

**Midday Prayer**  
**Monday 11<sup>th</sup> May 2020**  
**Taken from “Celebrating Common Prayer”**

THE PREPARATION

O God, make speed to save us  
**All: O Lord make haste to help us**

**Glory be to the Father, and to the Son and to the Holy Spirit**  
**As it was in the beginning, is now**  
**And shall be for ever. Amen**  
**Alelluia!**

A HYMN may be sung

*The Lord's my Shepherd, I'll not want;  
He makes me down to lie  
In pastures green; He leadeth me  
The quiet waters by.*

*My soul He doth restore again,  
And me to walk doth make  
Within the paths of righteousness,  
E'en for His own name's sake.*

*Yea, though I walk in death's dark vale,  
Yet will I fear no ill;  
For Thou art with me, and Thy rod  
And staff me comfort still.*

*My table Thou hast furnished  
In presence of my foes;  
My head Thou dost with oil anoint,  
And my cup overflows.*

*Goodness and mercy all my life  
Shall surely follow me,  
And in God's house forevermore  
My dwelling-place shall be.*

THE WORD OF GOD

The PSALMODY

**Psalm 119:33-56 English Standard Version (ESV)**

33 Teach me, O Lord, the way of your statutes;  
and I will keep it to the end.

34 Give me understanding, that I may keep your law  
and observe it with my whole heart.

35 Lead me in the path of your commandments,  
for I delight in it.

36 Incline my heart to your testimonies,  
and not to selfish gain!

37 Turn my eyes from looking at worthless things;  
and give me life in your ways.

38 Confirm to your servant your promise,  
that you may be feared.

39 Turn away the reproach that I dread,  
for your rules are good.

40 Behold, I long for your precepts;  
in your righteousness give me life!

41 Let your steadfast love come to me, O Lord,  
your salvation according to your promise;

42 then shall I have an answer for him who taunts me,  
for I trust in your word.

43 And take not the word of truth utterly out of my mouth,  
for my hope is in your rules.

44 I will keep your law continually,  
forever and ever,

45 and I shall walk in a wide place,  
for I have sought your precepts.

46 I will also speak of your testimonies before kings  
and shall not be put to shame,

47 for I find my delight in your commandments,  
which I love.

48 I will lift up my hands toward your commandments, which I love,  
and I will meditate on your statutes.

49 Remember your word to your servant,  
in which you have made me hope.

50 This is my comfort in my affliction,  
that your promise gives me life.

51 The insolent utterly deride me,  
but I do not turn away from your law.

52 When I think of your rules from of old,  
I take comfort, O Lord.

53 Hot indignation seizes me because of the wicked,  
who forsake your law.

54 Your statutes have been my songs  
in the house of my sojourning.

55 I remember your name in the night, O Lord,  
and keep your law.

56 This blessing has fallen to me,  
that I have kept your precepts.

**All: Glory be to the Father, and to the Son and to the Holy Spirit  
As it was in the beginning, is now  
And shall be for ever. Amen**

THE READING – 1 Samuel 17: 1-16, 32-48

### **David and Goliath**

17 Now the Philistines gathered their forces for war and assembled at Sokoh in Judah. They pitched camp at Ephes Dammim, between Sokoh and Azekah. <sup>2</sup> Saul and the Israelites assembled and camped in the Valley of Elah and drew up their battle line to meet the Philistines. <sup>3</sup> The Philistines occupied one hill and the Israelites another, with the valley between them.

<sup>4</sup> A champion named Goliath, who was from Gath, came out of the Philistine camp. His height was six cubits and a span.<sup>5</sup> He had a bronze helmet on his head and wore a coat of scale armour of bronze weighing five thousand shekels; <sup>6</sup> on his legs he wore bronze greaves, and a bronze javelin was slung on his back. <sup>7</sup> His spear shaft was like a weaver's rod, and its iron point weighed six hundred shekels. His shield bearer went ahead of him.

<sup>8</sup> Goliath stood and shouted to the ranks of Israel, "Why do you come out and line up for battle? Am I not a Philistine, and are you not the servants of Saul? Choose a man and have him come down to me. <sup>9</sup> If he is able to fight and kill me, we will become your subjects; but if I overcome him and kill him, you will become our subjects and serve us." <sup>10</sup> Then the Philistine said, "This day I defy the armies of Israel! Give me a man and let us fight each other." <sup>11</sup> On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified.

