



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

July 23rd - July 29th 2023

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.

Joel 3.13-16

- ¹³ Put in the sickle,
for the harvest is ripe.
Go in, tread,
for the wine press is full.
The vats overflow,
for their wickedness is great.
- ¹⁴ Multitudes, multitudes,
in the valley of decision!
For the day of the Lord is near
in the valley of decision.
- ¹⁵ The sun and the moon are darkened,
and the stars withdraw their shining.
- ¹⁶ The Lord roars from Zion,
and utters his voice from Jerusalem,
and the heavens and the earth shake.
But the Lord is a refuge for his people,
a stronghold for the people of Israel.

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 19.1-6

- 1 The heavens declare the glory of God:
and the firmament proclaims his handiwork;
- 2 One day tells it to another:
and night to night communicates knowledge.
- 3 There is no speech or language:
nor are their voices heard;
- 4 Yet their sound has gone out through all the world:
and their words to the ends of the earth.
- 5 There he has pitched a tent for the sun:
which comes out as a bridegroom from his chamber,
and rejoices like a strong man to run his course.
- 6 Its rising is at one end of the heavens,
and its circuit to their farthest bound:
and nothing is hidden from its heat.

Sirach 2.1-6

- ¹My child, when you come to serve the Lord,
prepare yourself for testing.
- ²Set your heart right and be steadfast,
and do not be impetuous in time of calamity.
- ³Cling to him and do not depart,
so that your last days may be prosperous.
- ⁴Accept whatever befalls you,
and in times of humiliation be patient.
- ⁵For gold is tested in the fire,
and those found acceptable, in the furnace of humiliation.
- ⁶Trust in him, and he will help you;
make your ways straight, and hope in him.

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 147.1-7, 10-11

- 1 O praise the Lord,
for it is good to sing praises to our God:
and to praise him is joyful and right.
- 2 The Lord is rebuilding Jerusalem:
he is gathering together the scattered outcasts of Israel.
- 3 He heals the broken in spirit:
and binds up their wounds.
- 4 He counts the number of the stars:
and calls them all by name.
- 5 Great is our Lord, and great is his power:
there is no measuring his understanding.
- 6 The Lord restores the humble:
but he brings down the wicked to the dust.
- 7 O sing to the Lord a song of thanksgiving:
sing praises to our God upon the harp.
- 10 He takes no pleasure in the strength of a horse:
nor does he delight in anyone's legs,
- 11 But the Lord's delight is in those that fear him:
who wait in hope for his mercy.

Sirach 6.18-22

- ¹⁸ My child, from your youth choose discipline,
and when you have grey hair you will still find wisdom.
- ¹⁹ Come to her like one who ploughs and sows,
and wait for her good harvest.
For when you cultivate her you will toil but little,
and soon you will eat of her produce.
- ²⁰ She seems very harsh to the undisciplined;
fools cannot remain with her.
- ²¹ She will be like a heavy stone to test them,
and they will not delay in casting her aside.
- ²² For wisdom is like her name;
she is not readily perceived by many.

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.

Nehemiah 9.5b-6a, 13-14

⁵Stand up and bless the Lord your God from everlasting to everlasting. Blessed be your glorious name, which is exalted above all blessing and praise.’ ⁶ And Ezra said: ‘You are the Lord, you alone; you have made heaven, the heaven of heavens, with all their host, the earth and all that is on it, the seas and all that is in them. ¹³You came down also upon Mount Sinai, and spoke with them from heaven, and gave them right ordinances and true laws, good statutes and commandments, ¹⁴and you made known your holy sabbath to them and gave them commandments and statutes and a law through your servant Moses.

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 69.1-3, 5-6

- 1 Save me, O God:
for the waters have come up even to my throat.
- 2 I sink in the deep mire where no footing is:
I have come into deep waters
and the flood sweeps over me.
- 3 I am weary with crying out, my throat is parched:
my eyes fail with watching so long for my God.
- 5 O God, you know my foolishness:
and my sins are not hidden from you.
- 6 Let not those who wait for you
be shamed because of me, O Lord God of hosts:
let not those who seek you
be disgraced on my account, O God of Israel.

Sirach 6.32-37

- ³² If you are willing, my child, you can be disciplined,
and if you apply yourself you will become clever.
- ³³ If you love to listen you will gain knowledge,
and if you pay attention you will become wise.
- ³⁴ Stand in the company of the elders.
Who is wise? Attach yourself to such a one.
- ³⁵ Be ready to listen to every godly discourse,
and let no wise proverbs escape you.
- ³⁶ If you see an intelligent person, rise early to visit him;
let your foot wear out his doorstep.
- ³⁷ Reflect on the statutes of the Lord,
and meditate at all times on his commandments.
It is he who will give insight to your mind,
and your desire for wisdom will be granted.

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 60.1-4, 11-12

- 1 O God, you have cast us off and broken us:
you were enraged against us—O restore us again!
- 2 You have caused the land to quake, you have rent it open:
heal the rifts, for the earth quivers and breaks.
- 3 You have steeped your people in a bitter draught:
you have given them a wine to make them stagger.
- 4 You have caused those that fear you to take flight:
so that they run from the bow.
- 11 Give us your help against the enemy:
for human help is vain.
- 12 By the power of our God we shall do valiantly:
for it is he that will tread down our enemies.

Sirach 7.1-3, 8-11

- ¹Do no evil, and evil will never overtake you.
- ²Stay away from wrong, and it will turn away from you.
- ³Do not sow in the furrows of injustice,
and you will not reap a sevenfold crop.
- ⁸Do not commit a sin twice;
not even for one will you go unpunished.
- ⁹Do not say, 'He will consider the great number of my gifts,
and when I make an offering to the Most High God, he will accept it.'
- ¹⁰Do not grow weary when you pray;
do not neglect to give alms.
- ¹¹Do not ridicule a person who is embittered in spirit,
for there is One who humbles and exalts.

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.

