 26 Lord, how various are your works:
in wisdom you have made them all,
and the earth is full of your creatures.
- 27 There is the wide, immeasurable sea:
there move living things without number, great and small;
- 28 There go the ships, to and fro:
and there is that Leviathan
whom you formed to sport in the deep.
- 29 These all look to you:
to give them their food in due season.
- 30 When you give it to them, they gather it:
when you open your hand
they are satisfied with good things.
- 31 When you hide your face, they are troubled:
when you take away their breath,
they die and return to their dust.
- 32 When you send forth your spirit they are created:
and you renew the face of the earth.
- 33 May the glory of the Lord endure for ever:
may the Lord rejoice in his works.

2 Maccabees 1.2-6

²May God do good to you, and may he remember his covenant with Abraham and Isaac and Jacob, his faithful servants. ³May he give you all a heart to worship him and to do his will with a strong heart and a willing spirit. ⁴May he open your heart to his law and his commandments, and may he bring peace. ⁵May he hear your prayers and be reconciled to you, and may he not forsake you in time of evil. ⁶We are now praying for you here.

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 62.1-2, 5-8

- 1 My soul waits in silence for God:
for from him comes my salvation.
- 2 He only is my rock and my salvation:
my strong tower, so that I shall never be moved.
- 5 Nevertheless, my soul, wait in silence for God:
for from him comes my hope.
- 6 He only is my rock and my salvation:
my strong tower, so that I shall not be moved.
- 7 In God is my deliverance and my glory:
God is my strong rock and my shelter.
- 8 Trust in him at all times, O my people:
pour out your hearts before him, for God is our refuge.

Amos 9.11, 13-15

- ¹¹ On that day I will raise up
the booth of David that is fallen,
and repair its breaches,
and raise up its ruins,
and rebuild it as in the days of old;
- ¹³ The time is surely coming, says the Lord,
when the one who ploughs shall overtake the one who reaps,
and the treader of grapes the one who sows the seed;
the mountains shall drip sweet wine,
and all the hills shall flow with it.
- ¹⁴ I will restore the fortunes of my people Israel,
and they shall rebuild the ruined cities and inhabit them;
they shall plant vineyards and drink their wine,
and they shall make gardens and eat their fruit.
- ¹⁵ I will plant them upon their land,
and they shall never again be plucked up
out of the land that I have given them,
says the Lord your God.

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 65.1-2, 4-7

- 1 You are to be praised, O God, in Zion:
to you shall vows be paid, you that answer prayer.
- 2 To you shall all flesh come to confess their sins:
when our misdeeds prevail against us,
you will purge them away.
- 4 You will answer us in your righteousness
with terrible deeds, O God our saviour:
you that are the hope of all the ends of the earth
and of the distant seas;
- 5 Who by your strength made fast the mountains:
you that are girded with power;
- 6 Who stilled the raging of the seas,
the roaring of the waves:
and the tumult of the peoples.
- 7 Those who dwell at the ends of the earth
are afraid at your wonders:
the dawn and the evening sing your praises.

2 Corinthians 4.6-10

⁶For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

⁷ But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies.

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.

