



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

May 28th - June 3rd 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 100

- 1 O shout to the Lord in triumph, all the earth:
serve the Lord with gladness,
and come before his face with songs of joy.
- 2 Know that the Lord he is God:
it is he who has made us and we are his;
we are his people and the sheep of his pasture.
- 3 Come into his gates with thanksgiving,
and into his courts with praise:
give thanks to him, and bless his holy name.
- 4 For the Lord is good, his loving mercy is for ever:
his faithfulness throughout all generations.

Joel 3.1-3, 5

¹ For then, in those days and at that time, when I restore the fortunes of Judah and Jerusalem, ²I will gather all the nations and bring them down to the valley of Jehoshaphat, and I will enter into judgement with them there, on account of my people and my heritage Israel, because they have scattered them among the nations. They have divided my land, ³and cast lots for my people, and traded boys for prostitutes, and sold girls for wine, and drunk it down. ⁵For you have taken my silver and my gold, and have carried my rich treasures into your temples.

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 111.1-6, 9-10

- 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.
- 3 His deeds are majestic and glorious:
and his righteousness stands for ever.
- 4 His marvellous acts have won him a name
to be remembered:
the Lord is gracious and merciful.
- 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.
- 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.

Wisdom 7.7-12

- ⁷ Therefore I prayed, and understanding was given me;
I called on God, and the spirit of wisdom came to me.
- ⁸ I preferred her to sceptres and thrones,
and I accounted wealth as nothing in comparison with her.
- ⁹ Neither did I liken to her any priceless gem,
because all gold is but a little sand in her sight,
and silver will be accounted as clay before her.
- ¹⁰ I loved her more than health and beauty,
and I chose to have her rather than light,
because her radiance never ceases.
- ¹¹ All good things came to me along with her,
and in her hands uncounted wealth.
- ¹² I rejoiced in them all, because wisdom leads them;
but I did not know that she was their mother.

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 119.1-8

- 1 Blessed are those whose way is blameless:
 who walk in the law of the Lord.
- 2 Blessed are those who keep his commands:
 and seek him with their whole heart;
- 3 Those who do no wrong:
 but walk in the ways of our God.
- 4 For you, Lord, have commanded us:
 to persevere in all your precepts.
- 5 If only my ways were unerring:
 towards the keeping of your statutes!
- 6 Then I should not be ashamed:
 when I looked on all your commandments.
- 7 I will praise you with sincerity of heart:
 as I learn your righteous judgements.
- 8 I will keep your statutes:
 O forsake me not utterly.

Isaiah 1.11-12, 16-17

- ¹¹ What to me is the multitude of your sacrifices?
 says the Lord;
I have had enough of burnt-offerings of rams
 and the fat of fed beasts;
I do not delight in the blood of bulls,
 or of lambs, or of goats.
- ¹² When you come to appear before me,
 who asked this from your hand?
 Trample my courts no more;
- ¹⁶ Wash yourselves; make yourselves clean;
 remove the evil of your doings
 from before my eyes;
cease to do evil,
- ¹⁷ learn to do good;
seek justice,
 rescue the oppressed,
defend the orphan,
 plead for the widow.

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 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.

Isaiah 52.7-9

- ⁷ How beautiful upon the mountains
are the feet of the messenger who announces peace,
who brings good news,
who announces salvation,
who says to Zion, 'Your God reigns.'
- ⁸ Listen! Your sentinels lift up their voices,
together they sing for joy;
for in plain sight they see
the return of the Lord to Zion.
- ⁹ Break forth together into singing,
you ruins of Jerusalem;
for the Lord has comforted his people,
he has redeemed Jerusalem.

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 16.1-8

- 1 Preserve me, O God:
for in you have I taken refuge.
- 2 I have said to the Lord, You are my lord:
and all my good depends on you.
- 3 As for those who are held holy on the earth:
the other gods in whom people delight,
- 4 Though the idols are many that they run after:
their offerings of blood I will not offer,
nor take their name upon my lips.
- 5 The Lord is my appointed portion and my cup:
you hold my lot in your hands.
- 6 The share that has fallen to me is in pleasant places:
and a fair land is my possession.
- 7 I will bless the Lord who has given me counsel:
at night also he has instructed my heart.
- 8 I have set the Lord always before me:
he is at my right hand, and I shall not fall.

Isaiah 40.10, 12-14

- ¹⁰ See, the Lord God comes with might,
and his arm rules for him;
his reward is with him,
and his recompense before him.
- ¹² Who has measured the waters in the hollow of his hand
and marked off the heavens with a span,
enclosed the dust of the earth in a measure,
and weighed the mountains in scales
and the hills in a balance?
- ¹³ Who has directed the spirit of the Lord,
or as his counsellor has instructed him?
- ¹⁴ Whom did he consult for his enlightenment,
and who taught him the path of justice?
Who taught him knowledge,
and showed him the way of understanding?

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 69.17-19, 31-35

- 17 Hear me, O Lord, as your loving-kindness is good:
 turn to me, as your compassion is great.
- 18 Do not hide your face from your servant:
 for I am in trouble—O be swift to answer me!
- 19 Draw near to me and redeem me:
 O ransom me because of my enemies!
- 31 As for me, I am poor and in misery:
 O God, let your deliverance lift me up.
- 32 And I will praise the name of God in a song:
 and glorify him with thanksgiving.
- 33 And that will please the Lord more than an ox:
 more than a bull with horns and cloven hoof.
- 34 Consider this, you that are meek, and rejoice:
 seek God, and let your heart be glad.
- 35 For the Lord listens to the poor:
 he does not despise his servants in captivity.

1 Kings 8.27-30

²⁷ ‘But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built! ²⁸Have regard to your servant’s prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; ²⁹that your eyes may be open night and day towards this house, the place of which you said, “My name shall be there”, that you may heed the prayer that your servant prays towards this place. ³⁰Hear the plea of your servant and of your people Israel when they pray towards this place; O hear in heaven your dwelling-place; heed and forgive.

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 121

- 1 I lift up my eyes to the hills:
but where shall I find help?
- 2 My help comes from the Lord:
who has made heaven and earth.
- 3 He will not suffer your foot to stumble:
and he who watches over you will not sleep.
- 4 Be sure he who has charge of Israel:
will neither slumber nor sleep.
- 5 The Lord himself is your keeper:
the Lord is your defence upon your right hand;
- 6 The sun shall not strike you by day:
nor shall the moon by night.
- 7 The Lord will defend you from all evil:
it is he who will guard your life.
- 8 The Lord will defend your going out and your coming in:
from this time forward for evermore.

1 Samuel 3.17-21a

¹⁷Eli said, 'What was it that he told you? Do not hide it from me. May God do so to you and more also, if you hide anything from me of all that he told you.' ¹⁸So Samuel told him everything and hid nothing from him. Then he said, 'It is the Lord; let him do what seems good to him.' ¹⁹As Samuel grew up, the Lord was with him and let none of his words fall to the ground. ²⁰And all Israel from Dan to Beer-sheba knew that Samuel was a trustworthy prophet of the Lord. ²¹The Lord continued to appear at Shiloh, for the Lord revealed himself to Samuel at Shiloh by the word of the Lord.

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.

