



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

July 9th - July 15th 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 112.1-6, 9

- 1 O praise the Lord. Blessed are they that fear the Lord:
and greatly delight in his commandments.
- 2 Their children shall be mighty in the land:
an upright race who will be blessed.
- 3 Riches and plenty shall be in their house:
and their righteousness shall stand for ever.
- 4 Light arises in darkness for the upright:
gracious and merciful are the righteous.
- 5 It goes well with those who act generously and lend:
who guide their affairs with justice.
- 6 Surely they shall never be moved:
the righteous shall be held in everlasting remembrance.
- 9 They give freely to the poor:
their righteousness stands for ever,
their head is uplifted in glory.

Sirach 51.13-14, 26-28

- ¹³ Remember that a greedy eye is a bad thing.
What has been created more greedy than the eye?
Therefore it sheds tears for any reason.
- ¹⁴ Do not reach out your hand for everything you see,
and do not crowd your neighbour at the dish.
- ²⁶ As the furnace tests the work of the smith,
so wine tests hearts when the insolent quarrel.
- ²⁷ Wine is very life to human beings
if taken in moderation.
What is life to one who is without wine?
It has been created to make people happy.
- ²⁸ Wine drunk at the proper time and in moderation
is rejoicing of heart and gladness of soul.

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 71.1-6

- 1 To you, Lord, have I come for shelter:
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:
you are he that brought me out of my mother's womb,
and my praise is of you continually.

Isaiah 44.1-5

- ¹But now hear, O Jacob my servant,
Israel whom I have chosen!
- ²Thus says the Lord who made you,
who formed you in the womb and will help you:
Do not fear, O Jacob my servant,
Jeshurun whom I have chosen.
- ³For I will pour water on the thirsty land,
and streams on the dry ground;
I will pour my spirit upon your descendants,
and my blessing on your offspring.
- ⁴They shall spring up like a green tamarisk,
like willows by flowing streams.
- ⁵This one will say, 'I am the Lord's',
another will be called by the name of Jacob,
yet another will write on the hand, 'The Lord's',
and adopt the name of Israel.

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 142.1-4, 6-9

- 1 I call to the Lord with a loud voice:
with loud voice I entreat his favour.
- 2 I pour out my complaint before him:
and tell him all my trouble.
- 3 When my spirit is faint within me, you know my path:
in the way where I walk
they have hidden a snare for me.
- 4 I look to my right hand and see:
but no one will know me;
- 6 I call to you, O Lord, I say 'You are my refuge:
you are my portion in the land of the living.'
- 7 Heed my loud crying, for I am brought very low:
O save me from my persecutors,
for they are too strong for me.
- 8 Bring me out of the prison-house:
that I may praise your name.
- 9 When you have given me my reward:
then will the righteous gather about me.

Hosea 12.3-7

- ³ In the womb he tried to supplant his brother,
and in his manhood he strove with God.
- ⁴ He strove with the angel and prevailed,
he wept and sought his favour;
he met him at Bethel,
and there he spoke with him.
- ⁵ The Lord the God of hosts,
the Lord is his name!
- ⁶ But as for you, return to your God,
hold fast to love and justice,
and wait continually for your God.
- ⁷ A trader, in whose hands are false balances,
he loves to oppress.

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 135.1-6, 13-14

- 1 Praise the Lord, praise the name of the Lord:
praise him, you servants of the Lord,
- 2 Who stand in the house of the Lord:
in the courts of the house of our God.
- 3 Praise the Lord, for the Lord is gracious:
sing praises to his name, for it is good.
- 4 For the Lord has chosen Jacob for himself:
and Israel as his own possession.
- 5 I know that the Lord is great:
and that our Lord is above all gods.
- 6 He does whatever he wills, in heaven and upon the earth:
in the seas and in the great depths.
- 13 O Lord, your name shall endure for ever:
so shall your renown, throughout all generations.
- 14 For the Lord will vindicate his people:
he will take pity on his servants.

Malachi 3.16-17c

¹⁶ Then those who revered the Lord spoke with one another. The Lord took note and listened, and a book of remembrance was written before him of those who revered the Lord and thought on his name. ¹⁷ They shall be mine, says the Lord of hosts, my special possession on the day when I act, and I will spare them as parents spare their children who serve them.