<sup>12</sup> Now David was the son of an Ephrathite named Jesse, who was from Bethlehem in Judah. Jesse had eight sons, and in Saul's time he was very old. <sup>13</sup> Jesse's three oldest sons had followed Saul to the war: The firstborn was Eliab; the second, Abinadab; and the third, Shammah. <sup>14</sup> David was the youngest. The three oldest followed Saul, <sup>15</sup> but David went back and forth from Saul to tend his father's sheep at Bethlehem.

<sup>16</sup> For forty days the Philistine came forward every morning and evening and took his stand.

...

<sup>32</sup> David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him."

<sup>33</sup> Saul replied, "You are not able to go out against this Philistine and fight him; you are only a young man, and he has been a warrior from his youth."

<sup>34</sup> But David said to Saul, “Your servant has been keeping his father’s sheep. When a lion or a bear came and carried off a sheep from the flock, <sup>35</sup> I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. <sup>36</sup> Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. <sup>37</sup> The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.”

Saul said to David, “Go, and the LORD be with you.”

<sup>38</sup> Then Saul dressed David in his own tunic. He put a coat of armour on him and a bronze helmet on his head. <sup>39</sup> David fastened on his sword over the tunic and tried walking around, because he was not used to them.

“I cannot go in these,” he said to Saul, “because I am not used to them.” So he took them off. <sup>40</sup> Then he took his staff in his hand, chose five smooth stones from the stream, put them in the pouch of his shepherd’s bag and, with his sling in his hand, approached the Philistine.

<sup>41</sup> Meanwhile, the Philistine, with his shield bearer in front of him, kept coming closer to David. <sup>42</sup> He looked David over and saw that he was little more than a boy, glowing with health and handsome, and he despised him. <sup>43</sup> He said to David, “Am I a dog, that you come at me with sticks?” And the Philistine cursed David by his gods. <sup>44</sup> “Come here,” he said, “and I’ll give your flesh to the birds and the wild animals!”

<sup>45</sup> David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the LORD Almighty, the God of the armies of Israel, whom you have defied. <sup>46</sup> This day the LORD will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. <sup>47</sup> All those gathered here will know that it is not by sword or spear that the LORD saves; for the battle is the LORD’s, and he will give all of you into our hands.”

<sup>48</sup> As the Philistine moved closer to attack him, David ran quickly toward the battle line to meet him. <sup>49</sup> Reaching into his bag and taking out a stone, he slung it and struck the Philistine on the forehead. The stone sank into his forehead, and he fell facedown on the ground.

**SILENCE IS KEPT**

## THE RESPONSE

You are not in the flesh but in the Spirit

**All: Since the Spirit of God dwells in you**

**All: If Christ lives in you, though the body is dead because of sin**

The Spirit is alive because of righteousness

If the Spirit of God who raised up Jesus from the dead lives in you

**All: God will give life to your mortal bodies also, through the Spirit which lives in you**

For you are not in the flesh

**All: But in the Spirit**

## THE PRAYERS

The KYRIES may be used as responses to intercession:

Lord have mercy

**All: Lord have mercy**

Christ have mercy

**All: Christ have mercy**

Lord have mercy

**All: Lord have mercy**

## THE COLLECT

**All: God in heaven  
May your Holy Spirit  
The Comforter who proceeds from you  
Enlighten our minds  
Lead us into all truth  
And make us active in your service;  
Through Jesus Christ our Lord  
Amen**

## THE LORD'S PRAYER

Being made one by the power of the Spirit, let us pray as our Saviour has taught us:

**All: Our Father, which art in heaven,  
Hallowed be thy name.  
Thy kingdom come, Thy will be done,  
in earth as it is in heaven.  
Give us this day our daily bread.**

**And forgive us our trespasses,  
As we forgive those that trespass against us.  
And lead us not into temptation;  
But deliver us from evil.  
For thine is the kingdom, the Power and the Glory,  
for ever and ever.  
Amen.**

#### **THE BLESSING**

May God kindle in us the fire of love

**All: Amen**

Let us bless the Lord

**All: Thanks be to God**