

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

Jan 2022

Jan 1	Jan 2	Jan 3	Jan 4
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Audio for Each Night in MP3 Format

[Month of Jan 2022](#)

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.

January 01 2022 (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.*

Psalms 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.*

Psalms 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 (NIV UK)

Pause

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 (NIV UK)*

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 (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

*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.

January 02 2022 (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 (NIV UK)

Pause

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 (NIV UK)*

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.

January 03 2022 (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.

[January 04 \(click for audio\)](#)

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.

[January 05 2022 \(click for audio\)](#)

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 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.

January 06 2022 (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 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.

January 07 2022 (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.

Psalms 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.

January 08 2022 (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.*

Psalms 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.*

Psalms 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.

January 09 2022 (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.

[January 10 2022 \(click for audio\)](#)

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

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (NIV UK)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*When I thought, "My foot is slipping,"
your steadfast love, O Lord, held me up.
When the cares of my heart are many,
your consolations cheer my soul.
Psalm 94: 18-19 (NRSV)*

Pause

Refrain of the Day

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (NIV UK)*

Pause

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, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
I will be satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help,
I sing in the shadow of your wings.
I cling to you;
your right hand upholds me.
Psalm 63: 1-8 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*Humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.
James 4:7-8 (NLT)*

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. 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

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (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

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (NIV UK)*

Night prayer of the Church

I pray now with the twentieth century Scottish theologian, John Baillie (1886 – 1960):

*O Lord you are from everlasting to everlasting; I turn my thoughts to you as the hours of darkness and of sleep begin. O sun of my soul, I rejoice to know that all night I shall be under the watchful eye of the one who dwells in eternal light. Into your care, Father, I now entrust my body and soul.**

**John Baillie, A Diary of Private Prayer, p5*

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.

January 11 2022 (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

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.

Come Holy Spirit to my heart,
I receive Your peace.

Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*Cast all your anxiety on him because he cares for you.
1 Peter 5: 7 (NIV UK)*

Pause

Refrain of the Day

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

Pause

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 wait for the Lord, my whole being waits,
and in his word I put my hope.*

*I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.
Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.
He himself will redeem Israel
from all their sins.
Psalm 130:5-8 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*Rend your heart
and not your garments.
Return to the Lord your God,
for he is gracious and compassionate,
slow to anger and abounding in love.
Joel 2: 13 (NIV UK)*

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

Refrain of the Day

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

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

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

Night prayer of the Church

I pray now with the 20th Century Albanian Nobel Laureate Mother Teresa of Calcutta (1910 – 1997):

*Dear Jesus, help me to spread Thy fragrance everywhere I go. Flood my soul with Thy spirit and love. Penetrate and possess my whole being so utterly that all my life may only be a radiance of Thine.**

*Daily prayer of St. Teresa of Calcutta as cited in: A. Campolo, A. M Darling, T. Campolo, Connecting Like Jesus. (United Kingdom: Wiley, 2010) p.28

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.

January 12 2022 (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

Lead me to the rock that is higher than I.

For you have been my refuge.

Psalms 61:2-3 (NIV UK)

Slowing my breath and relinquishing my worries, I open my hands to pray...

Come Holy Spirit to my mind,

I receive Your comfort.

Come Holy Spirit to my heart,

I receive Your peace.

Come Holy Spirit to my soul,

I receive the Father's love for me.

Pause

Cast your cares on the Lord

and he will sustain you;

he will never let

the righteous be shaken.

Psalms 55: 22 (NIV UK)

Pause

Refrain of the Day

Lead me to the rock that is higher than I.

For you have been my refuge.

Psalms 61:2-3 (NIV UK)

Pause

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

*He made the moon to mark the seasons,
and the sun knows when to go down.*

*How many are your works, Lord!
In wisdom you made them all;
May the glory of the Lord endure for ever;
may the Lord rejoice in his works...*

*I will sing to the Lord all my life;
I will sing praise to my God as long as I live.
May my meditation be pleasing to him,
as I rejoice in the Lord.*

Psalms 104: 19, 24, 31 & 33-34 (NIV UK)

Pause and pray

REPENT

A call to holiness:

'Return to me,' declares the Lord Almighty, 'and I will return to you'
Zechariah 1:3b (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 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

*Lead me to the rock that is higher than I.
For you have been my refuge.*
Psalms 61:2-3 (NIV UK)

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

*Lead me to the rock that is higher than I.
For you have been my refuge.
Psalm 61:2-3 (NIV UK)*

Night prayer of the Church

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

*All shall be Amen and Alleluia.
We shall rest and we shall see,
We shall see and we shall know,
We shall know and we shall love,
We shall love and we shall praise.
Behold our end which is no end.**

*Augustine, cited by Desmond Tutu, An African Prayer Book (United Kingdom, Crown Publishing Group, 2009) p.33

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.

January 13 2022 (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

*The day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."
Romans 8:15 (NLT)*

Pause

Refrain of the Day

*The day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

Pause

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

*How good it is to sing praises to our God,
how pleasant and fitting to praise him!
The Lord builds up Jerusalem;
he gathers the exiles of Israel.
He heals the broken-hearted
and binds up their wounds.
He determines the number of the stars
and calls them each by name.
Great is our Lord and mighty in power;
his understanding has no limit...*

*His pleasure is not in the strength of the horse,
nor his delight in the legs of the warrior;
the Lord delights in those who fear him,
who put their hope in his unfailing love.
Psalm 147: 1-5 & 10-11 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*But just as he who called you is holy, so be holy in all you do.
1 Peter 1: 15 (NIV UK)*

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. 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 day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

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

*The day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

Night prayer of the Church

I pray now with a Night Prayer from the ancient monastic Liturgy of the Hours:

*In your mercy Lord,
Dispel the darkness of this night.
Let your household so sleep in peace,
That at the dawn of a new day,
They may, with joy, waken in your name.
Through Christ our Lord.**

* Phyllis Tickle, *The Night Offices: Prayers for the Hours from Sunset to Sunrise*. (United States, Oxford University Press, USA, 2006) 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.

