

LECTIO 365 Night Prayers

is a daily devotional resource that helps you pray the Bible every day.

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Written by leaders from the 24-7 Prayer movement, and produced in partnership with CWR, this resource helps you engage with Scripture to inspire prayer and shape your life.

Journey through the year with Pete Greig, Carla Harding, Phil Togwell, Jill Weber and international guest writers.

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In order to listen and read at the same time, you need to select the day page then right-click the date and set your screen for two separate windows

May 2021

May 1	May 2	May 3	May 4
May 5	May 6	May 7	May 8
May 9	May 10	May 11	May 12
May 13	May 14	May 15	May 16
May 17	May 18	May 19	May 20
May 21	May 22	May 23	May 24
May 25	May 26	May 27	May 28
May 29	May 30	May 31	

Audio for Each Day in MP3 Format

[Month of May 2021](#)

By opening a PDF version from above along with the appropriate audio selection you should be able to read and listen at the same time with two different windows open.

May 01 2021 (click for audio)

Saturday Night Prayer

The day is done, the night has come, Saturday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness? When did I hear You speak?

Pause and pray

Night Scripture

*Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."
Surely he will save you
from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;*

*his faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
Psalm 91:1-6*

Pause and pray

REPENT

A call to holiness:

*Therefore, [since we have these promises], dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
2 Corinthians 7:1*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

I hear Your word eternal, spoken now to me:

*Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken
nor my covenant of peace be removed.
Isaiah 54:10*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.'
(Psalm 4:8)

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

Night prayer of the Church

I pray now with the Irish poet John O'Donohue:

'As I lay down to sleep
May the guardian angel
Watch over me,
Coaxing all my cares
To unravel into peace.
May this new night of rest
Repair the wear of time
And restore youth of heart
For the adventure
That awaits tomorrow.'*

*John O'Donohue, *Benedictus*, extracted from 'Before Sleep' (Bantam Press, 2007) p116

Closing Prayer

*God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into
Your rest, trusting now in the resurrection to come, Amen.*

May 02 2021 (click for audio)

Sunday Night Prayer

The day is done, the night has come, Sunday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

I remain confident of this:

I will see the goodness of the Lord

in the land of the living.

Wait for the Lord;

be strong and take heart

and wait for the Lord.

Psalms 138:1-4

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

I lift up my eyes to the mountains—

where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

He will not let your foot slip—

he who watches over you will not slumber;

*indeed, he who watches over Israel
will neither slumber nor sleep.
The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.
Psalm 122*

Pause and pray

REPENT

A call to holiness:

*Put off your old self, which is being corrupted by its deceitful desires;... be
made new in the attitude of your minds; and put on the new self, created to
be like God in true righteousness and holiness.
Ephesians 4:22-24*

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

*The light shines in the darkness, and the darkness can never extinguish it.
John 1:5 (NLT)*

I hear Your word eternal, spoken now to me:

*‘Be strong and courageous. Do not be afraid; do not be discouraged, for the
LORD your God will be with you wherever you go’
Joshua 1:9*

Pause and pray

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Night prayer of the Church

I pray now in the words of American Civil Right Activist Martin Luther King Jr (1928 – 1968):

'And now unto him who is able to keep us from falling
And lift us from the dark valley of despair to the bright
Mountain of hope, from the midnight of desperation to the
Daybreak of joy; to him be power and authority, for ever
And ever.'*

*Martin Luther King Jr, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p122

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come, Amen.

May 03 2021 (click for audio)

Monday Night Prayer

REFLECT

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your heart and your mind in Christ Jesus.

Philippians 4:5-7

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Lord, you alone are my portion and my cup;
you make my lot secure.

The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.

I will praise the Lord, who counsels me;
even at night my heart instructs me.

I keep my eyes always on the Lord.

With him at my right hand, I will not be shaken.

Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
Psalm 16:5-11 (NIV UK)

Pause and pray

REPENT

A call to holiness:

Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart.
Psalm 24:3-4 (NIV UK)

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

I hear Your word eternal, spoken now to me:
Peace I leave with You;
my peace I give You.
John 14:27a (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Night prayer of the Church

I pray now with the 16th century German Reformer, Martin Luther (1483 – 1546):

‘I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day. And I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body, my soul and all things. Let Your holy angel be with me, that the evil foe may have no power over me.’ *

*Luther, Martin. Dr. Martin Luther's Small Catechism with Explanations, (United States, J.E. Stohlmann, 1888) p 20

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 4 2021 (click for audio)

Tuesday Night Prayer

REFLECT

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The Lord your God... is always with you. He celebrates and sings because of you, and he will refresh
your life with his love.
Zephaniah 3:17 (CEV)*

REJOICE

*Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways
did I experience Your goodness and when did I hear You speak?*

Pause and pray

Night Scripture

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk
through the darkest valley,
I will fear no evil,

for you are with me;
your rod and your staff,
they comfort me.
You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.

