



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

August 7th - August 13th 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 95.1-9

- 1 O come, let us sing out to the Lord:
let us shout in triumph to the rock of our salvation.
- 2 Let us come before his face with thanksgiving:
and cry out to him joyfully in psalms.
- 3 For the Lord is a great God:
and a great king above all gods.
- 4 In his hand are the depths of the earth:
and the peaks of the mountains are his also.
- 5 The sea is his and he made it:
his hands moulded dry land.
- 6 Come, let us worship and bow down:
and kneel before the Lord our maker.
- 7 For he is the Lord our God:
we are his people and the sheep of his pasture.
- 8 Today if only you would hear his voice—
'Do not harden your hearts as at Meribah:
as on that day at Massah in the wilderness;
- 9 'When your forebears tested me:
put me to proof, though they had seen my works.

1 Thessalonians 5.1-5a

¹Now concerning the times and the seasons, brothers and sisters, you do not need to have anything written to you. ²For you yourselves know very well that the day of the Lord will come like a thief in the night. ³When they say, 'There is peace and security', then sudden destruction will come upon them, as labour pains come upon a pregnant woman, and there will be no escape! ⁴But you, beloved, are not in darkness, for that day to surprise you like a thief; ⁵for you are all children of light and children of the day.

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 31.9-11, 16-18

- 9 Have mercy upon me, O Lord, for I am in trouble:
my eye wastes away for grief,
my throat also and my inward parts.
- 10 For my life wears out in sorrow,
and my years with sighing:
my strength fails me in my affliction,
and my bones are consumed.
- 11 I am become the scorn of all my enemies:
and my neighbours wag their heads in derision.
- 16 But in you, Lord, have I put my trust:
I have said 'You are my God.'
- 17 All my days are in your hand:
O deliver me from the power of my enemies
and from my persecutors.
- 18 Make your face to shine upon your servant:
and save me for your mercy's sake.

Romans 13.3-4a, 6-7

³For rulers are not a terror to good conduct, but to bad. Do you wish to have no fear of the authority? Then do what is good, and you will receive its approval; ⁴for it is God's servant for your good. ⁶For the same reason you also pay taxes, for the authorities are God's servants, busy with this very thing. ⁷Pay to all what is due to them—taxes to whom taxes are due, revenue to whom revenue is due, respect to whom respect is due, honour to whom honour is due.

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 6

- 1 O Lord, rebuke me not in your indignation:
nor chasten me in your fierce displeasure.
- 2 Have mercy upon me, O Lord, for I am weak:
O Lord, heal me, for my very bones are afraid.
- 3 My soul also is greatly troubled:
and you, Lord—how long will you delay?
- 4 Turn again, O Lord, and deliver my soul:
O save me for your mercy's sake.
- 5 For in death no one remembers you:
and who can give you thanks from the grave?
- 6 I am wearied with my groaning:
every night I drown my bed with weeping,
and water my couch with my tears.
- 7 My eyes waste away for sorrow:
they grow dim because of all my enemies.
- 8 Away from me, all you that do evil:
for the Lord has heard the voice of my weeping.
- 9 The Lord has heard my supplication:
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and
greatly dismayed:
they shall turn back and be confounded in a moment.

Revelation 10.8-11

⁸ Then the voice that I had heard from heaven spoke to me again, saying, 'Go, take the scroll that is open in the hand of the angel who is standing on the sea and on the land.' ⁹ So I went to the angel and told him to give me the little scroll; and he said to me, 'Take it, and eat; it will be bitter to your stomach, but sweet as honey in your mouth.' ¹⁰ So I took the little scroll from the hand of the angel and ate it; it was sweet as honey in my mouth, but when I had eaten it, my stomach was made bitter. ¹¹ Then they said to me, 'You must prophesy again about many peoples and nations and languages and kings.'

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 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.

1 Peter 4.12-14

¹² Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. ¹³ But rejoice in so far as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. ¹⁴ If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

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 82

- 1 God has stood up in the council of heaven:
in the midst of the gods he gives judgement.
- 2 'How long will you judge unjustly:
and favour the cause of the wicked?
- 3 'Judge for the poor and fatherless:
vindicate the afflicted and oppressed.
- 4 'Rescue the poor and needy:
and save them from the hands of the wicked.
- 5 'They do not know, they do not understand,
they walk about in darkness:
all the foundations of the earth are shaken.
- 6 'Therefore I say, "Though you are gods:
and all of you children of the Most High,
- 7 "'Nevertheless you shall die like a mortal:
and fall like one of the princes."
- 8 Arise, O God, and judge the earth:
for you shall take all nations as your possession.

Ephesians 4.25-27, 30-5.2

²⁵ So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. ²⁶ Be angry but do not sin; do not let the sun go down on your anger, ²⁷ and do not make room for the devil. ³⁰ And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. ³¹ Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, ³² and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. ¹ Therefore be imitators of God, as beloved children, ² and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

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 129

- 1 Many a time from my youth upward
have they fought against me:
now may Israel say,
- 2 Many a time from my youth upward
have they fought against me:
but they have not prevailed.
- 3 They have scored my back as with a ploughshare:
they have opened long furrows.
- 4 But the Lord is righteous:
and he has cut me free from the thongs of the wicked.
- 5 They shall be confounded and turned backward:
all those who hate Zion.
- 6 They shall be as the grass that grows upon the housetops:
which withers before it comes to any good,
- 7 With which no reaper may fill their hand:
nor the binder of sheaves their bosom.
- 8 And none who pass by shall say to them
'The blessing of the Lord be upon you:
we bless you in the name of the Lord.'

Hebrews 13.1-5

¹Let mutual love continue. ²Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. ³Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured. ⁴Let marriage be held in honour by all, and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers. ⁵Keep your lives free from the love of money, and be content with what you have; for he has said, 'I will never leave you or forsake you.'

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.'

1 Thessalonians 2.1, 3-4, 7b, 12

¹You yourselves know, brothers and sisters, that our coming to you was not in vain, ³For our appeal does not spring from deceit or impure motives or trickery, ⁴but just as we have been approved by God to be entrusted with the message of the gospel, even so we speak, not to please mortals, but to please God who tests our hearts. ⁷But we were gentle among you, like a nurse tenderly caring for her own children. ¹²urging and encouraging you and pleading that you should lead a life worthy of God, who calls you into his own kingdom and glory.

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.

