



ST PAUL'S ANGLICAN CHURCH  
CANTERBURY

Ordinary Time

June 18<sup>th</sup> - June 24<sup>th</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 23

- 1 The Lord is my shepherd:  
therefore can I lack nothing.
- 2 He will make me lie down in green pastures:  
and lead me beside still waters.
- 3 He will refresh my soul:  
and guide me in right pathways for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil:  
for you are with me, your rod and your staff comfort me.
- 5 You spread a table before me  
in the face of those who trouble me:  
you have anointed my head with oil,  
and my cup shall be full.
- 6 Surely your goodness and loving-kindness  
will follow me all the days of my life:  
and I shall dwell in the house of the Lord for ever.

## Romans 12.6-11

<sup>6</sup>We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; <sup>7</sup>ministry, in ministering; the teacher, in teaching; <sup>8</sup>the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness. <sup>9</sup>Let love be genuine; hate what is evil, hold fast to what is good; <sup>10</sup>love one another with mutual affection; outdo one another in showing honour. <sup>11</sup>Do not lag in zeal, be ardent in spirit, serve the Lord.

## 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 31.9-10, 14-18

- 9 Have mercy upon me, O Lord, for I am in trouble:  
my eye wastes away for grief,  
my throat also and my inward parts.
- 10 For my life wears out in sorrow,  
and my years with sighing:  
my strength fails me in my affliction,  
and my bones are consumed.
- 14 For I hear the whispering of many:  
and fear is on every side;
- 15 While they plot together against me:  
and scheme to take away my life.
- 16 But in you, Lord, have I put my trust:  
I have said 'You are my God.'
- 17 All my days are in your hand:  
O deliver me from the power of my enemies  
and from my persecutors.
- 18 Make your face to shine upon your servant:  
and save me for your mercy's sake.

## 1 Corinthians 4.10-13

<sup>10</sup>We are fools for the sake of Christ, but you are wise in Christ. We are weak, but you are strong. You are held in honour, but we in disrepute. <sup>11</sup>To the present hour we are hungry and thirsty, we are poorly clothed and beaten and homeless, <sup>12</sup>and we grow weary from the work of our own hands. When reviled, we bless; when persecuted, we endure; <sup>13</sup>when slandered, we speak kindly. We have become like the rubbish of the world, the dregs of all things, to this very day.

## 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 11

- 1 In the Lord I have found my refuge:  
how then can you say to me  
'Flee like a bird to the mountains;
- 2 'Look how the wicked make ready the bow,  
and notch their arrows upon the string:  
to shoot from the darkness at the true of heart;
- 3 'If the foundations are destroyed:  
what can the righteous do?'
- 4 The Lord is in his holy place,  
the Lord is enthroned in heaven:  
his eyes search out, his glance tries the children of Adam.
- 5 He tries the righteous and the wicked:  
and those that delight in violence his soul abhors.
- 6 He will rain down coals of fire and brimstone  
upon the wicked:  
a scorching wind shall be their cup to drink.
- 7 For the Lord is righteous and loves righteous acts:  
the upright shall see his face.

## 1 Peter 1.13-19

<sup>13</sup> Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. <sup>14</sup> Like obedient children, do not be conformed to the desires that you formerly had in ignorance. <sup>15</sup> Instead, as he who called you is holy, be holy yourselves in all your conduct; <sup>16</sup> for it is written, 'You shall be holy, for I am holy.' <sup>17</sup> If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. <sup>18</sup> You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, <sup>19</sup> but with the precious blood of Christ, like that of a lamb without defect or blemish.

## 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 105.1-9

- 1 O give thanks to the Lord and call upon his name:  
tell among the peoples what things he has done.
- 2 Sing to him, O sing praises:  
and be telling of all his marvellous works.
- 3 Exult in his holy name:  
and let those that seek the Lord be joyful in heart.
- 4 Seek the Lord and his strength:  
O seek his face continually.
- 5 Call to mind what wonders he has done:  
his marvellous acts, and the judgements of his mouth,
- 6 O seed of Abraham his servant:  
O children of Jacob his chosen one.
- 7 For he is the Lord our God:  
and his judgements are in all the earth.
- 8 He has remembered his covenant for ever:  
the word that he ordained for a thousand generations,
- 9 The covenant that he made with Abraham:  
the oath that he swore to Isaac.

## Philippians 4.10-14

<sup>10</sup> I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. <sup>11</sup>Not that I am referring to being in need; for I have learned to be content with whatever I have. <sup>12</sup>I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. <sup>13</sup>I can do all things through him who strengthens me. <sup>14</sup>In any case, it was kind of you to share my distress.

## 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 89.19-22, 25-30

- 19 You spoke once in a vision:  
and said to your faithful one,
- 20 'I have set a youth above a warrior:  
I have exalted a young man out of the people.
- 21 'I have found my servant David:  
and anointed him with my holy oil.
- 22 'My hand shall uphold him:  
and my arm shall strengthen him.
- 25 'My faithfulness and loving-kindness shall be with him:  
and through my name his head shall be lifted high.
- 26 'I will set the hand of his dominion  
upon the Western Sea:  
and his right hand shall stretch  
to the streams of Mesopotamia.
- 27 'He will call to me "You are my Father:  
my God, and the rock of my salvation."
- 28 'I will make him my first-born son:  
and highest among the kings of the earth.
- 29 'I will ever maintain my loving-kindness toward him:  
and my covenant with him shall stand firm.
- 30 'I will establish his line for ever:  
and his throne like the days of heaven.

## 2 Thessalonians 3.1-5

<sup>1</sup>Finally, brothers and sisters, pray for us, so that the word of the Lord may spread rapidly and be glorified everywhere, just as it is among you, <sup>2</sup>and that we may be rescued from wicked and evil people; for not all have faith. <sup>3</sup>But the Lord is faithful; he will strengthen you and guard you from the evil one. <sup>4</sup>And we have confidence in the Lord concerning you, that you are doing and will go on doing the things that we command. <sup>5</sup>May the Lord direct your hearts to the love of God and to the steadfastness of Christ.

## 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 129

- 1 Many a time from my youth upward  
have they fought against me:  
now may Israel say,
- 2 Many a time from my youth upward  
have they fought against me:  
but they have not prevailed.
- 3 They have scored my back as with a ploughshare:  
they have opened long furrows.
- 4 But the Lord is righteous:  
and he has cut me free from the thongs of the wicked.
- 5 They shall be confounded and turned backward:  
all those who hate Zion.
- 6 They shall be as the grass that grows upon the housetops:  
which withers before it comes to any good,
- 7 With which no reaper may fill their hand:  
nor the binder of sheaves their bosom.
- 8 And none who pass by shall say to them  
'The blessing of the Lord be upon you:  
we bless you in the name of the Lord.'

## James 5.1-4

<sup>1</sup>Come now, you rich people, weep and wail for the miseries that are coming to you. <sup>2</sup>Your riches have rotted, and your clothes are moth-eaten. <sup>3</sup>Your gold and silver have rusted, and their rust will be evidence against you, and it will eat your flesh like fire. You have laid up treasure for the last days. <sup>4</sup>Listen! The wages of the labourers who mowed your fields, which you kept back by fraud, cry out, and the cries of the harvesters have reached the ears of the Lord of hosts.

## 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.

## 2 Timothy 4.1-5

<sup>1</sup>In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: <sup>2</sup>proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. <sup>3</sup>For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, <sup>4</sup>and will turn away from listening to the truth and wander away to myths. <sup>5</sup>As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

## 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.**