Psalm 23

Pause and pray

REPENT

A call to holiness:

*The Lord said to Moses...
be holy because I am holy.
Leviticus 19:1-2*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42.8 (NIV UK)*

I hear Your word eternal, spoken now to me:

*I am the Lord your God who takes hold of your right hand and says to you,
Do not fear; I will help you.
Isaiah 41:13 (NIV UK)*

Pause and pray

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42.8 (NIV UK)*

Night prayer of the Church

I pray now with the 19th century English poet Christina Rossetti (1830 – 1894):

'O Lord, Jesus Christ,
who art as a shadow of a great rock in a weary land,
who beholdest thy weak creatures
weary of labor, weary of pleasure,
weary of hope deferred, weary of self;
in thine abundant compassion,
and fellow feeling with us,
and unutterable tenderness,
bring us, we pray thee,
unto thy rest.'*

*Rossetti, Christina, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 78

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.
Amen.

May 05 2021 (click for audio)

Wednesday Night Prayer

The day is done, the night has come, Wednesday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with you.

REFLECT

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.*

They are new every morning...

Lamentations 2:22-23

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.*

They are new every morning...

Lamentations 2:22-23

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.*

*He gives strength to the weary
and increases the power of the weak...*

*those who hope in the Lord
will renew their strength.*

*They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.*

Isaiah 40:28-31

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.
For my eyes have seen your salvation,
which you have prepared in the sight of all nations:
a light for revelation to the Gentiles,
and the glory of your people Israel.

Luke 2: 29-32

Pause and pray

REPENT

A call to holiness:

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord

Acts 3:19

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.*

They are new every morning...

Lamentations 2: 22-23

I hear Your word eternal, spoken now to me:

*Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken nor my covenant of peace be removed.*

Isaiah 54:10 (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety' (Psalm 4:8)

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 2:22-23*

Night prayer of the Church

I pray now with the 6th century Irish Abbot: Columba of Iona (521 – 597)

*'Be a bright flame before me, Oh God, a guiding star above me.
Be a smooth path below me, a kindly shepherd behind me, tonight, and forever.
Alone with none but you, my God I journey on my way; what need I fear when you are near, Oh Lord of
night and day?
More secure am I when in your hand than if a multitude did round me stand.'* *

**Stories of Encounter: Pray Now Devotions, Reflections, Blessings and Prayer Activities. (United
Kingdom, ST ANDREW Press, 2017) p 122*

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come.
Amen.

[May 06 2021 \(click for audio\)](#)

Thursday Night Prayer

The day is done, the night has come, Thursday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'*

Lamentations 2:24

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'*

Lamentations 2:24

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you.
Do not be afraid; do not be discouraged.
Deuteronomy 31:8*

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.
Israel, put your hope in the Lord
both now and forevermore. Psalm 131

Pause and pray

REPENT

A call to holiness:

*Whoever conceals their sins does not prosper,
but the one who confesses and renounces them finds mercy.
Proverbs 28:13*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word, or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 2:24*

I hear Your word eternal, spoken now to me:

*Do not fear for I have redeemed you;
I have summoned you by name;
you are mine
Isaiah 43:1 (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.'(Psalm 4:8)

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 2:24*

Night prayer of the Church

I pray now with the 5th century North African Bishop Augustine of Hippo (354 – 430)

*‘Watch, O Lord,
with those who wake,
or watch or weep tonight,
and give your angels charge
over those who sleep.
Tend your sick ones,
O Lord Jesus Christ;*

rest your weary ones;
bless your dying ones;
soothe your suffering ones;
pity your afflicted ones;
shield your joyous ones;
and all for your love's sake.' *

*Augustine of Hippo, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 18

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.
Amen.

[May 07 2021 \(click for audio\)](#)

Friday Night Prayer

The day is done, the night has come, Friday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.
Trust in the Lord forever,
for the Lord, the Lord himself, is the Rock eternal.
Isaiah 26: 3-4

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

You have searched me, Lord, and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.

You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue you, Lord, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, "Surely the darkness will hide me and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
Psalm 139: 1-14

Pause and pray

REPENT

A call to holiness:

The Lord your God is gracious and compassionate. He will not turn his face from you if you return to him.

2 Chronicles 30:9

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause

Refrain of the Day

Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8

I hear Your word eternal, spoken now to me:

‘I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.’
Isaiah 46:4 (NIV UK)

REST

And so, ‘in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.’ (Psalm 4:8)

Refrain of the Day

Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8

Night prayer of the Church

I receive now this blessing from the 16th century Spanish contemplative Teresa of Ávila (1515 – 1582)

‘Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things.
Whoever has God lacks nothing;
God alone suffices.’ *

*Theresa of Ávila, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 51

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come.
Amen.

