



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

June 11th - June 17th 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 148.1-4, 11-13

- 1 Praise the Lord, praise the Lord from heaven:
O praise him in the heights.
- 2 Praise him, all his angels:
O praise him, all his host.
- 3 Praise him, sun and moon:
praise him, all you stars of light.
- 4 Praise him, you highest heaven:
and you waters that are above the heavens.
- 11 Kings of the earth, and all peoples:
princes, and all rulers of the world;
- 12 Young men and maidens:
old folk and children together.
- 13 Let them praise the name of the Lord:
for his name alone is exalted.

Isaiah 55.1-3

- ¹Ho, everyone who thirsts,
come to the waters;
and you that have no money,
come, buy and eat!
Come, buy wine and milk
without money and without price.
- ²Why do you spend your money for that which is not bread,
and your labour for that which does not satisfy?
Listen carefully to me, and eat what is good,
and delight yourselves in rich food.
- ³Incline your ear, and come to me;
listen, so that you may live.
I will make with you an everlasting covenant,
my steadfast, sure love for David.

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 65.4, 9-13

- 4 You will answer us in your righteousness
with terrible deeds, O God our saviour:
you that are the hope of all the ends of the earth
and of the distant seas;
- 9 The river of God is full of water:
and so providing for the earth,
you provide grain for us all.
- 10 You drench its furrows, you level the ridges between:
you soften it with showers and bless its early growth.
- 11 You crown the year with your goodness:
and the tracks where you have passed drip with fatness.
- 12 The pastures of the wilderness run over:
and the hills are girded with joy.
- 13 The meadows are clothed with sheep:
and the valleys stand so thick with corn,
they shout for joy and sing.

Deuteronomy 33.27a, 28-29b

- ²⁷ He subdues the ancient gods,
shatters the forces of old.
- ²⁸ So Israel lives in safety,
untroubled is Jacob's abode
in a land of grain and wine,
where the heavens drop down dew.
- ²⁹ Happy are you, O Israel! Who is like you,
a people saved by the Lord,
the shield of your help,
and the sword of your triumph!

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 18.1-7, 18-19

- 1 I love you, O Lord my strength:
O Lord my crag, my fortress and my deliverer,
- 2 My God, the rock to which I come for refuge:
my shield, my mighty saviour, and my high defence.
- 3 I called to the Lord with loud lamentation:
and I was rescued from my enemies.
- 4 The waves of death encompassed me:
and the floods of chaos overwhelmed me;
- 5 The cords of the grave tightened about me:
and the snares of death lay in my path.
- 6 In my anguish I called to the Lord:
I cried for help to my God.
- 7 From his temple he heard my voice:
and my cry came even to his ears.
- 18 He reached down from on high and took me:
he drew me out of the great waters.
- 19 He delivered me from my strongest enemy:
from my foes that were mightier than I.

2 Samuel 22.29-34

- ²⁹ Indeed, you are my lamp, O Lord,
the Lord lightens my darkness.
- ³⁰ By you I can crush a troop,
and by my God I can leap over a wall.
- ³¹ This God—his way is perfect;
the promise of the Lord proves true;
he is a shield for all who take refuge in him.
- ³² For who is God, but the Lord?
And who is a rock, except our God?
- ³³ The God who has girded me with strength
has opened wide my path.
- ³⁴ He made my feet like the feet of deer,
and set me secure on the heights.

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 86.1-8

- 1 Incline your ear to me, O God, and answer me:
for I am poor and in misery.
- 2 Preserve my life, for I am faithful:
my God, save your servant who trusts in you.
- 3 Be merciful to me, O Lord:
for I call to you all the day long.
- 4 O make glad the soul of your servant:
for I put my hope in you, O Lord.
- 5 For you, Lord, are good and forgiving:
of great and continuing kindness
to all who call upon you.
- 6 Hear my prayer, O Lord:
and give heed to the voice of my supplication.
- 7 In the day of my trouble I call upon you:
for you will surely answer.
- 8 Among the gods there is none like you, O Lord:
nor are there any deeds like yours.

Exodus 34.29, 32-34

²⁹ Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. ³²Afterwards all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. ³³When Moses had finished speaking with them, he put a veil on his face; ³⁴but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded.

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 111.1-2, 5-10

- 1 O praise the Lord. I will praise the Lord
with my whole heart:
 in the company of the upright
 and among the congregation.
- 2 The works of the Lord are great:
 and studied by all who take delight in them.
- 5 He gives food to those that fear him:
 he remembers his covenant for ever.
- 6 He showed his people the power of his acts:
 in giving them the heritage of the heathen.
- 7 The works of his hands are faithful and just:
 and all his commandments are sure;
- 8 They stand firm for ever and ever:
 they are done in faithfulness and in truth.
- 9 He sent redemption to his people,
 he ordained his covenant for ever:
 holy is his name and worthy to be feared.
- 10 The fear of the Lord is the beginning of wisdom,
 and of good understanding are those
 that keep his commandments:
 his praise shall endure for ever.

Sirach 1.22-24

- ²² Unjust anger cannot be justified,
 for anger tips the scale to one's ruin.
- ²³ Those who are patient stay calm until the right moment,
 and then cheerfulness comes back to them.
- ²⁴ They hold back their words until the right moment;
 then the lips of many tell of their good sense.

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 63.1-8

- 1 O God, you are my God:
eagerly will I seek you.
- 2 My soul thirsts for you, my flesh longs for you:
as a dry and thirsty land where no water is.
- 3 So it was when I beheld you in the sanctuary:
and saw your power and your glory.
- 4 For your unchanging goodness is better than life:
therefore my lips shall praise you.
- 5 And so I will bless you as long as I live:
and in your name will I lift my hands on high.
- 6 My longing shall be satisfied as with marrow and fatness:
my mouth shall praise you with exultant lips.
- 7 When I remember you upon my bed:
when I meditate upon you in the night watches,
- 8 How you have been my helper:
then I sing for joy in the shadow of your wings.

Isaiah 49.13-16

- ¹³ Sing for joy, O heavens, and exult, O earth;
break forth, O mountains, into singing!
For the Lord has comforted his people,
and will have compassion on his suffering ones.
- ¹⁴ But Zion said, 'The Lord has forsaken me,
my Lord has forgotten me.'
- ¹⁵ Can a woman forget her nursing-child,
or show no compassion for the child of her womb?
Even these may forget,
yet I will not forget you.
- ¹⁶ See, I have inscribed you on the palms of my hands;
your walls are continually before me.

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 138.1-3, 6-8

- 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.
- 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.

Sirach 14.20-27

- ²⁰ Happy is the person who meditates on wisdom
and reasons intelligently,
²¹ who reflects in his heart on her ways
and ponders her secrets,
²² pursuing her like a hunter,
and lying in wait on her paths;
²³ who peers through her windows
and listens at her doors;
²⁴ who camps near her house
and fastens his tent-peg to her walls;
²⁵ who pitches his tent near her,
and so occupies an excellent lodging-place;
²⁶ who places his children under her shelter,
and lodges under her boughs;
²⁷ who is sheltered by her from the heat,
and dwells in the midst of her glory.

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.

