



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

July 30th - August 5th 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 141.1-6, 9-11

- 1 O Lord, I call to you, make haste to help me:
and hear my voice when I cry.
- 2 Let my prayer be as incense before you:
and the lifting up of my hands as the evening sacrifice.
- 3 Set a guard, O Lord, on my mouth:
and keep the door of my lips.
- 4 Let not my heart incline to evil speech,
to join in wickedness with wrongdoers:
let me not taste the pleasures of their table.
- 5 But let the righteous chastise me:
and the faithful rebuke me.
- 6 Let not the oil of the wicked anoint my head:
for I pray to you still against their wickedness.
- 9 But my eyes look to you, O Lord my God:
to you I come for refuge, do not pour out my life.
- 10 Keep me from the snare that they have laid for me:
and from the traps of the evildoers.
- 11 Let the wicked fall together into their own nets:
whilst I pass safely by.

Philippians 3.7-11

⁷ Yet whatever gains I had, these I have come to regard as loss because of Christ. ⁸ More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ ⁹ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. ¹⁰ I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, ¹¹ if somehow I may attain the resurrection 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 146.1-2, 5-12

- 1 Praise the Lord, praise the Lord, O my soul:
while I live I will praise the Lord;
- 2 While I have any being:
I will sing praises to my God.
- 5 Blessed are those whose help is the God of Jacob:
whose hope is in the Lord their God,
- 6 The God who made heaven and earth:
the sea, and all that is in them,
- 7 Who keeps faith for ever:
who deals justice to those that are oppressed.
- 8 The Lord gives food to the hungry:
and sets the captives free.
- 9 The Lord gives sight to the blind:
the Lord lifts up those that are bowed down.
- 10 The Lord loves the righteous:
the Lord cares for the stranger in the land.
- 11 He upholds the widow and the fatherless:
as for the way of the wicked, he turns it upside down.
- 12 The Lord shall be king for ever:
your God, O Zion, shall reign through all generations.
Praise the Lord.

1 Thessalonians 3.9-13

⁹How can we thank God enough for you in return for all the joy that we feel before our God because of you? ¹⁰Night and day we pray most earnestly that we may see you face to face and restore whatever is lacking in your faith. ¹¹Now may our God and Father himself and our Lord Jesus direct our way to you. ¹²And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. ¹³And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

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 26.1-8

- 1 Give judgement for me, O Lord,
for I have walked in my integrity:
I have trusted in the Lord and not wavered.
- 2 Put me to the test, O Lord, and prove me:
try my mind and my heart.
- 3 For your steadfast love has been ever before my eyes:
and I have walked in your truth.
- 4 I have not sat with deceivers:
nor consorted with the hypocrites;
- 5 I hate the assembly of the wicked:
I will not sit with the ungodly.
- 6 I wash my hands in innocence, O Lord:
that I may go about your altar,
- 7 And lift up the voice of thanksgiving:
to tell of all your marvellous works.
- 8 Lord, I love the house of your habitation:
and the place where your glory dwells.

Romans 10.5-9

⁵ Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' ⁶But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?" ' (that is, to bring Christ down) ⁷or "Who will descend into the abyss?" ' (that is, to bring Christ up from the dead). ⁸But what does it say?

'The word is near you,

on your lips and in your heart'

(that is, the word of faith that we proclaim); ⁹because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

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 55.1-9

- 1 Hear my prayer, O God:
and do not hide yourself from my petition.
- 2 Give heed to me, and answer me:
I am restless in my complaining.
- 3 I am in turmoil at the voice of the enemy:
at the onslaught of the wicked.
- 4 For they bring down disaster upon me:
they persecute me with bitter fury.
- 5 My heart writhes within me:
and the terrors of death have fallen upon me.
- 6 Fear and trembling come upon me:
and horror overwhelms me.
- 7 And I said 'O for the wings of a dove:
that I might fly away and find rest.
- 8 'Then I would flee far off:
and make my lodging in the wilderness.
- 9 'I would hasten to find me a refuge:
out of the blast of slander.

