



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Ordinary Time

June 5th - June 11th 2022

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 118.1-4, 22-24, 28-29

- 1 O give thanks to the Lord, for he is good:
his mercy endures for ever.
- 2 Let Israel now proclaim:
that his mercy endures for ever.
- 3 Let the house of Aaron proclaim:
that his mercy endures for ever.
- 4 Let those who fear the Lord proclaim:
that his mercy endures for ever.
- 22 The stone that the builders rejected:
has become the head of the corner.
- 23 This is the Lord's doing:
and it is marvellous in our eyes.
- 24 This is the day that the Lord has made:
let us rejoice and be glad in it.
- 28 You are my God and I will praise you:
you are my God, I will exalt you.
- 29 O give thanks to the Lord, for he is good:
and his mercy endures for ever.

Isaiah 59.20-21

²⁰ And he will come to Zion as Redeemer, to those in Jacob who turn from transgression, says the Lord. ²¹ And as for me, this is my covenant with them, says the Lord: my spirit that is upon you, and my words that I have put in your mouth, shall not depart out of your mouth, or out of the mouths of your children, or out of the mouths of your children's children, says the Lord, from now on and for ever.

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 142.1-3, 6-8

- 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.
- 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.

Exodus 16.13b-14, 16a, 17-18

¹³In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. ¹⁴When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. ¹⁶This is what the Lord has commanded: "Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents." ¹⁷The Israelites did so, some gathering more, some less. ¹⁸But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed.

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 144.1-4, 9-10

- 1 Blessed be the Lord my rock:
 who teaches my hands to war and my fingers to fight;
- 2 My strength and my stronghold,
 my fortress and my deliverer:
 my shield, to whom I come for refuge,
 who subdues the peoples under me.
- 3 Lord, what are we, that you should be mindful of us:
 what are we, that you should consider us?
- 4 Flesh and blood is but a breath of wind:
 our days are like a shadow that passes away.
- 9 I will sing you a new song, O God:
 on the ten-stringed lute will I sing your praises.
- 10 You have given victory to kings:
 and deliverance to David your servant.

Isaiah 45.15, 18-19

- ¹⁵ Truly, you are a God who hides himself,
 O God of Israel, the Saviour.
- ¹⁸ For thus says the Lord,
who created the heavens
 (he is God!),
who formed the earth and made it
 (he established it);
he did not create it a chaos,
 he formed it to be inhabited!):
I am the Lord, and there is no other.
- ¹⁹ I did not speak in secret,
 in a land of darkness;
I did not say to the offspring of Jacob,
 ‘Seek me in chaos.’
I the Lord speak the truth,
 I declare what is right.

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, 6-10, 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,
- 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.
- 10 Serve the Lord with awe,
and govern yourselves in fear and trembling:
lest he be angry, and you perish in your course.
- 11 For his wrath is quickly kindled:
blessed are those that turn to him for refuge.

Sirach 28.2-7

- ² Forgive your neighbour the wrong he has done,
and then your sins will be pardoned when you pray.
- ³ Does anyone harbour anger against another,
and expect healing from the Lord?
- ⁴ If someone has no mercy towards another like himself,
can he then seek pardon for his own sins?
- ⁵ If a mere mortal harbours wrath,
who will make an atoning sacrifice for his sins?
- ⁶ Remember the end of your life, and set enmity aside;
remember corruption and death, and be true to the commandments.
- ⁷ Remember the commandments, and do not be angry with your
neighbour;
remember the covenant of the Most High, and overlook faults.

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 33.18-23

¹⁸Moses said, 'Show me your glory, I pray.' ¹⁹And he said, 'I will make all my goodness pass before you, and will proclaim before you the name, "The Lord"; and I will be gracious to whom I will be gracious, and will show mercy on whom I will show mercy. ²⁰But', he said, 'you cannot see my face; for no one shall see me and live.' ²¹And the Lord continued, 'See, there is a place by me where you shall stand on the rock; ²²and while my glory passes by I will put you in a cleft of the rock, and I will cover you with my hand until I have passed by; ²³then I will take away my hand, and you shall see my back; but my face shall not be seen.'

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 28.1-2, 7-10

- 1 To you will I cry, O Lord my rock,
be not deaf to my prayer:
lest, if you turn away silent,
I become like those that go down to the grave.
- 2 Hear the voice of my supplication
when I cry to you for help:
when I lift up my hands
toward the holiest place of your sanctuary.
- 7 Let the Lord's name be praised:
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,
in him my heart trusts and I am helped:
therefore my heart dances for joy,
and in my song will I praise him.
- 9 The Lord is the strength of his people:
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:
be their shepherd, and bear them up for ever.

Sirach 43.29-33

- ²⁹ Awesome is the Lord and very great,
and marvellous is his power.
- ³⁰ Glorify the Lord and exalt him as much as you can,
for he surpasses even that.
- When you exalt him, summon all your strength,
and do not grow weary, for you cannot praise him enough.
- ³¹ Who has seen him and can describe him?
Or who can extol him as he is?
- ³² Many things greater than these lie hidden,
for I have seen but few of his works.
- ³³ For the Lord has made all things,
and to the godly he has given wisdom.

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.

