



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Second Week in Lent

5th March - 11th March 2023

Prayer in the Middle of the Day

Lent Daily Prayer

O God, make speed to save us.

O Lord, make haste to help us.

Hear my prayer, O Lord, and give ear to my cry;

hold not your peace at my tears.

Praise

Jesus, like a mother you gather your people to you;
you are gentle with us as a mother with her children.
Despair turns to hope through your sweet goodness;
through your gentleness we find comfort in fear.
Your warmth gives life to the dead,
your touch makes sinners righteous.
Lord Jesus, in your mercy heal us;
in your love and tenderness remake us.
In your compassion bring grace and forgiveness,
for the beauty of heaven may your love prepare us.

Anselm (1109)

The Word of God

Psalm

Reading

Response

Silence

Blessed are the merciful,

for they will receive mercy.

Matthew 5.7

Prayer

Prayers are offered followed by the prayer of the Season

Prayer of the Season

God of wilderness and water,
your Son was baptized and tempted as we are.
Guide us through this season,
that we may not avoid struggle,
but open ourselves to blessing,
through the cleansing depths of repentance
and the heaven-rending words of the Spirit. Amen.

Closing Prayer

Teach us, good Lord, to serve you as you deserve;
to give and not to count the cost;
to fight and not to heed the wounds;
to toil and not to seek for rest;
to labour and not to seek for any reward,
save that of knowing that we do your will. **Amen.**

Ignatius of Loyola (1556)

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 us and show us compassion and mercy.
Amen.

Sunday 5 March

Psalm 150

- 1 Praise the Lord. O praise God in his sanctuary:
praise him in the firmament of his power.
- 2 Praise him for his mighty acts:
praise him according to his abundant goodness.
- 3 Praise him in the blast of the ram's horn:
praise him upon the lute and harp.
- 4 Praise him with the timbrel and dances:
praise him upon the strings and pipe.
- 5 Praise him on the high-sounding cymbals:
praise him upon the loud cymbals.
- 6 Let everything that has breath praise the Lord:
O praise the Lord!

1 Kings 19.9b-12

⁹Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?' ¹⁰He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' ¹¹He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; ¹²and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.

Monday 6 March

Psalm 20.1-5, 7-9

- 1 May the Lord hear you in the day of trouble:
the God of Jacob lift you up to safety.
- 2 May he send you his help from the sanctuary:
and be your strong support from Zion.
- 3 May he remember all your offerings:
and accept with favour your burnt sacrifices,
- 4 Grant you your heart's desire:
and fulfil all your purposes.
- 5 May we also rejoice in your victory
and triumph in the name of our God:
the Lord perform all your petitions.
- 7 Some put their trust in chariots and some in horses:
but we will trust in the name of the Lord our God.
- 8 They are brought down and fallen:
but we are made strong and stand upright.
- 9 O Lord, save the king:
and hear us when we call upon you.

Amos 7.1-6

¹This is what the Lord God showed me: he was forming locusts at the time the latter growth began to sprout (it was the latter growth after the king's mowings). ²When they had finished eating the grass of the land, I said,

'O Lord God, forgive, I beg you!

How can Jacob stand?

He is so small!

³The Lord relented concerning this; 'It shall not be,' said the Lord.

⁴This is what the Lord God showed me: the Lord God was calling for a shower of fire, and it devoured the great deep and was eating up the land. ⁵Then I said,

'O Lord God, cease, I beg you!

How can Jacob stand?

He is so small!

⁶The Lord relented concerning this;

'This also shall not be,' said the Lord God.

Tuesday 7 March

Psalm 84.1-7

- 1 How lovely is your dwelling-place:
O Lord God of hosts!
- 2 My soul has a desire and longing
to enter the courts of the Lord:
my heart and my flesh rejoice in the living God.
- 3 The sparrow has found her a home,
and the swallow a nest where she may lay her young:
even your altar, O Lord of hosts, my King and my God.
- 4 Blessed are those who dwell in your house:
they will always be praising you.
- 5 Blessed are those whose strength is in you:
in whose heart are the highways to Zion;
- 6 Who, going through the valley of dryness,
find there a spring from which to drink:
till the autumn rain shall clothe it with blessings.
- 7 They go from strength to strength:
they appear, every one of them,
before the God of gods in Zion.

Deuteronomy 10.12, 17-19

¹² So now, O Israel, what does the Lord your God require of you? Only to fear the Lord your God, to walk in all his ways, to love him, to serve the Lord your God with all your heart and with all your soul. ¹⁷ For the Lord your God is God of gods and Lord of lords, the great God, mighty and awesome, who is not partial and takes no bribe, ¹⁸ who executes justice for the orphan and the widow, and who loves the strangers, providing them with food and clothing. ¹⁹ You shall also love the stranger, for you were strangers in the land of Egypt.