May 08 2021 (click for audio)

Saturday Night Prayer

The day is done, the night has come, Saturday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*May the God of hope fill you with all joy and peace as you trust in him, so that you may
overflow with hope by the power of the Holy Spirit.
Romans 15:13*

REJOICE

*Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways
did I experience Your goodness? When did I hear You speak?*

Pause and pray

Night Scripture

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,

my God, in whom I trust.”
Surely he will save you
from the fowler’s snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
Psalm 91: 1-6

Pause and pray

REPENT

A call to holiness:

*Therefore, [since we have these promises], dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
2 Corinthians 7:1*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

I hear Your word eternal, spoken now to me:

Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken
nor my covenant of peace be removed.
Isaiah 54:10

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

Night prayer of the Church

I pray now, with the 4th century Greek Bishop Basil the Great (330 – 379):

'Oh Lord our God... Steer the ship of our life to yourself, the quiet harbor of all storm-stressed souls. Show us the course which we are to take. Renew in us the spirit of docility. Let your Spirit curb our fickleness; guide and strengthen us to perform what is for our own good, to keep your commandments and ever to rejoice in your glorious and vivifying presence. Yours is the glory and praise for all eternity.' *

*Basil the Great, as cited in: At Prayer with the Saints (United States, Liguori, 1998) p 99

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

[May 09 2021 \(click for audio\)](#)

Sunday Night Prayer

The day is done, the night has come, Sunday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

I remain confident of this:

I will see the goodness of the Lord

in the land of the living.

Wait for the Lord;

be strong and take heart

and wait for the Lord.

Psalms 27:13-14

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

I lift up my eyes to the mountains—

where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

He will not let your foot slip—

he who watches over you will not slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.
The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.
Psalm 121

Pause and pray

REPENT

A call to holiness:

Put off your old self, which is being corrupted by its deceitful desires;... be made new in the attitude of your minds; and put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

I hear Your word eternal, spoken now to me:

‘Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go’

Joshua 1: 9 (NIVUK)

REST

And so, ‘in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.’ (Psalm 4:8)

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.
John 1:5 (NLT)

Night prayer of the Church

A night prayer adapted from the ancient monastic Service of Compline

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.
Come with the dawning of the day
and make yourself known in the breaking of the bread.
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. *

*Adapted from: The Book of Hours: In which are Contained Offices for the Seven Canonical Hours, Litanies, and Other Devotions. (United States, Hurd and Houghton, 1866) p 133

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come.
Amen.

May 10, 2021 (click for audio)

Monday Night Prayer

The day is done, the night has come. Monday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your heart and your mind in Christ Jesus.

Philippians 4:5-7

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Lord, you alone are my portion and my cup;

you make my lot secure.

The boundary lines have fallen for me in pleasant places;

surely I have a delightful inheritance.

I will praise the Lord, who counsels me;

even at night my heart instructs me.

I keep my eyes always on the Lord.

With him at my right hand, I will not be shaken.
Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
Psalm 16:5-11(NIV UK)

Pause and pray

REPENT

A call to holiness:

Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart.
Psalm 24:3-4 (NIV UK)

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

I hear Your word eternal, spoken now to me:

Peace I leave with You;
my peace I give You.
John 14:27a (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Night prayer of the Church

I pray now with the 14th century English mystic, Julian of Norwich (1342):

‘God, of your goodness, give me yourself; for you are sufficient for me. I cannot properly ask anything less, to be worthy of you. If I were to ask less, I should always be in want. In you alone do I have all.*.’

*Julian of Norwich, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 35

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 11 2021 (click for audio)

Tuesday Night Prayer

The day is done, the night has come, Tuesday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The Lord your God... is always with you. He celebrates and sings because of you, and he will
refresh your life with his love.
Zephaniah 3:17 (CEV)*

REJOICE

*Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways
did I experience Your goodness and when did I hear You speak?*

Pause and pray

Night Scripture

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
He leads me beside quiet waters,
He refreshes my soul.
He guides me along the right paths
for His name's sake.
Even though I walk
through the darkest valley,

I will fear no evil,
for You are with me;
Your rod and your staff,
they comfort me.
You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.
Psalm 23

Pause and pray

REPENT

A call to holiness:

*The Lord said to Moses...
be holy because I am holy.
Leviticus 19:1-2*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42.8 (NIV UK)*

I hear Your word eternal, spoken now to me:

*I am the Lord your God who takes hold of your right hand and says to you,
Do not fear; I will help you.
Isaiah 41:13 (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*By day the Lord directs his love
at night his song is with me
Psalm 42.8 (NIV UK)*

Night prayer of the Church

I pray now the words of a famous night-time hymn by Henry Francis Lyte:

‘Abide with me; fast falls the eventide;
The darkness deepens; Lord with me abide.
When other helpers fail and comforts flee,
Help of the helpless, O abide with me.’*

*Leo Rich Lewis and Charles Rockwell Tenney, Church Harmonies, New and Old: A Book of Spiritual Song for Christian Worshipers (United States, Universalist Publishing House, 1895) p146

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 12 2021 (click for audio)

Wednesday Night Prayer

The day is done, the night has come. Wednesday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
He gives strength to the weary
and increases the power of the weak...
those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.
Isaiah 40:28-31

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.
For my eyes have seen your salvation,
which you have prepared in the sight of all nations:
a light for revelation to the Gentiles,
and the glory of your people Israel.
Luke 2: 29-32

Pause and pray

REPENT

A call to holiness:

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord
Acts 3:19

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

I hear Your word eternal, spoken now to me:

Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken nor my covenant of peace be removed.
Isaiah 54:10 (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety' (Psalm 4:8)

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

Night prayer of the Church

I pray now an evening prayer from the church in Kenya:

'O God, you have let me pass this day in peace,
Let me pass the night in peace.
O Lord, who has no Lord,
There is no strength but in thee.
Thou alone hast no obligation.
Under thy hand I pass the night.
Thou art my mother and my father.'*

*Desmond Tutu (ed.), *An African Prayer Book* (Doubleday, 1995) p121

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come.
Amen.

