



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

June 25th - July 1st 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 118.1, 5-9, 13-14

- 1 O give thanks to the Lord, for he is good:
his mercy endures for ever.
- 5 In my danger I called to the Lord:
he answered and set me free.
- 6 The Lord is on my side, I shall not fear:
what can flesh and blood do to me?
- 7 The Lord is at my side as my helper:
I shall see the downfall of my enemies.
- 8 It is better to take refuge in the Lord:
than to trust to flesh and blood:
- 9 It is better to take refuge in the Lord:
than to put your trust in princes.
- 13 I was pressed so hard that I almost fell:
but the Lord was my helper.
- 14 The Lord is my strength and my song:
and has become my salvation.

Job 19.21-27

- ²¹ Have pity on me, have pity on me, O you my friends,
for the hand of God has touched me!
- ²² Why do you, like God, pursue me,
never satisfied with my flesh?
- ²³ 'O that my words were written down!
O that they were inscribed in a book!
- ²⁴ O that with an iron pen and with lead
they were engraved on a rock for ever!
- ²⁵ For I know that my Redeemer lives,
and that at the last he will stand upon the earth;
- ²⁶ and after my skin has been thus destroyed,
then in my flesh I shall see God,
- ²⁷ whom I shall see on my side,
and my eyes shall behold, and not another.
My heart faints within me!

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 103.1-8, 10

- 1 Praise the Lord, O my soul:
and all that is within me, praise his holy name.
- 2 Praise the Lord, O my soul:
and forget not all his benefits,
- 3 Who forgives all your sin:
and heals all your infirmities,
- 4 Who redeems your life from the Pit:
and crowns you with mercy and compassion;
- 5 Who satisfies your being with good things:
so that your youth is renewed like an eagle's.
- 6 The Lord works righteousness:
and justice for all who are oppressed.
- 7 He made known his ways to Moses:
and his works to the children of Israel.
- 8 The Lord is full of compassion and mercy:
slow to anger and of great goodness.
- 10 He has not dealt with us according to our sins:
nor rewarded us according to our wickedness.

Wisdom 12.19-22

¹⁹ Through such works you have taught your people that the righteous must be kind, and you have filled your children with good hope, because you give repentance for sins. ²⁰ For if you punished with such great care and indulgence the enemies of your servants and those deserving of death, granting them time and opportunity to give up their wickedness, ²¹ with what strictness you have judged your children, to whose ancestors you gave oaths and covenants full of good promises! ²² So while chastening us you scourge our enemies ten thousand times more, so that, when we judge, we may meditate upon your goodness, and when we are judged, we may expect mercy.

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 5.1-3, 11-13

- 1 Hear my words, O Lord, give heed to my groaning:
listen to my cry, you that are my king and my God.
- 2 In the morning when I pray to you,
surely you will hear my voice:
at daybreak I lay my prayers before you, and look up.
- 3 For you are not a God who
takes pleasure in wickedness:
nor can any evil dwell with you.
- 11 But let all who put their trust in you rejoice:
let them shout with joy for ever.
- 12 Be the defender of those who love your name:
let them exult because of you.
- 13 For you will bless, O Lord, those that are righteous:
you will cover them with your favour as with a shield.

Tobit 4.3-4, 14-15a

³Then he called his son Tobias, and when he came to him he said, 'My son, when I die, give me a proper burial. Honour your mother and do not abandon her all the days of her life. Do whatever pleases her, and do not grieve her in anything. ⁴Remember her, my son, because she faced many dangers for you while you were in her womb. And when she dies, bury her beside me in the same grave. ¹⁴'Do not keep over until the next day the wages of those who work for you, but pay them at once. If you serve God you will receive payment. Watch yourself, my son, in everything you do, and discipline yourself in all your conduct. ¹⁵And what you hate, do not do to anyone.'

