

Night Prayer

Preparation

Sit quietly and comfortably, and focus your thoughts on God.

15s

The Lord Almighty grant us a quiet night and a perfect end.

Amen.

Our help is in the name of the Lord

who made heaven and earth.

Cast your cares on the Lord

and he will sustain you.

Sit in silence and reflect on the past day. Bring to mind all you've said, done, and thought – for good or ill – and all those you've met or encountered. And rest in God's presence.

30s

Confession

We say together:

**Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.**

**Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ.**

**Glory 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.**

Alleluia.

The psalm is said together.

Psalm 4

Answer me when I call, O God of my righteousness;
you set me at liberty when I was in trouble;
 have mercy on me and hear my prayer.

How long will you nobles dishonour my glory;
how long will you love vain things and seek after falsehood?

But know that the Lord has shown me his marvellous kindness;
when I call upon the Lord, he will hear me.

Stand in awe, and sin not;
commune with your own heart upon your bed, and be still.

Offer the sacrifices of righteousness
and put your trust in the Lord.

There are many that say, 'Who will show us any good?'
Lord, lift up the light of your countenance upon us.

You have put gladness in my heart,
more than when their corn and wine and oil increase.

In peace I will lie down and sleep,
for it is you Lord, only, who make me dwell in safety.

**Glory 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.**

Psalm 91

Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,
Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'

For he shall deliver you from the snare of the fowler
and from the deadly pestilence.

He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.

You shall not be afraid of any terror by night,
nor of the arrow that flies by day;

Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.

Though a thousand fall at your side
and ten thousand at your right hand,
yet it shall not come near you.

Your eyes have only to behold
to see the reward of the wicked.

Because you have made the Lord your refuge
and the Most High your stronghold,

There shall no evil happen to you,
neither shall any plague come near your tent.

For he shall give his angels charge over you,
to keep you in all your ways.

They shall bear you in their hands,
lest you dash your foot against a stone.

You shall tread upon the lion and adder;
the young lion and the serpent you shall trample underfoot.

Because they have set their love upon me,
therefore will I deliver them;
I will lift them up, because they know my name.
They will call upon me and I will answer them;
I am with them in trouble,
I will deliver them and bring them to honour.
With long life will I satisfy them
and show them my salvation.

**Glory 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.**

Psalm 134

Come, bless the Lord, all you servants of the Lord,
you that by night stand in the house of the Lord.
Lift up your hands towards the sanctuary
and bless the Lord.

The Lord who made heaven and earth
give you blessing out of Zion.

**Glory 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.**

Reading

Sunday

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God.

Jeremiah 14.9

Monday

We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us.

2 Corinthians 4.7

Tuesday

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Matthew 11.28-30

Wednesday

We love because he first loved us.

1 John 4.19

Thursday

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

1 Peter 5.8-9

Friday

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9-10

Saturday

A sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labours as God did from his. Let us therefore make every effort to enter that rest.

Hebrews 4.9-11a

Pause to reflect on the reading.

15s

We say together:

**Now, Lord, you let your servant go in peace:
your word has been fulfilled.**

**My own eyes have seen the salvation
which you have prepared in the sight of every people;**

**A light to reveal you to the nations
and the glory of your people Israel.**

**Glory 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.**

Silent Prayer

Thank God for his presence and patience with you throughout the day.

*If anyone or anything is troubling you, tell God about the situation. Ask him to help you to trust him, and release you from the burden of anxiety. **60s***

The period of silent prayer ends with a Collect.

Collect

Sunday

Use the Collect of the Day, or another suitable prayer.

Monday

O Holy Spirit, give me stillness of soul in you.

Calm the turmoil within, with the gentleness of your peace.

Quiet the anxiety within, with a deep trust in you.

Heal the wounds of sin within, with the gentleness of your peace.

Strengthen the faith within, with the awareness of your presence.

Confirm the hope within, with the knowledge of your strength.

Give fullness to the love within, with an outpouring of your love.

O Holy Spirit, be to me a source of light, strength and courage
so that I may hear your call ever more clearly
and follow you more generously.

William Browning CP

Tuesday

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.

after Augustine of Hippo (430)

Wednesday

O Lord our God,
grant us grace to desire you with our whole heart;
and so finding, may love you;
and so loving, may hate those sins from which you have delivered us;
through Jesus Christ our Lord.

after Anselm of Canterbury (1109)

Thursday

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.

after Richard of Chichester (1253)

Friday

Father, as we join together in worship,
we open our hearts to your love,
and we surrender our wills to your purpose.
May your holiness quicken our conscience;
may your truth nourish our mind;
may your beauty purify our imagination.
Teach us to worship you in Spirit and in truth:
turning our self-centred pride into adoration,
submitting all we have and are to you,
and keeping our gaze fixed on Jesus;
all this to the glory and praise of your holy name.

after Archbishop William Temple

Saturday

Take, Lord, and receive all my liberty,
my memory, my understanding
and my entire will,
all that I have and call my own.

You have given it all to me.
To you, Lord, I return it.

Everything is yours; do with it what you will.
Give me only your love and grace,
that is enough for me.

The Spiritual Exercises of St Ignatius, 234

Prayer Calendar

From our prayer calendar today, we pray for... [people]. May they know
God's blessing, his presence, and his peace this night.

(We also pray for... [groups].)

Church Family Prayer

This is our prayer:

**Come Holy Spirit,
and make us one in heart and action,
so that we can serve God faithfully:
 abounding in love,
 maturing in holiness,
 and seeking out the lost.**

**Help us grow as disciples of Jesus –
 in commitment, in depth, and in number –
that we may be a blessing to Amington;
to the glory and praise of God the Father. Amen.**

Night Collect

A.

**Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us and guard us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.**

Amen.

B.

**Lighten our darkness,
Lord, we pray,
and in your great mercy
defend us from all perils and dangers of this night,
for the love of your only Son,
our Saviour Jesus Christ.**

Amen.

The Lord's Prayer

A.

As our Saviour taught us, so we pray

**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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

B.

Let us pray with confidence as our Saviour has taught us

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who 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.**

Ending

In peace we will lie down and sleep;

for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,

for the night is at hand and the day is now past.

As the night watch looks for the morning,

so do we look for you, O Christ.

The Lord bless us and watch over us;

the Lord make his face shine upon us and be gracious to us;

the Lord look kindly on us and give us peace.

Amen.