Wednesday 8 March

Psalm 59.1-5, 18-20

- 1 Deliver me from my enemies, O God:
lift me to safety from those that rise against me;
- 2 O deliver me from the evildoers:
and save me from those that thirst for blood.
- 3 For they lie in wait for my life:
the brutal stir up violence against me.
- 4 Not for my sin or my transgression, O Lord,
not for any evil I have done:
do they run and take up position against me.
- 5 Arise to meet me, and see:
you that are Lord of hosts and God of Israel.
- 18 But I will sing of your might:
I will sing aloud each morning of your goodness.
- 19 For you have been my strong tower:
and a sure refuge in the day of my distress.
- 20 I will sing your praises, O my strength:
for God is my strong tower.

Jeremiah 38.4-6

⁴Then the officials said to the king, 'This man ought to be put to death, because he is discouraging the soldiers who are left in this city, and all the people, by speaking such words to them. For this man is not seeking the welfare of this people, but their harm.' ⁵King Zedekiah said, 'Here he is; he is in your hands; for the king is powerless against you.' ⁶So they took Jeremiah and threw him into the cistern of Malchiah, the king's son, which was in the court of the guard, letting Jeremiah down by ropes. Now there was no water in the cistern, but only mud, and Jeremiah sank in the mud.

Thursday 9 March

Psalm 9.1-8

- 1 I will give you thanks, O Lord, with my whole heart:
I will tell of all the wonders you have done.
- 2 I will rejoice and be glad in you:
I will make my songs to your name, O Most High.
- 3 For my enemies are driven back:
they stumble and perish at your presence.
- 4 You have maintained my cause and my right:
you sat enthroned as a righteous judge.
- 5 You rebuked the heathen nations,
you brought the wicked to destruction:
you blotted out their name for ever and ever.
- 6 The strongholds of the enemy are made
a perpetual desolation:
you plucked up their cities,
and even their memory has perished.
- 7 The Lord confounds them; but the Lord endures
for ever:
he has set up his throne for judgement.
- 8 He shall judge the world with righteousness:
and deal true justice to the peoples.

Proverbs 3.5-12

- ⁵ Trust in the Lord with all your heart,
and do not rely on your own insight.
- ⁶ In all your ways acknowledge him,
and he will make straight your paths.
- ⁷ Do not be wise in your own eyes;
fear the Lord, and turn away from evil.
- ⁸ It will be a healing for your flesh
and a refreshment for your body.
- ⁹ Honour the Lord with your substance
and with the first fruits of all your produce;

- ¹⁰ then your barns will be filled with plenty,
and your vats will be bursting with wine.
- ¹¹ My child, do not despise the Lord's discipline
or be weary of his reproof,
- ¹² for the Lord reproves the one he loves,
as a father the son in whom he delights.

Friday 10 March

Psalm 90.1-4, 14-17

- 1 Lord, you have been our refuge:
from one generation to another.
- 2 Before the mountains were born
or the earth and the world were brought to be:
from eternity to eternity you are God.
- 3 You turn us back into dust:
saying 'Return to dust, O children of Adam.'
- 4 For a thousand years in your sight
are like yesterday passing:
or like one watch of the night.
- 14 O satisfy us early with your mercy:
that all our days we may rejoice and sing.
- 15 Give us joy for all the days you have afflicted us:
for the years we have suffered adversity.
- 16 Show your servants your work:
and let their children see your glory.
- 17 May the gracious favour of the Lord our God be upon us:
prosper the work of our hands,
O prosper the work of our hands!

Genesis 4.8-10

⁸ Cain said to his brother Abel, 'Let us go out to the field.' And when they were in the field, Cain rose up against his brother Abel and killed him. ⁹Then the Lord said to Cain, 'Where is your brother Abel?' He said, 'I do not know; am I my brother's keeper?' ¹⁰And the Lord said, 'What have you done? Listen; your brother's blood is crying out to me from the ground!

Saturday 11 March

Psalm 50.1-2, 7-9, 14-15

- 1 The Lord our God, the Mighty One, has spoken:
and summoned the earth,
from the rising of the sun to its setting in the west.
- 2 From Zion, perfect in beauty:
God has shone out in glory.
- 7 'Listen my people, and I will speak:
O Israel, I am God your God,
and I will give my testimony.
- 8 'It is not for your sacrifices that I reprove you:
for your burnt-offerings are always before me.
- 9 'I will take no bull from your farms:
or he-goat from your pens.
- 14 'Offer to God a sacrifice of thanksgiving:
and pay your vows to the Most High.
- 15 'Call upon me in the day of trouble:
I will bring you out, and you shall glorify me.'

Isaiah 55.6-9

- ⁶ Seek the Lord while he may be found,
call upon him while he is near;
- ⁷ let the wicked forsake their way,
and the unrighteous their thoughts;
let them return to the Lord, that he may have mercy on them,
and to our God, for he will abundantly pardon.
- ⁸ For my thoughts are not your thoughts,
nor are your ways my ways, says the Lord.
- ⁹ For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