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 2.1-2, 4-9, 11b

- 1 Why are the nations in tumult:
and why do the peoples cherish a vain dream?
- 2 The kings of the earth rise up
and the rulers conspire together:
against the Lord and against his anointed, saying,
- 4 He that dwells in heaven shall laugh them to scorn:
the Lord will hold them in derision.
- 5 Then will he speak to them in his wrath,
and terrify them in his fury:
'I, the Lord, have set up my king on Zion my holy hill.'
- 6 I will announce the Lord's decree,
that which he has spoken:
'You are my son, this day have I begotten you.
- 7 'Ask of me,
and I will give you the nations for your inheritance:
the uttermost parts of the earth for your possession.
- 8 'You may break them with a rod of iron:
and shatter them in pieces like a potter's vessel.'
- 9 Now therefore be wise, O kings:
be advised, you that are judges of the earth.
- 11 blessed are those that turn to him for refuge.

Jeremiah 30.10-11

- ¹⁰ But as for you, have no fear, my servant Jacob, says the Lord,
and do not be dismayed, O Israel;
for I am going to save you from far away,
and your offspring from the land of their captivity.
Jacob shall return and have quiet and ease,
and no one shall make him afraid.
- ¹¹ For I am with you, says the Lord, to save you;
I will make an end of all the nations
among which I scattered you,
but of you I will not make an end.
I will chastise you in just measure,
and I will by no means leave you unpunished.

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 51.1-7

- 1 Have mercy on me, O God, in your enduring goodness:
according to the fulness of your compassion
blot out my offences.
- 2 Wash me thoroughly from my wickedness:
and cleanse me from my sin.
- 3 For I acknowledge my rebellion:
and my sin is ever before me.
- 4 Against you only have I sinned
and done what is evil in your eyes:
so you will be just in your sentence
and blameless in your judging.
- 5 Surely in wickedness I was brought to birth:
and in sin my mother conceived me.
- 6 You that desire truth in the inward parts:
O teach me wisdom in the secret places of the heart.
- 7 Purge me with hyssop, and I shall be clean:
wash me, and I shall be whiter than snow.

Exodus 3.7, 10, 4.10-12

⁷ Then the Lord said, 'I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, ¹⁰So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.'

¹⁰ But Moses said to the Lord, 'O my Lord, I have never been eloquent, neither in the past nor even now that you have spoken to your servant; but I am slow of speech and slow of tongue.' ¹¹ Then the Lord said to him, 'Who gives speech to mortals? Who makes them mute or deaf, seeing or blind? Is it not I, the Lord? ¹² Now go, and I will be with your mouth and teach you what you are to speak.'

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 3

- 1 Lord, how numerous are my enemies:
many they are that rise against me.
- 2 Many there are that talk of me and say:
'Here is one who has no help in God.'
- 3 But you, Lord, are about me as a shield:
you are my glory, and the lifter up of my head.
- 4 I cry to the Lord with a loud voice:
and he answers me from his holy hill.
- 5 I lay myself down and sleep:
I wake again, because the Lord sustains me.
- 6 Therefore I will not be afraid
of the multitudes of the nations:
who have set themselves against me on every side.
- 7 Arise, Lord, and deliver me, O my God:
for you will strike all my enemies upon the cheek,
you will break the teeth of the ungodly.
- 8 Deliverance belongs to the Lord:
O let your blessing be upon your people.

Sirach 2.7-11

- ⁷ You who fear the Lord, wait for his mercy;
do not stray, or else you may fall.
- ⁸ You who fear the Lord, trust in him,
and your reward will not be lost.
- ⁹ You who fear the Lord, hope for good things,
for lasting joy and mercy.
- ¹⁰ Consider the generations of old and see:
has anyone trusted in the Lord and been disappointed?
Or has anyone persevered in the fear of the Lord and been forsaken?
Or has anyone called upon him and been neglected?
- ¹¹ For the Lord is compassionate and merciful;
he forgives sins and saves in time of distress.

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.