May 13 2021 (click for audio)

Thursday Night Prayer

The day is done, the night has come. Thursday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you.
Do not be afraid; do not be discouraged.
Deuteronomy 31:8*

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;

like a weaned child I am content.
Israel, put your hope in the Lord
both now and forevermore.
Psalm 131

Pause and pray

REPENT

A call to holiness:

*Whoever conceals their sins does not prosper,
but the one who confesses and renounces them finds mercy.
Proverbs 28:13*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word, or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

I hear Your word eternal, spoken now to me:

*Do not fear for I have redeemed you;
I have summoned you by name;
you are mine
Isaiah 43:1 (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.'(Psalm 4:8)

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

Night prayer of the Church

I pray now with the 14th century Italian author Catherine of Siena (1347 – 1386):

‘You, O eternal Trinity, are a deep sea, into which the more I enter the more I find, and the more I find the more I seek... O eternal Godhead, what more could you give me than yourself? You are the fire that ever burns without being consumed; you consume in your heat all the soul’s self-love; you are the fire which takes away cold; with your light you illuminate me so that I may know all your truth.’ *

*Catherine of Siena, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p36

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come, Amen.

May 14 2021 (click for audio)

Friday Night Prayer

The day is done, the night has come. Friday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You,

REFLECT

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.
Trust in the Lord forever,
for the Lord, the Lord himself, is the Rock eternal.
Isaiah 26: 3-4*

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

You have searched me, Lord, and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue you, Lord, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, "Surely the darkness will hide me and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
Psalm 139: 1-14

Pause and pray

REPENT

A call to holiness:

The Lord your God is gracious and compassionate. He will not turn his face from you if you return to him.

2 Chronicles 30:9

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.*

Show me the way I should go.

Psalm 143:8

I hear Your word eternal, spoken now to me:

'I am he who will sustain you.

I have made you and I will carry you;

I will sustain you and I will rescue you.'

Isaiah 46:4 (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.*

Show me the way I should go.

Psalm 143:8

Night prayer of the Church

I pray now with the 20th century Dutch priest and author Henri Nouwen (1932 – 1996):

*'O Lord... You know me more deeply and fully than I know myself. You love me with a greater love than I can love myself. You even offer me more than I can desire... Take my tired body, my confused mind, and my restless soul into your arms and give me rest, simple quiet rest.'**

*Henri Nouwen, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p106

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come, Amen.

May 15 2021 (click for audio)

Saturday Night Prayer

The day is done, the night has come. Saturday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.*

Psalm 90:4

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.*

Psalm 90:4

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*May the God of hope fill you with all joy and peace as you trust in him, so that you may
overflow with hope by the power of the Holy Spirit.*

Romans 15:13

REJOICE

*Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways
did I experience Your goodness? When did I hear You speak?*

Pause and pray

Night Scripture

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."
Surely he will save you

from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
Psalm 91: 1-6

Pause and pray

REPENT

A call to holiness:

*Therefore, [since we have these promises], dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
2 Corinthians 7:1*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

I hear Your word eternal, spoken now to me:

Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken
nor my covenant of peace be removed.
Isaiah 54:10

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4*

Night prayer of the Church

I pray now with the Irish poet John O'Donohue:

'As I lay down to sleep
May the guardian angel
Watch over me,
Coaxing all my cares
To unravel into peace.

May this new night of rest
Repair the wear of time
And restore youth of heart
For the adventure
That awaits tomorrow.'*

*John O'Donohue, *Benedictus*, extracted from 'Before Sleep' (Bantam Press, 2007) p116

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come, Amen.

[May 16 2021 \(click for audio\)](#)

Sunday Night Prayer

The day is done, the night has come. Sunday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

I remain confident of this:

I will see the goodness of the Lord

in the land of the living.

Wait for the Lord;

be strong and take heart

and wait for the Lord.

Psalms 138:1-4

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

I lift up my eyes to the mountains—

Where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

He will not let your foot slip—

he who watches over you will not slumber;

indeed, he who watches over Israel

will neither slumber nor sleep.

The Lord watches over you—

the Lord is your shade at your right hand;

the sun will not harm you by day,

*nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.
Psalm 121*

Pause and pray

REPENT

A call to holiness:

Put off your old self, which is being corrupted by its deceitful desires;... be made new in the attitude of your minds; and put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

I hear Your word eternal, spoken now to me:

‘Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go’

Joshua 1: 9 (NIV UK)

REST

And so, ‘in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.’ (Psalm 4:8)

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Night prayer of the Church

I pray now in the words of American Civil Right Activist Martin Luther King Jr (1928 – 1968):

*‘And now unto him who is able to keep us from falling
And lift us from the dark valley of despair to the bright
Mountain of hope, from the midnight of desperation to the*

*Daybreak of joy; to him be power and authority, for ever
And ever.**

*Martin Luther King Jr, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p122

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come, Amen.