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 98.1-7

- 1 O sing to the Lord a new song:
for he has done marvellous things;
- 2 His right hand and his holy arm:
they have got him the victory.
- 3 The Lord has made known his salvation:
he has revealed his just deliverance
in the sight of the nations.
- 4 He has remembered his mercy and faithfulness
towards the house of Israel:
and all the ends of the earth
have seen the salvation of our God.
- 5 Shout with joy to the Lord, all the earth:
break into singing and make melody.
- 6 Make melody to the Lord upon the harp:
upon the harp and with the sounds of praise.
- 7 With trumpets and with horns:
cry out in triumph before the Lord, the king.

Deuteronomy 13.2-5

²And the omens or the portents declared by them take place, and they say, 'Let us follow other gods' (whom you have not known) 'and let us serve them', ³you must not heed the words of those prophets or those who divine by dreams; for the Lord your God is testing you, to know whether you indeed love the Lord your God with all your heart and soul. ⁴The Lord your God you shall follow, him alone you shall fear, his commandments you shall keep, his voice you shall obey, him you shall serve, and to him you shall hold fast. ⁵But those prophets or those who divine by dreams shall be put to death for having spoken treason against the Lord your God—who brought you out of the land of Egypt and redeemed you from the house of slavery—to turn you from the way in which the Lord your God commanded you to walk. So you shall purge the evil from your midst.

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 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.

Wisdom 5.15-19

- ¹⁵ But the righteous live for ever,
and their reward is with the Lord;
the Most High takes care of them.
- ¹⁶ Therefore they will receive a glorious crown
and a beautiful diadem from the hand of the Lord,
because with his right hand he will cover them,
and with his arm he will shield them.
- ¹⁷ The Lord will take his zeal as his whole armour,
and will arm all creation to repel his enemies;
- ¹⁸ he will put on righteousness as a breastplate,
and wear impartial justice as a helmet;
- ¹⁹ he will take holiness as an invincible shield.

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 14.1-4, 7

- 1 Fools have said in their hearts 'There is no God':
they have all become vile and abominable in their doings,
there is not one that does good.
- 2 The Lord looked down from heaven
upon the children of Adam:
to see if there were any who would act wisely
and seek after God.
- 3 But they have all turned out of the way,
they have all alike become corrupt:
there is none that does good, no not one.
- 4 Are all the evildoers devoid of understanding:
who eat up my people as they eat bread,
and do not pray to the Lord?
- 7 O that deliverance for Israel might come forth
from Zion:
when the Lord turns again the fortunes of his people,
then shall Jacob rejoice and Israel be glad.

Isaiah 51.1-3

- ¹Listen to me, you that pursue righteousness,
you that seek the Lord.
Look to the rock from which you were hewn,
and to the quarry from which you were dug.
- ²Look to Abraham your father
and to Sarah who bore you;
for he was but one when I called him,
but I blessed him and made him many.
- ³For the Lord will comfort Zion;
he will comfort all her waste places,
and will make her wilderness like Eden,
her desert like the garden of the Lord;
joy and gladness will be found in her,
thanksgiving and the voice of song.

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 101.1-3, 7-8

- 1 My song shall be of steadfastness and justice:
to you, Lord, will I sing.
- 2 I will be wise in the way of innocence:
O when will you come to me?
- 3 I will walk within my house:
in purity of heart.
- 7 My eyes shall look to the faithful in the land,
and they shall make their home with me:
those who walk in the way of innocence,
they shall minister to me.
- 8 No one who practises deceit shall live in my house:
no one who utters lies shall stand in my sight.

Isaiah 53.3-5

- ³ He was despised and rejected by others;
a man of suffering and acquainted with infirmity;
and as one from whom others hide their faces
he was despised, and we held him of no account.
- ⁴ Surely he has borne our infirmities
and carried our diseases;
yet we accounted him stricken,
struck down by God, and afflicted.
- ⁵ But he was wounded for our transgressions,
crushed for our iniquities;
upon him was the punishment that made us whole,
and by his bruises we are healed.

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.