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. ⁷But 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 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 68.4-6, 19-20, 35

- 4 O sing to God, sing praises to his name:
glorify him that rode through the deserts,
him whose name is the Lord, and exult before him.
- 5 He is the father of the fatherless,
he upholds the cause of the widow:
God in his holy dwelling place.
- 6 He gives the desolate a home to dwell in,
and brings the prisoners out into prosperity:
but rebels must dwell in a barren land.
and thousands upon thousands:
the Lord came from Sinai into his holy place.
- 19 Blessed be the Lord day by day,
who bears us as his burden:
he is the God of our deliverance.
- 20 God is to us a God who saves:
by God the Lord do we escape death.
- 35 Terrible is God who comes from his holy place:
the God of Israel who gives power
and strength to his people. Blessed be God.

Hebrews 8.1b-5

¹We have such a high priest, one who is seated at the right hand of the throne of the Majesty in the heavens, ²a minister in the sanctuary and the true tent that the Lord, and not any mortal, has set up. ³For every high priest is appointed to offer gifts and sacrifices; hence it is necessary for this priest also to have something to offer. ⁴Now if he were on earth, he would not be a priest at all, since there are priests who offer gifts according to the law. ⁵They offer worship in a sanctuary that is a sketch and shadow of the heavenly one; for Moses, when he was about to erect the tent, was warned, 'See that you make everything according to the pattern that was shown you on the mountain.'

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 22.1-11

- 1 My God, my God, why have you forsaken me:
why are you so far from helping me
and from the words of my groaning?
- 2 My God, I cry to you by day, but you do not answer:
and by night also I take no rest.
- 3 But you continue holy:
you that are the praise of Israel.
- 4 In you our forebears trusted:
they trusted, and you delivered them;
- 5 To you they cried and they were saved:
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man:
the scorn of all and despised by the people.
- 7 Those that see me laugh me to scorn:
they shoot out their lips at me
and wag their heads, saying,
- 8 'He trusted in the Lord—let him deliver him:
let him deliver him, if he delights in him.'
- 9 But you are he that took me out of the womb:
that brought me to lie at peace on my mother's breast.
- 10 On you have I been cast since my birth:
you are my God, even from my mother's womb.
- 11 O go not from me, for trouble is hard at hand:
and there is none to help.

2 Corinthians 13.5-9

⁵Examine yourselves to see whether you are living in the faith. Test yourselves. Do you not realize that Jesus Christ is in you?—unless, indeed, you fail to pass the test! ⁶I hope you will find out that we have not failed. ⁷But we pray to God that you may not do anything wrong—not that we may appear to have passed the test, but that you may do what is right, though we may seem to have failed. ⁸For we cannot do anything against the truth, but only for the truth. ⁹For we rejoice when we are weak and you are strong. This is what we pray for, that you may become perfect.

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 48.8-13

- 8 As we have heard, so have we seen
in the city of the Lord of hosts:
in the city of our God,
which God has established for ever.
- 9 We have called to mind your loving-kindness, O God:
in the midst of your temple.
- 10 As your name is great, O God, so also is your praise:
even to the ends of the earth.
- 11 Your right hand is full of victory
—let Zion's hill rejoice:
let the daughters of Judah be glad,
because of your judgements.
- 12 Walk about Zion, go round about her,
and count all her towers:
consider well her ramparts, pass through her palaces;
- 13 That you may tell those who come after that such is God:
our God for ever and ever, and he will guide us eternally.

Acts 10.34-38a, 39a

³⁴ Then Peter began to speak to them: 'I truly understand that God shows no partiality, ³⁵but in every nation anyone who fears him and does what is right is acceptable to him. ³⁶You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. ³⁷That message spread throughout Judea, beginning in Galilee after the baptism that John announced: ³⁸how God anointed Jesus of Nazareth with the Holy Spirit and with power. ³⁹We are witnesses to all that he did both in Judea and in Jerusalem.

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.