May 17 2021 (click for audio)

Monday Night Prayer

The day is done, the night has come, Monday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your heart and your mind in Christ Jesus.
Philippians 4:5-7

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Lord, you alone are my portion and my cup;
you make my lot secure.
The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.
I will praise the Lord, who counsels me;
even at night my heart instructs me.

I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.
Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
Psalm 16:5-11 (NIV UK)

Pause and pray

REPENT

A call to holiness:

Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart.
Psalm 24:3-4 (NIV UK)

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

I hear Your word eternal, spoken now to me:

Peace I leave with You;
my peace I give You.
John 14:27a (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Night prayer of the Church

I pray now with the 16th century German Reformer, Martin Luther (1483 – 1546):

‘I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day. And I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body, my soul and all things. Let Your holy angel be with me, that the evil foe may have no power over me.’ *

*Luther, Martin. Dr. Martin Luther's Small Catechism with Explanations, (United States, J.E. Stohlmann, 1888) p 20

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 18 2021 (click for audio)

Tuesday Night Prayer

The day is done, the night has come, Tuesday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The Lord your God... is always with you. He celebrates and sings because of you, and he will
refresh your life with his love.
Zephaniah 3:17 (CEV)*

REJOICE

*Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways
did I experience Your goodness and when did I hear You speak?*

Pause and pray

Night Scripture

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk

through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.
Psalm 23

Pause and pray

REPENT

A call to holiness:

*The Lord said to Moses...
be holy because I am holy.
Leviticus 19:1-2*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42.8 (NIV UK)*

I hear Your word eternal, spoken now to me:

*I am the Lord your God who takes hold of your right hand and says to you,
Do not fear; I will help you.
Isaiah 41:13 (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*By day the Lord directs his love,
at night his song is with me
Psalm 42.8 (NIV UK)*

Night prayer of the Church

I pray now with the 19th century English poet Christina Rossetti (1830 – 1894):

'O Lord, Jesus Christ,
who art as a shadow of a great rock in a weary land,
who beholdest thy weak creatures
weary of labor, weary of pleasure,
weary of hope deferred, weary of self;
in thine abundant compassion,
and fellow feeling with us,
and unutterable tenderness,
bring us, we pray thee,
unto thy rest.'*

*Rossetti, Christina, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 78

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.
Amen.

May 19 2021 (click for audio)

Wednesday Night Prayer

The day is done, the night has come, Wednesday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.*

They are new every morning...

Lamentations 3:22-23

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.*

They are new every morning...

Lamentations 3:22-23

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.*

*He gives strength to the weary
and increases the power of the weak...*

*those who hope in the Lord
will renew their strength.*

*They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.*

Isaiah 40:28-31

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.
For my eyes have seen your salvation,
which you have prepared in the sight of all nations:
a light for revelation to the Gentiles,
and the glory of your people Israel.
Luke2: 29-32

Pause and pray

REPENT

A call to holiness:

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord
Acts 3:19

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...*
Lamentations 3: 22-23

I hear Your word eternal, spoken now to me:

*Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken nor my covenant of peace be removed.*
Isaiah 54:10 (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety' (Psalm 4:8)

Refrain of the Day

*Because of the Lord's great love we are not consumed,
for his compassions never fail.*

They are new every morning...

Lamentations 3:22-23

Night prayer of the Church

I pray now with the 6th century Irish Abbot: Columba of Iona (521 – 597)

'Be a bright flame before me, Oh God, a guiding star above me.

Be a smooth path below me, a kindly shepherd behind me, tonight, and forever.

Alone with none but you, my God I journey on my way; what need I fear when you are near, Oh Lord of night and day?

More secure am I when in your hand than if a multitude did round me stand.' *

*Stories of Encounter: Pray Now Devotions, Reflections, Blessings and Prayer Activities. (United Kingdom, ST ANDREW Press, 2017) p 122

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 20 2021 (click for audio)

Thursday Night Prayer

The day is done, the night has come, Thursday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with you.

REFLECT

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'*

Lamentations 3:24

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'*

Lamentations 3:24

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you.
Do not be afraid; do not be discouraged.
Deuteronomy 31:8*

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.

Israel, put your hope in the Lord
both now and forevermore.
Psalm 131

Pause and pray

REPENT

A call to holiness:

*Whoever conceals their sins does not prosper,
but the one who confesses and renounces them finds mercy.
Proverbs 28:13*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word, or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

I hear Your word eternal, spoken now to me:

*Do not fear for I have redeemed you;
I have summoned you by name;
you are mine
Isaiah 43:1 (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.'(Psalm 4:8)

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

Night prayer of the Church

I pray now with the 5th century North African Bishop Augustine of Hippo (354 – 430)

‘Watch, O Lord,
with those who wake,
or watch or weep tonight,
and give your angels charge
over those who sleep.
Tend your sick ones,
O Lord Jesus Christ;
rest your weary ones;
bless your dying ones;
soothe your suffering ones;
pity your afflicted ones;
shield your joyous ones;
and all for your love's sake.’ *

*Augustine of Hippo, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 18

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 21 2021 (click for audio)

Friday Night Prayer

The day is done, the night has come, Friday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.*

Show me the way I should go.

