



ST PAUL'S ANGLICAN CHURCH
CANTERBURY

Third Week in Lent

12th March - 18th 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 12 March

Psalm 144.9-16

- 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.
- 11 O save me from the peril of the sword:
pluck me out of the hands of the aliens,
- 12 Whose mouths speak perjury:
and their right hand is a right hand of falsehood.
- 13 Our sons in their youth shall be like sturdy plants:
and our daughters as the carved corners of palaces.
- 14 Our barns shall be full and give food of every kind:
the sheep shall lamb in our fields
in thousands and tens of thousands.
- 15 Our cattle shall be heavy with calf,
there shall be no miscarriage or untimely birth:
and no loud crying in our streets.
- 16 Happy the people whose lot is such as this:
happy that people who have the Lord for their God!

Revelation 22.1-5

¹Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb ²through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations. ³Nothing accursed will be found there any more. But the throne of God and of the Lamb will be in it, and his servants will worship him; ⁴they will see his face, and his name will be on their foreheads. ⁵And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign for ever and ever.

Monday 13 March

Psalm 7.1-7, 18

- 1 O Lord my God, to you have I come for shelter:
save me from all who pursue me, O save and deliver me,
- 2 Lest like lions they tear my throat:
lest they carry me off and none can save me.
- 3 O Lord my God, if I have done such a thing:
if there is any wickedness on my hands,
- 4 If I have repaid with evil one that was my friend:
or plundered my enemy without just cause,
- 5 Then let the enemy pursue me and overtake me:
let them trample my life to the ground,
and lay my honour in the dust.
- 6 Arise, O Lord, in your anger:
rise up in wrath against my adversaries.
- 7 Awake, my God, you that ordain justice:
and let the assembly of the peoples gather about you;
- 18 I will thank the Lord for his justice:
I will sing praises to the Lord Most High.

Romans 3.21-26

²¹ But now, irrespective of law, the righteousness of God has been disclosed, and is attested by the law and the prophets, ²²the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, ²³since all have sinned and fall short of the glory of God; ²⁴they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, ²⁵whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; ²⁶it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.

Tuesday 14 March

Psalm 119.137-144

- 137 Righteous are you, Lord God:
and just are your judgements;
- 138 The commands that you have commanded:
are exceedingly righteous and true.
- 139 Zeal and indignation have choked my mouth:
because my enemies have forgotten your words.
- 140 Your word has been tried in the fire:
and therefore your servant loves it.
- 141 I am small and of no account:
but I have not forgotten your precepts.
- 142 Your righteousness is an everlasting righteousness:
and your law is the truth.
- 143 Trouble and anguish have taken hold on me:
but your commandments are my delight.
- 144 The righteousness of your commands is everlasting:
O give me understanding, and I shall live.

2 Corinthians 7.8-11a

⁸For even if I made you sorry with my letter, I do not regret it (though I did regret it, for I see that I grieved you with that letter, though only briefly). ⁹Now I rejoice, not because you were grieved, but because your grief led to repentance; for you felt a godly grief, so that you were not harmed in any way by us. ¹⁰For godly grief produces a repentance that leads to salvation and brings no regret, but worldly grief produces death. ¹¹For see what earnestness this godly grief has produced in you, what eagerness to clear yourselves, what indignation, what alarm, what longing, what zeal, what punishment!

Wednesday 15 March

Psalm 42.1-7

- 1 As a deer longs for the running brooks:
so longs my soul for you, O God.
- 2 My soul is thirsty for God, thirsty for the living God:
when shall I come and see his face?
- 3 My tears have been my food day and night:
while they ask me all day long 'Where now is your God?'
- 4 As I pour out my soul by myself, I remember this:
how I went to the house of the Mighty One,
into the temple of God,
- 5 To the shouts and songs of thanksgiving:
a multitude keeping high festival.
- 6 Why are you so full of heaviness, my soul:
and why so unquiet within me?
- 7 O put your trust in God:
for I will praise him yet, who is my deliverer and my God.

2 Timothy 4.1-5

¹In 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: ²proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. ³For 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, ⁴and will turn away from listening to the truth and wander away to myths. ⁵As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

Thursday 16 March

Psalm 33.12-18

- 12 Blessed is that nation whose God is the Lord:
the people he chose to be his own possession.
- 13 The Lord looks down from heaven
and surveys all the children of Adam:
he considers from his dwelling-place
all the inhabitants of the earth;
- 14 He who fashioned the hearts of them all:
and comprehends all that they do.
- 15 A king is not saved by a mighty army:
nor is a warrior delivered by much strength;
- 16 A horse is a vain hope as a deliverer:
nor can he rescue any by his great power.
- 17 But the eye of the Lord is on those that fear him:
on those that trust in his unfailing love,
- 18 To deliver them from death:
and to feed them in the time of dearth.

1 Corinthians 1.21-25

²¹For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. ²²For Jews demand signs and Greeks desire wisdom, ²³but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, ²⁴but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. ²⁵For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

Friday 17 March

Psalm 37.1-6

- 1 Do not vie with the wicked:
or envy those that do wrong;
- 2 For they will soon wither like the grass:
and fade away like the green leaf.
- 3 Trust in the Lord and do good:
and you shall dwell in the land
and feed in safe pastures.
- 4 Let the Lord be your delight:
and he will grant you your heart's desire.
- 5 Commit your way to the Lord:
trust him, and he will act.
- 6 He will make your righteousness
shine as clear as the light:
and your innocence as the noonday.

2 John 3-6

³ Grace, mercy, and peace will be with us from God the Father and from Jesus Christ, the Father's Son, in truth and love. ⁴ I was overjoyed to find some of your children walking in the truth, just as we have been commanded by the Father. ⁵ But now, dear lady, I ask you, not as though I were writing you a new commandment, but one we have had from the beginning, let us love one another. ⁶ And this is love, that we walk according to his commandments; this is the commandment just as you have heard it from the beginning—you must walk in it.

Saturday 18 March

Psalm 1

- 1 Blessed are they
who have not walked in the counsel of the ungodly:
nor followed the way of sinners,
nor taken their seat amongst the scornful.
- 2 But their delight is in the law of the Lord:
and on that law will they ponder day and night.
- 3 They are like trees planted beside streams of water:
that yield their fruit in due season.
- 4 Their leaves also shall not wither:
and look, whatever they do, it shall prosper.
- 5 As for the ungodly, it is not so with them:
they are like the chaff which the wind scatters.
- 6 Therefore the ungodly shall not stand up
at the judgement:
nor sinners in the congregation of the righteous.
- 7 For the Lord cares for the way of the righteous:
but the way of the ungodly shall perish.

James 4.6b-10

⁶ 'God opposes the proud,
but gives grace to the humble.'

⁷Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. ⁹Lament and mourn and weep. Let your laughter be turned into mourning and your joy into dejection. ¹⁰Humble yourselves before the Lord, and he will exalt you.

