



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

June 4th - June 10th 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 144.9-16

- 9 I will sing you a new song, O God:
on the ten-stringed lute will I sing your praises.
- 10 You have given victory to kings:
and deliverance to David your servant.
- 11 O save me from the peril of the sword:
pluck me out of the hands of the aliens,
- 12 Whose mouths speak perjury:
and their right hand is a right hand of falsehood.
- 13 Our sons in their youth shall be like sturdy plants:
and our daughters as the carved corners of palaces.
- 14 Our barns shall be full and give food of every kind:
the sheep shall lamb in our fields
in thousands and tens of thousands.
- 15 Our cattle shall be heavy with calf,
there shall be no miscarriage or untimely birth:
and no loud crying in our streets.
- 16 Happy the people whose lot is such as this:
happy that people who have the Lord for their God!

Galatians 4.4-7

⁴But when the fullness of time had come, God sent his Son, born of a woman, born under the law, ⁵in order to redeem those who were under the law, so that we might receive adoption as children. ⁶And because you are children, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' ⁷So you are no longer a slave but a child, and if a child then also an heir, through God.

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 17.1-7

- 1 Hear my just cause, O Lord, give heed to my cry:
listen to my prayer, that comes from no lying lips.
- 2 Let judgement for me come forth from your presence:
and let your eyes discern the right.
- 3 Though you search my heart,
and visit me in the night-time:
though you try me by fire,
you will find no wickedness in me.
- 4 My mouth does not transgress, like the mouth of others:
for I have kept the word of your lips.
- 5 My steps have held firm in the way of your commands:
and my feet have not stumbled from your paths.
- 6 I call upon you, O God, for you will surely answer:
incline your ear to me, and hear my words.
- 7 Show me the wonders of your steadfast love,
O saviour of those who come to you for refuge:
who by your right hand deliver them
from those that rise up against them.

1 Timothy 6.17-19

¹⁷ As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment. ¹⁸ They are to do good, to be rich in good works, generous, and ready to share, ¹⁹ thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.

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 119.89-96

- 89 Lord, your word is for ever:
it stands firm in the heavens.
- 90 Your faithfulness abides from one generation to another:
firm as the earth which you have made.
- 91 As for your judgements, they stand fast this day:
for all things are your servants.
- 92 If your law had not been my delight:
I would have perished in my affliction.
- 93 I will never forget your precepts:
for by them you have given me life.
- 94 I am yours, O save me:
for I have sought your precepts.
- 95 The wicked have lain in wait for me to destroy me:
but I think on your commands.
- 96 I have seen that all perfection comes to an end:
only your commandment has no bounds.

Romans 2.1-4

¹Therefore you have no excuse, whoever you are, when you judge others; for in passing judgement on another you condemn yourself, because you, the judge, are doing the very same things. ²You say, 'We know that God's judgement on those who do such things is in accordance with truth.' ³Do you imagine, whoever you are, that when you judge those who do such things and yet do them yourself, you will escape the judgement of God? ⁴Or do you despise the riches of his kindness and forbearance and patience? Do you not realize that God's kindness is meant to lead you to repentance?

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 66.1-9

- 1 O shout with joy to God, all the earth:
sing to the honour of his name,
and give him glory as his praise.
- 2 Say to God 'How fearful are your works:
because of your great might
your enemies shall cower before you.'
- 3 All the earth shall worship you:
and sing to you, and sing praises to your name.
- 4 Come then and see what God has done:
how terrible are his dealings with the children of Adam.
- 5 He turned the sea into dry land,
they crossed the river on foot:
then were we joyful because of him.
- 6 By his power he rules for ever,
his eyes keep watch on the nations:
and rebels shall never rise against him.
- 7 O bless our God, you peoples:
and cause his praises to resound,
- 8 Who has held our souls in life:
who has not suffered our feet to slip.
- 9 For you have proved us, O God:
you have tried us as silver is tried.

1 Peter 1.3-7

³Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, ⁵who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. ⁶In this you rejoice, even if now for a little while you have had to suffer various trials, ⁷so that the genuineness of your faith—being more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honour when Jesus Christ is revealed.

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 132.1-4, 7-9

- 1 Lord, remember David and all his trouble:
how he swore an oath to the Lord,
and vowed to the Mighty One of Jacob;
- 2 'I will not enter the shelter of my house:
nor climb into the comfort of my bed;
- 3 'I will not give sleep to my eyes:
or slumber to my eyelids,
- 4 'Till I find out a place for the ark of the Lord:
a dwelling for the Mighty One of Jacob.'
- 7 Arise, O Lord, into your resting-place:
you, and the ark of your might.
- 8 Let your priests be clothed with righteousness:
and let your faithful ones shout for joy.
- 9 For the sake of David your servant:
do not turn away the face of your anointed.

Romans 13.8-10

⁸ Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. ⁹ The commandments, 'You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet'; and any other commandment, are summed up in this word, 'Love your neighbour as yourself.' ¹⁰ Love does no wrong to a neighbour; therefore, love is the fulfilling of the law.

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 102.1-2, 24-28

- 1 O Lord, hear my prayer:
and let my cry come to you.
- 2 Do not hide your face from me in the day of my trouble:
turn your ear to me;
and when I call, be swift to answer.
- 24 Do not take me away, O God, in the midst of my life:
you, whose years extend through all generations.
- 25 In the beginning you laid the foundations of the earth:
and the heavens are the work of your hands.
- 26 They shall perish, but you will endure:
they shall all grow old like a garment;
like clothes you will change them,
and they shall pass away.
- 27 But you are the same for ever:
and your years will never fail.
- 28 The children of your servants shall rest secure:
and their seed shall be established in your sight.

Romans 1.1-6

¹Paul, a servant of Jesus Christ, called to be an apostle, set apart for the gospel of God, ²which he promised beforehand through his prophets in the holy scriptures, ³the gospel concerning his Son, who was descended from David according to the flesh ⁴and was declared to be Son of God with power according to the spirit of holiness by resurrection from the dead, Jesus Christ our Lord, ⁵through whom we have received grace and apostleship to bring about the obedience of faith among all the Gentiles for the sake of his name, ⁶including yourselves who are called to belong to Jesus Christ.

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 48.1-3, 8-10

- 1 Great is the Lord and greatly to be praised:
in the city of our God.
- 2 High and beautiful is his holy hill:
it is the joy of all the earth.
- 3 On Mount Zion, where godhead truly dwells,
stands the city of the Great King:
God is well known in her palaces as a sure defence.
- 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.

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 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.