Psalms 143:8

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.*

Show me the way I should go.

Psalms 143:8

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.
Trust in the Lord forever,
for the Lord, the Lord himself, is the Rock eternal.
Isaiah 26: 3-4*

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

You have searched me, Lord, and you know me.
You know when I sit and when I rise;

you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue you, Lord, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, "Surely the darkness will hide me and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
Psalm 139: 1-14

Pause and pray

REPENT

A call to holiness:

*The Lord your God is gracious and compassionate. He will not turn his face from you if you return to him.
2 Chronicles 30:9*

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

I hear Your word eternal, spoken now to me:

*'I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.'
Isaiah 46:4 (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

Night prayer of the Church

I receive now this blessing from the 16th century Spanish contemplative Teresa of Ávila (1515 – 1582)

*'Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things.
Whoever has God lacks nothing;
God alone suffices.' **

*Teresa of Ávila, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 51

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come.
Amen.

May 22 2021 (click for audio)

Saturday Night Prayer

The day is done, the night has come, Saturday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness? When did I hear You speak?

Pause and pray

Night Scripture

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."
Surely he will save you

from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
Psalm 91: 1-6

Pause and pray

REPENT

A call to holiness:

Therefore, [since we have these promises], dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
2 Corinthians 7:1

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4

I hear Your word eternal, spoken now to me:

Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken
nor my covenant of peace be removed.
Isaiah 54:10

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Night prayer of the Church

I pray now, with the 4th century Greek Bishop Basil the Great (330 – 379):

‘Oh Lord our God... Steer the ship of our life to yourself, the quiet harbor of all storm-stressed souls. Show us the course which we are to take. Renew in us the spirit of docility. Let your Spirit curb our fickleness; guide and strengthen us to perform what is for our own good, to keep your commandments and ever to rejoice in your glorious and vivifying presence. Yours is the glory and praise for all eternity.’ *

*Basil the Great, as cited in: At Prayer with the Saints (United States, Liguori, 1998) p 99

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

[May 23 2021 \(click for audio\)](#)

Sunday Night Prayer

The day is done, the night has come, Sunday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

I remain confident of this:

I will see the goodness of the Lord

in the land of the living.

Wait for the Lord;

be strong and take heart

and wait for the Lord.

Psalms 138:1-4

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

I lift up my eyes to the mountains—

where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

He will not let your foot slip—
he who watches over you will not slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.
The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.
Psalm 121

Pause and pray

REPENT

A call to holiness:

Put off your old self, which is being corrupted by its deceitful desires;... be made new in the attitude of your minds; and put on the new self, created to be like God in true righteousness and holiness.
Ephesians 4:22-24

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.
John 1:5 (NLT)

I hear Your word eternal, spoken now to me:

‘Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go’
Joshua 1: 9 (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Night prayer of the Church

A night prayer adapted from the ancient monastic Service of Compline

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.
Come with the dawning of the day
and make yourself known in the breaking of the bread.
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. *

*Adapted from: The Book of Hours: In which are Contained Offices for the Seven Canonical Hours, Litanies, and Other Devotions. (United States, Hurd and Houghton, 1866) p 133

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 24 2021 (click for audio)

Monday Night Prayer

The day is done, the night has come, Monday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalms 116:7 (NIV UK)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalms 116:7 (NIV UK)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your heart and your mind in Christ Jesus.

Philippians 4:5-7

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Lord, you alone are my portion and my cup;

you make my lot secure.

The boundary lines have fallen for me in pleasant places;

surely I have a delightful inheritance.

I will praise the Lord, who counsels me;

even at night my heart instructs me.

*I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.
Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
Psalm 16:5-11 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart.
Psalm 24:3-4 (NIV UK)*

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

*Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)*

I hear Your word eternal, spoken now to me:

*Peace I leave with You;
my peace I give You.
John 14:27a (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)*

Night prayer of the Church

I pray now with the 14th century English mystic, Julian of Norwich (1342):

'God, of your goodness, give me yourself; for you are sufficient for me. I cannot properly ask anything less, to be worthy of you. If I were to ask less, I should always be in want. In you alone do I have all.'*

**Julian of Norwich, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p 35*

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 25 2021 (click for audio)

Tuesday Night Prayer

The day is done, the night has come, Tuesday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

By day the Lord directs his love,
at night his song is with me
Psalm 42:8 (NIV UK)

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord your God... is always with you. He celebrates and sings because of you, and he will refresh your life with his love.
Zephaniah 3:17 (CEV)

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths
for his name's sake.
Even though I walk

through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.
Psalm 23

Pause and pray

REPENT

A call to holiness:

The Lord said to Moses...
be holy because I am holy.
Leviticus 19:1-2

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

By day the Lord directs his love,
at night his song is with me
Psalm 42.8 (NIV UK)

I hear Your word eternal, spoken now to me:

I am the Lord your God who takes hold of your right hand and says to you,
Do not fear; I will help you.
Isaiah 41:13 (NIVUK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

By day the Lord directs his love
at night his song is with me
Psalm 42.8 (NIV UK)

Night prayer of the Church

I pray now the words of a famous night-time hymn by Henry Francis Lyte:

*'Abide with me; fast falls the eventide;
The darkness deepens; Lord with me abide.
When other helpers fail and comforts flee,
Help of the helpless, O abide with me.'**

*Leo Rich Lewis and Charles Rockwell Tenney, Church Harmonies, New and Old: A Book of Spiritual Song for Christian Worshipers (United States, Universalist Publishing House, 1895) p146

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.

