

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

All Amen.

Our help is in the name of the Lord

All who made heaven and earth.

Reflection on the past day

All 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. Amen.

O God, make speed to save us.

All O Lord, make haste to help us.

All 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.

Before the ending of the day,

Creator of the world, we pray

That you, with steadfast love, would keep

Your watch around us while we sleep.

From evil dreams defend our sight,

From fears and terrors of the night;

Tread underfoot our deadly foe

That we no sinful thought may know.

O Father, that we ask be done

Through Jesus Christ, your only Son;

And Holy Spirit, by whose breath
Our souls are raised to life from death.

The Word of God

Psalmody

Psalm 143

1 Hear my prayer, O Lord, and in your faithfulness give ear to my supplications;
answer me in your righteousness.

2 Enter not into judgement with your servant, for in your sight shall no one living be justified.

3 For the enemy has pursued me, crushing my life to the ground,
making me sit in darkness like those long dead.

4 My spirit faints within me; my heart within me is desolate.

5 I remember the time past; I muse upon all your deeds;
I consider the works of your hands.

6 I stretch out my hands to you;
my soul gasps for you like a thirsty land.

7 O Lord, make haste to answer me; my spirit fails me;
hide not your face from me lest I be like those who go down to the Pit.

8 Let me hear of your loving-kindness in the morning, for in you I put my trust;
show me the way I should walk in, for I lift up my soul to you.

9 Deliver me, O Lord, from my enemies,
for I flee to you for refuge.

10 Teach me to do what pleases you, for you are my God;
let your kindly spirit lead me on a level path.

11 Revive me, O Lord, for your name's sake;
for your righteousness' sake, bring me out of trouble.

12 In your faithfulness, slay my enemies,
and destroy all the adversaries of my soul, for truly I am your servant.

Jesus, our companion, when we are driven to despair,

help us, through the friends and strangers we encounter on our path,
to know you as our refuge, our way, our truth and our life.

Scripture Reading

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–end]

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

Glory to the Father and to the Son and to the Holy Spirit.

Keep me as the apple of your eye.

Hide me under the shadow of your wings.

All Save us, O Lord, while waking, and guard us while sleeping,
that awake we may watch with Christ and asleep may rest in peace.

Nunc Dimittis

1 Now, Lord, you let your servant go in peace:

your word has been fulfilled.

2 My own eyes have seen the salvation

which you have prepared in the sight of every people;

3 A light to reveal you to the nations

and the glory of your people Israel.

[Luke 2.29-32]

All 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.

Refrain:

All Save us, O Lord, while waking, and guard us while sleeping,
that awake we may watch with Christ and asleep may rest in peace.

Look down, O God, from your heavenly throne,
illuminate the darkness of this night with your celestial brightness,
and from the children of light banish the deeds of darkness;
through Jesus Christ our Saviour.

All Amen.

The Conclusion

In peace we will lie down and sleep;
All for you alone, Lord, make us dwell in safety.
Abide with us, Lord Jesus,
All for the night is at hand and the day is now past.
As the night watch looks for the morning,
All 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.

All Amen.