

# Night Prayer

The angels of God guard us through the night,  
**and quieten the powers of darkness.**

The Spirit of God be our guide  
**to lead us to peace and to glory.**

It is but lost labour that we haste to rise up early,  
and so late take rest, and eat the bread of anxiety.  
For those beloved of God are given gifts even while they sleep.

*Silence*

Sisters and brothers,  
our help is in the name of the eternal God,  
**who is making the heavens and the earth.**

Dear God,  
thank you for all that is good,  
for our creation and for our humanity,  
for the stewardship you have given us of this planet earth,  
for the gifts of life and of one another,  
for your love which is unbounded and eternal.  
O thou, most holy and beloved,  
Our Companion, Our Guide upon the way,  
Our bright evening star.  
We repent the wrongs we have done:

*Silence*

We have wounded your love.  
**O God, heal us.**

We stumble in the darkness.  
**Light of the world transfigure us.**

We forget that we are your home.  
**Spirit of God, dwell in us.**

Eternal Spirit, living God,  
in whom we live and move and have our being,  
all that we are, have been, and shall be is known to you,  
to the very secret of our hearts  
and all that rises to trouble us.

**Living flame burn into us,  
cleansing wind, blow through us,  
fountain of water, well up within us,**  
that we may love and praise in deed and in truth.  
Eternal Spirit, flow through our being and open our lips,  
**that our mouths may proclaim your praise.**

Let us worship the God of love.  
**Alleluia, alleluia.**

## Psalm 23

Dear God, you sustain us and feed us:  
like a shepherd you guide us.  
You lead us to an oasis of green,  
to lie down by restful waters.  
You refresh our souls for the journey,  
and guide us along trusted roads.  
The God of justice is your name.  
Though we must enter the darkness of death,  
We will fear no evil.  
For you are with us,  
your rod and staff comfort us.  
You prepare a table before our very eyes,  
in the presence of those who trouble us.  
You anoint our heads with oil,  
and you fill our cup to the brim.  
Your loving kindness and mercy will meet us  
every day of our lives,  
and we will dwell in the house of our God for ever. **Amen.**

### Reading: Matthew 6:31-34

Do not ask anxiously, What are we to eat? What are we to drink? What shall we wear? The whole world runs after such things. Set your heart and mind on God's commonwealth and justice first, and all the rest will come to you as well. So, do not be anxious about tomorrow. Today has enough problems of its own; tomorrow can look after itself.

### Song of Simeon

**Praise be to God, I have lived to see this day.  
God's promise is fulfilled, and my duty done.  
At last you have given me peace,  
for I have seen with my own eyes  
the salvation you have prepared for all nations -  
a light to the world in its darkness,  
and the glory of your people Israel.  
Glory be God, sustaining, redeeming, sanctifying,  
as in the beginning, so now, and for ever.**

**Amen.**

Eternal Spirit,  
Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:  
The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples  
of the world!  
For you reign in the glory of the power that is love,  
now and for ever.

**Amen.**

I will lie down in peace and take my rest,  
**for it is in God alone that I dwell unafraid.**

Let us bless the Earth-maker, the Pain-bearer, the Life-giver,  
**let us praise and exalt God above all for ever.**

May God's name be praised beyond the furthest star,  
**glorified and exalted above all for ever.**

Be present, Spirit of God,  
**within us, your dwelling place and home,**

that this house may be one where  
**all darkness is penetrated by your light,**

all troubles calmed by your peace,  
**all evil redeemed by your love,**

all pain transformed in your suffering,  
**and all dying glorified in your risen life. Amen.**

O God,  
strengthen your servants with your heavenly grace,  
that we may continue yours for ever,  
and daily increase in your Holy Spirit more and more,  
until we come to your everlasting kingdom.

**The divine Spirit dwells in us.  
Thanks be to God.**