May 26 2021 (click for audio)

Wednesday Night Prayer

The day is done, the night has come, Wednesday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECTD

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.
He gives strength to the weary
and increases the power of the weak...
those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.
Isaiah 40:28-31

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Sovereign Lord, as you have promised,
you may now dismiss your servant in peace.
For my eyes have seen your salvation,
which you have prepared in the sight of all nations:
a light for revelation to the Gentiles,
and the glory of your people Israel.
Luke 2: 29-32

Pause and pray

REPENT

A call to holiness:

Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord
Acts 3:19

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

I hear Your word eternal, spoken now to me:

Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken nor my covenant of peace be removed.
Isaiah 54:10 (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety' (Psalm 4:8)

Refrain of the Day

Because of the Lord's great love we are not consumed,
for his compassions never fail.
They are new every morning...
Lamentations 3:22-23

Night prayer of the Church

I pray now an evening prayer from the church in Kenya:

'O God, you have let me pass this day in peace,
Let me pass the night in peace.
O Lord, who has no Lord,
There is no strength but in thee.
Thou alone hast no obligation.
Under thy hand I pass the night.
Thou art my mother and my father.'*

*Desmond Tutu (ed.), *An African Prayer Book* (Doubleday, 1995) p121

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come.
Amen.

May 27 2021 (click for audio)

Thursday Night Prayer

The day is done, the night has come, Thursday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with you.

REFLECT

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*The LORD himself goes before you and will be with you; he will never leave you nor forsake you.
Do not be afraid; do not be discouraged.
Deuteronomy 31:8*

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

My heart is not proud, Lord,
my eyes are not haughty;
I do not concern myself with great matters
or things too wonderful for me.
But I have calmed and quieted myself,
I am like a weaned child with its mother;
like a weaned child I am content.

Israel, put your hope in the Lord
both now and forevermore.
Psalm 131

Pause and pray

REPENT

A call to holiness:

*Whoever conceals their sins does not prosper,
but the one who confesses and renounces them finds mercy.
Proverbs 28:13*

Father God, would You remind me now of the ways in which I have sinned today in thought, in word, or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

I hear Your word eternal, spoken now to me:

*Do not fear for I have redeemed you;
I have summoned you by name;
you are mine
Isaiah 43:1 (NIV UK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.'(Psalm 4:8)

Refrain of the Day

*I say to myself, 'The Lord is my portion;
therefore I will wait for him.'
Lamentations 3:24*

Night prayer of the Church

I pray now with the 14th century Italian author Catherine of Siena (1347 – 1386):

‘You, O eternal Trinity, are a deep sea, into which the more I enter the more I find, and the more I find the more I seek... O eternal Godhead, what more could you give me than yourself? You are the fire that ever burns without being consumed; you consume in your heat all the soul’s self-love; you are the fire which takes away cold; with your light you illuminate me so that I may know all your truth.’ *

*Catherine of Siena, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p36

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come, Amen.

May 28 2021 (click for audio)

Friday Night Prayer

The day is done, the night has come, Friday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

*You will keep in perfect peace
those whose minds are steadfast,
because they trust in you.
Trust in the Lord forever,
for the Lord, the Lord himself, is the Rock eternal.
Isaiah 26: 3-4*

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

You have searched me, Lord, and you know me.
You know when I sit and when I rise;

you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue you, Lord, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.
Where can I go from your Spirit?
Where can I flee from your presence?
If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn,
if I settle on the far side of the sea,
even there your hand will guide me,
your right hand will hold me fast.
If I say, "Surely the darkness will hide me and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
For you created my inmost being;
you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
Psalm 139: 1-14

Pause and pray

REPENT

A call to holiness:

The Lord your God is gracious and compassionate. He will not turn his face from you if you return to him.

2 Chronicles 30:9

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

Loving Lord Jesus, thank You for bearing my sins in Your body on the cross. By Your wounds I am healed and by your blood I am cleansed (1 Peter 2:24). I receive Your forgiveness now.

Pause

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

I hear Your word eternal, spoken now to me:

*'I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.'
Isaiah 46:4 (NIVUK)*

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

*Let the morning bring me word of your unfailing love,
for I have put my trust in you.
Show me the way I should go.
Psalm 143:8*

Night prayer of the Church

I pray now with the 20th century Dutch priest and author Henri Nouwen (1932 – 1996):

*'O Lord... You know me more deeply and fully than I know myself. You love me with a greater love than I can love myself. You even offer me more than I can desire... Take my tired body, my confused mind, and my restless soul into your arms and give me rest, simple quiet rest.'**

*Henri Nouwen, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983), p106

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come, Amen.

