



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

July 2nd - July 8th 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 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.

Colossians 2.6-7, 9-10, 12

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.

⁹For in him the whole fullness of deity dwells bodily, ¹⁰and you have come to fullness in him, who is the head of every ruler and authority. ¹²When you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead.

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 34.1-8

- 1 I will bless the Lord continually:
his praise shall be always in my mouth.
- 2 Let my soul boast of the Lord:
the humble shall hear it and rejoice.
- 3 O praise the Lord with me:
let us exalt his name together.
- 4 For I sought the Lord's help and he answered:
and he freed me from all my fears.
- 5 Look towards him and be bright with joy:
your faces shall not be ashamed.
- 6 Here is a wretch who cried, and the Lord heard me:
and saved me from all my troubles.
- 7 The angel of the Lord encamps round those who fear him:
and delivers them in their need.
- 8 O taste and see that the Lord is good:
happy are they that hide in him!

1 John 1.1-4

¹We declare to you what was from the beginning, what we have heard, what we have seen with our eyes, what we have looked at and touched with our hands, concerning the word of life— ²this life was revealed, and we have seen it and testify to it, and declare to you the eternal life that was with the Father and was revealed to us— ³we declare to you what we have seen and heard so that you also may have fellowship with us; and truly our fellowship is with the Father and with his Son Jesus Christ. ⁴We are writing these things so that our joy may be complete

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 85.1-7

- 1 O Lord, you were gracious to your land:
you restored the fortunes of Jacob.
- 2 You forgave the iniquity of your people:
and covered all their sin.
- 3 You put aside all your wrath:
and turned away from your fierce indignation.
- 4 Return to us again, O God our saviour:
and let your anger cease from us.
- 5 Will you be displeased with us for ever:
will you stretch out your wrath
from one generation to another?
- 6 Will you not give us life again:
that your people may rejoice in you?
- 7 Show us your mercy, O Lord:
and grant us your salvation.

Ephesians 4.1-6

¹I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, ²with all humility and gentleness, with patience, bearing with one another in love, ³making every effort to maintain the unity of the Spirit in the bond of peace. ⁴There is one body and one Spirit, just as you were called to the one hope of your calling, ⁵one Lord, one faith, one baptism, ⁶one God and Father of all, who is above all and through all and in all.

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 40.14-18, 20-22

- 14 O Lord, do not withhold your mercy from me:
let your loving-kindness and your truth
ever preserve me.
- 15 For innumerable troubles have come upon me:
my sins have overtaken me, and I cannot see.
- 16 They are more in number than the hairs of my head:
therefore my heart fails me.
- 17 Be pleased, O Lord, to deliver me:
O Lord, make haste to help me.
- 18 Let those who seek my life to take it away:
be put to shame and confounded altogether.
- 20 Let all who seek you be joyful and glad because of you:
let those who love your salvation say always
'The Lord is great.'
- 21 As for me, I am poor and needy:
but the Lord will care for me.
- 22 You are my helper and my deliverer:
make no long delay, O Lord my God.

Ephesians 6.10-15

¹⁰ Finally, be strong in the Lord and in the strength of his power. ¹¹ Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. ¹² For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. ¹³ Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. ¹⁴ Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵ As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace.

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 67

- 1 Let God be gracious to us and bless us:
and make his face shine upon us,
- 2 That your ways may be known on earth:
your liberating power among all nations.
- 3 Let the peoples praise you, O God:
let all the peoples praise you.
- 4 Let the nations be glad and sing:
for you judge the peoples with integrity,
and govern the nations upon earth.
- 5 Let the peoples praise you, O God:
let all the peoples praise you.
- 6 Then the earth will yield its fruitfulness:
and God, our God, will bless us.
- 7 God shall bless us:
and all the ends of the earth will fear him.

2 Corinthians 2.5-11

⁵But if anyone has caused pain, he has caused it not to me, but to some extent—not to exaggerate it—to all of you. ⁶This punishment by the majority is enough for such a person; ⁷so now instead you should forgive and console him, so that he may not be overwhelmed by excessive sorrow. ⁸So I urge you to reaffirm your love for him. ⁹I wrote for this reason: to test you and to know whether you are obedient in everything. ¹⁰Anyone whom you forgive, I also forgive. What I have forgiven, if I have forgiven anything, has been for your sake in the presence of Christ. ¹¹And we do this so that we may not be outwitted by Satan; for we are not ignorant of his designs.

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 125

- 1 Those who put their trust in the Lord
shall be as Mount Zion:
which cannot be shaken, but endures for ever.
- 2 As the mountains stand about Jerusalem,
so stands the Lord about his people:
from this time forward for evermore.
- 3 For the sceptre of wickedness shall have no sway
over the land apportioned to the righteous:
lest the righteous set their hands to do evil.
- 4 Do good, O Lord, to those who are good:
to those that are upright in heart.
- 5 As for those who turn aside to crooked ways,
let the Lord lead them away with the evildoers:
and in Israel let there be peace.

Romans 9.7b-12

⁷'It is through Isaac that descendants shall be named after you.'⁸This means that it is not the children of the flesh who are the children of God, but the children of the promise are counted as descendants.⁹For this is what the promise said, 'About this time I will return and Sarah shall have a son.'¹⁰Nor is that all; something similar happened to Rebecca when she had conceived children by one husband, our ancestor Isaac.¹¹Even before they had been born or had done anything good or bad (so that God's purpose of election might continue,¹²not by works but by his call) she was told, 'The elder shall serve the younger.'

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 122

- 1 I was glad when they said to me:
'Let us go to the house of the Lord.'
- 2 And now our feet are standing:
within your gates, O Jerusalem;
- 3 Jerusalem which is built as a city:
where the pilgrims gather in unity.
- 4 There the tribes go up, the tribes of the Lord:
as he commanded Israel,
to give thanks to the name of the Lord.
- 5 There are set thrones of judgement:
the thrones of the house of David.
- 6 O pray for the peace of Jerusalem:
may those who love you prosper.
- 7 Peace be within your walls:
and prosperity in your palaces.
- 8 For the sake of my kindred and companions:
I will pray that peace be with you.
- 9 For the sake of the house of the Lord our God:
I will seek for your good.

2 Corinthians 5.14-17

¹⁴For the love of Christ urges us on, because we are convinced that one has died for all; therefore all have died. ¹⁵And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them. ¹⁶From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. ¹⁷So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

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.

