



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

July 16<sup>th</sup> - July 22<sup>nd</sup> 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 95.1-9

- 1 O come, let us sing out to the Lord:  
let us shout in triumph to the rock of our salvation.
- 2 Let us come before his face with thanksgiving:  
and cry out to him joyfully in psalms.
- 3 For the Lord is a great God:  
and a great king above all gods.
- 4 In his hand are the depths of the earth:  
and the peaks of the mountains are his also.
- 5 The sea is his and he made it:  
his hands moulded dry land.
- 6 Come, let us worship and bow down:  
and kneel before the Lord our maker.
- 7 For he is the Lord our God:  
we are his people and the sheep of his pasture.
- 8 Today if only you would hear his voice—  
'Do not harden your hearts as at Meribah:  
as on that day at Massah in the wilderness;
- 9 'When your forebears tested me:  
put me to proof, though they had seen my works.

## Hebrews 1.1-4

<sup>1</sup>Long ago God spoke to our ancestors in many and various ways by the prophets, <sup>2</sup>but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. <sup>3</sup>He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, <sup>4</sup>having become as much superior to angels as the name he has inherited is more excellent than theirs.

## 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 93

- 1 The Lord is king, and has put on robes of glory:  
the Lord has put on his glory,  
he has girded himself with strength.
- 2 He has made the world so firm:  
that it cannot be moved.
- 3 Your throne is established from of old:  
you are from everlasting.
- 4 The floods have lifted up, O Lord,  
the floods have lifted up their voice:  
the floods lift up their pounding.
- 5 But mightier than the sound of many waters,  
than the mighty waters or the breakers of the sea:  
the Lord on high is mighty.
- 6 Your decrees are very sure:  
and holiness, O Lord, adorns your house for ever.

## Galatians 4.12-14

<sup>12</sup> Friends, I beg you, become as I am, for I also have become as you are. You have done me no wrong. <sup>13</sup>You know that it was because of a physical infirmity that I first announced the gospel to you; <sup>14</sup>though my condition put you to the test, you did not scorn or despise me, but welcomed me as an angel of God, as Christ Jesus.

## 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 119.33-40

- 33 Teach me, O Lord, the way of your statutes:  
and I will honour it to the end.
- 34 Give me understanding, that I may keep your law:  
that I may keep it with my whole heart.
- 35 Guide me in the path of your commandments:  
for therein is my delight.
- 36 Incline my heart to your commands:  
and not to selfish gain.
- 37 Turn away my eyes from looking on vanities:  
as I walk in your way give me life.
- 38 Make good your promise to your servant:  
the promise that endures for all who fear you.
- 39 Turn aside the taunts that I dread:  
for your judgements are very good.
- 40 Lord, I long for your precepts:  
in your righteousness give me life.

## Acts 7.17-22

<sup>17</sup> 'But as the time drew near for the fulfilment of the promise that God had made to Abraham, our people in Egypt increased and multiplied <sup>18</sup>until another king who had not known Joseph ruled over Egypt. <sup>19</sup>He dealt craftily with our race and forced our ancestors to abandon their infants so that they would die. <sup>20</sup>At this time Moses was born, and he was beautiful before God. For three months he was brought up in his father's house; <sup>21</sup>and when he was abandoned, Pharaoh's daughter adopted him and brought him up as her own son. <sup>22</sup>So Moses was instructed in all the wisdom of the Egyptians and was powerful in his words and deeds.

## 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 119.41-48

- 41 Let your loving mercy come to me, O Lord:  
and your salvation, according to your word.
- 42 Then I shall have an answer for those who reproach me:  
for I trust in your word.
- 43 Do not take the word of truth utterly out of my mouth:  
for in your judgements is my hope.
- 44 Let me keep your law continually:  
O let me keep it for ever.
- 45 And so I shall walk at liberty:  
because I have sought your precepts.
- 46 I shall speak of your commands before kings:  
and shall not be put to shame.
- 47 My delight shall be in your commandments:  
which I have greatly loved;
- 48 I shall worship you with outstretched hands:  
and I shall meditate on your statutes.

## Romans 16.17-20

<sup>17</sup> I urge you, brothers and sisters, to keep an eye on those who cause dissensions and offences, in opposition to the teaching that you have learned; avoid them. <sup>18</sup>For such people do not serve our Lord Christ, but their own appetites, and by smooth talk and flattery they deceive the hearts of the simple-minded. <sup>19</sup>For while your obedience is known to all, so that I rejoice over you, I want you to be wise in what is good, and guileless in what is evil. <sup>20</sup>The God of peace will shortly crush Satan under your feet. The grace of our Lord Jesus Christ be with you.

## 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 96.1-6, 11-13

- 1 O sing to the Lord a new song:  
sing to the Lord, all the earth.
- 2 Sing to the Lord and bless his holy name:  
proclaim the good news of his salvation from day to day.
- 3 Declare his glory among the nations:  
and his wonders among all peoples.
- 4 For great is the Lord, and greatly to be praised:  
he is more to be feared than all gods.
- 5 As for all the gods of the nations, they are mere idols:  
it is the Lord who made the heavens.
- 6 Majesty and glory are before him:  
beauty and power are in his sanctuary.
- 11 Let the heavens rejoice and let the earth be glad:  
let the sea roar, and all that fills it:
- 12 Let the fields rejoice, and everything in them:  
then shall all the trees of the wood  
shout with joy before the Lord;
- 13 For he comes, he comes to judge the earth:  
he shall judge the world with righteousness,  
and the peoples with his truth.

## Romans 10.9-13

<sup>9</sup>Because 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. <sup>10</sup>For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. <sup>11</sup>The scripture says, 'No one who believes in him will be put to shame.' <sup>12</sup>For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. <sup>13</sup>For, 'Everyone who calls on the name of the Lord shall be saved.'

## 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 40.1-5

- 1 I waited patiently for the Lord:  
and he inclined to me and heard my cry.
- 2 He brought me up from the pit of roaring waters,  
out of the mire and clay:  
and set my feet upon a rock, and made firm my foothold.
- 3 And he has put a new song in my mouth:  
even a song of thanksgiving to our God.
- 4 Many shall see it and fear:  
and shall put their trust in the Lord.
- 5 Blessed are those who have made the Lord their hope:  
who have not turned to the proud,  
or to those who wander in deceit.

## Revelation 7.9-10

<sup>9</sup> After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. <sup>10</sup> They cried out in a loud voice, saying, 'Salvation belongs to our God who is seated on the throne, and to the Lamb!'

## 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 138

- 1 I will give you thanks, O Lord, with my whole heart:  
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple  
and give thanks to your name:  
because of your faithfulness and your loving-kindness,  
for you have made your name and your word  
supreme over all things.
- 3 At a time when I called to you, you gave me answer:  
and put new strength within my soul.
- 4 All the kings of the earth shall praise you, O Lord:  
for they have heard the words of your mouth;
- 5 And they shall sing of the ways of the Lord:  
that the glory of the Lord is great.
- 6 For though the Lord is exalted, he looks upon the lowly:  
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,  
yet will you preserve my life:  
you will stretch out your hand against the fury of my  
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:  
your loving-kindness, O Lord, endures for ever;  
do not forsake the work of your own hands.

## Acts 4.32-35

<sup>32</sup> Now the whole group of those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held in common. <sup>33</sup> With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. <sup>34</sup> There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. <sup>35</sup> They laid it at the apostles' feet, and it was distributed to each as any had need.

## 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.**