[May 29 2021 \(click for audio\)](#)

Saturday Night Prayer

The day is done, the night has come, Saturday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness? When did I hear You speak?

Pause and pray

Night Scripture

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."
Surely he will save you

from the fowler's snare
and from the deadly pestilence.
He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
You will not fear the terror of night,
nor the arrow that flies by day,
nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
Psalm 91:1-6

Pause and pray

REPENT

A call to holiness:

Therefore, [since we have these promises], dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
2 Corinthians 7:1

Father God, would You remind me now of the ways in which I have sinned today in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I was lost, You found me and when I was ashamed You forgave me, nailing the accusations against me to the cross (Colossians 2:13-14). I receive Your forgiveness now.

Pause and pray

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:4

I hear Your word eternal, spoken now to me:

Though the mountains be shaken and the hills be removed,
yet my unfailing love for you will not be shaken
nor my covenant of peace be removed.
Isaiah 54:10

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.

Psalm 90:4

Night prayer of the Church

I pray now with the Irish poet John O'Donohue:

'As I lay down to sleep
May the guardian angel
Watch over me,
Coaxing all my cares
To unravel into peace.
May this new night of rest
Repair the wear of time
And restore youth of heart
For the adventure
That awaits tomorrow.'*

*John O'Donohue, *Benedictus*, extracted from 'Before Sleep' (Bantam Press, 2007) p116

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come, Amen.

May 30 2021 (click for audio)

Sunday Night Prayer

The day is done, the night has come, Sunday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying trouble in my mind from the worries of this day?

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Am I carrying tension in my body from the strains of this day?

Breathing out slowly, I relax and release my stress to the Lord.

Pause

I remain confident of this:

I will see the goodness of the Lord

in the land of the living.

Wait for the Lord;

be strong and take heart

and wait for the Lord.

Psalms 138:1-2

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

I lift up my eyes to the mountains—

where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

He will not let your foot slip—

he who watches over you will not slumber;
indeed, he who watches over Israel
will neither slumber nor sleep.
The Lord watches over you—
the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and forevermore.
Psalm 121

Pause and pray

REPENT

A call to holiness:

Put off your old self, which is being corrupted by its deceitful desires;... be made new in the attitude of your minds; and put on the new self, created to be like God in true righteousness and holiness.

Ephesians 4:22-24

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

I hear Your word eternal, spoken now to me:

‘Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go’

Joshua 1: 9 (NIV UK)

REST

And so, ‘in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.’ (Psalm 4:8)

Refrain of the Day

The light shines in the darkness, and the darkness can never extinguish it.

John 1:5 (NLT)

Night prayer of the Church

I pray now in the words of American Civil Right Activist Martin Luther King Jr (1928 – 1968):

‘And now unto him who is able to keep us from falling
And lift us from the dark valley of despair to the bright
Mountain of hope, from the midnight of desperation to the
Daybreak of joy; to him be power and authority, for ever
And ever.’*

*Martin Luther King Jr, as cited in: The Lion Book of Famous Prayers, (Herts: Lion Publishing plc, 1983),
p122

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest,
trusting now in the resurrection to come, Amen.

[May 31 2021 \(click for audio\)](#)

Monday Night Prayer

The day is done, the night has come, Monday will soon be over. And so, in the quietness of this moment, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Am I carrying trouble in my mind from the worries of this day?
Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Am I carrying tension in my body from the strains of this day?
Breathing out slowly, I relax and release my stress to the Lord.

Pause

The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your heart and your mind in Christ Jesus.
Philippians 4:5-7

REJOICE

Reflecting on the day that has passed, Lord, show me where You were at work in my life. In what ways did I experience Your goodness and when did I hear You speak?

Pause and pray

Night Scripture

Lord, you alone are my portion and my cup;
you make my lot secure.
The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.
I will praise the Lord, who counsels me;

even at night my heart instructs me.
I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.
Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,
because you will not abandon me to the realm of the dead,
nor will you let your faithful one see decay.
You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.
Psalm 16:5-11 (NIV UK)

Pause and pray

REPENT

A call to holiness:

Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart.
Psalm 24:3-4 (NIV UK)

Father God, would You remind me now of the ways in which I have sinned today through negligence, through weakness, or my own deliberate fault. I take a moment to confess my sins before You now.

Pause and pray

God of grace, thank You that when I confess my sins, You are faithful and just, forgiving and purifying me from all unrighteousness. (1 John 1:9) I receive Your forgiveness now.

Pause

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

I hear Your word eternal, spoken now to me:

Peace I leave with You;
my peace I give You.
John 14:27a (NIV UK)

REST

And so, 'in peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.' (Psalm 4:8)

Refrain of the Day

Return to your rest my soul.
For the Lord has been good to you.
Psalm 116:7 (NIV UK)

Night prayer of the Church

I pray now with the 16th century German Reformer, Martin Luther (1483 – 1546):

‘I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day. And I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body, my soul and all things. Let Your holy angel be with me, that the evil foe may have no power over me.’ *

*Luther, Martin. Dr. Martin Luther's Small Catechism with Explanations, (United States, J.E. Stohlmann, 1888) p 20

Closing Prayer

God of all seasons, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now in the resurrection to come.

Amen.