[January 14 2022 \(click for audio\)](#)

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

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever
Psalm 73: 26 (NLT)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.
Deuteronomy 7:9 (NIV UK)*

Pause

Refrain of the Day

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever
Psalm 73: 26 (NIV UK)*

Pause

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

*Blessed are those who fear the Lord,
who find great delight in his commands.
Their children will be mighty in the land;
the generation of the upright will be blessed.*

*Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
Good will come to those who are generous and lend freely,
who conduct their affairs with justice.
Surely the righteous will never be shaken;
they will be remembered for ever.
They will have no fear of bad news;
their hearts are steadfast, trusting in the Lord.
Their hearts are secure, they will have no fear.
Psalm 112: 1b-8a (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*You are to be holy... because I, the Lord, am holy, and I have set you apart.
Leviticus 20:26 (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

*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

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever
Psalm 73: 26 (NLT)*

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

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever
Psalm 73: 26 (NLT)*

Night prayer of the Church

I pray now with a Night Prayer from the Iona Community in Scotland:

*Bless to us, O God, the moon that is above us,
The earth that is beneath us, the friends who are around us,
Your image deep within us, the rest which is before us.**

*From A Wee Worship Book, Iona Community as cited in Daily Prayer by Bruce Carlin and Tom Jamieson, p.167

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.

January 15 2022 (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

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

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 (NIV UK)*

Pause

Refrain of the Day

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

Pause

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 call with all my heart; answer me, Lord,
and I will obey your decrees.
I call out to you; save me
and I will keep your statutes.
I rise before dawn and cry for help;
I have put my hope in your word.
My eyes stay open through the watches of the night,
that I may meditate on your promises.
Hear my voice in accordance with your love;
preserve my life, Lord, according to your laws.*

*... you are near, Lord,
and all your commands are true.
Long ago I learned from your statutes
that you established them to last for ever.
Psalm 119: 145-149 & 151-152 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace,
freely makes us right in his sight.
Romans 3:23-24a (NLT)*

*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

Refrain of the Day

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

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

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

Night prayer of the Church

I pray now with the nineteenth century American author and abolitionist, Harriet Beecher Stowe (1811-1896):

*When winds are raging o'er the upper
ocean,
And billows wild contend with angry
roar,
'Tis said, far down, beneath the wild
commotion,
That peaceful stillness reigneth ever-
more...*

*O rest of rests! O peace serene, eternal!
Thou ever livest and Thou changest
never;
And in the secret of Thy presence
dwelleth
Fulness of joy, forever and ever.**

*Harriet Beecher Stowe, as cited in: Susan Hill, *Dangerous Prayers: 50 Powerful Prayers That Changed the World*. (United States, Thomas Nelson, 2019)

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.

January 16 2022 (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

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.*

Psalms 92:2 (NLT)

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*I am he, 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)*

Pause

Refrain of the Day

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.*

Psalms 92:2 (NIV UK)

Pause

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

*Praise the Lord, all you servants of the Lord
who minister by night in the house of the Lord.
Lift up your hands in the sanctuary
and praise the Lord.
May the Lord bless you from Zion,
he who is the Maker of heaven and earth.
Psalm 134 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.
Psalm 51:1-2 (NIV UK)*

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. 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

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.
Psalm 92:2 (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

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.*

Psalm 92:2 (NLT)

Night prayer of the Church

I pray now with the fifteenth century German-Dutch Canon, Thomas à Kempis (1380-1471):

*Above all things and in all things, O my soul, rest always in God,
for He is the everlasting rest of the saints.*

Grant, most sweet and loving Jesus, that I may seek my repose in You...

*For my heart cannot rest or be fully content until,
rising above all gifts and every created thing,
it rests in You.**

**Thomas à Kempis, Imitation of Christ, p. 125*

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.

[January 17 2022 \(click for audio\)](#)

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

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (NIV UK)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*When I thought, "My foot is slipping,"
your steadfast love, O Lord, held me up.
When the cares of my heart are many,
your consolations cheer my soul.
Psalm 94: 18-19 (NRSV)*

Pause

Refrain of the Day

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (NIV UK)*

Pause

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, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.
I have seen you in the sanctuary
and beheld your power and your glory.
Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.
I will be satisfied as with the richest of foods;
with singing lips my mouth will praise you.
On my bed I remember you;
I think of you through the watches of the night.
Because you are my help,
I sing in the shadow of your wings.
I cling to you;
your right hand upholds me.
Psalm 63: 1-8 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*Humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.
James 4:7-8 (NLT)*

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. 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

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (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

*May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.
Psalm 141:2 (NIV UK)*

Night prayer of the Church

I pray now an eighth century prayer from the Liturgy of the Hours:

*Sleep then our eyes, but never sleep
The watchful heaven-directed heart,
And may thy hand in safety keep
The servants whose desires thou art.**

*Tr W.H. Shewring, Night Prayer from the Liturgy of the Hours, p10

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.

January 18 2022 (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

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me*

Pause

*Cast all your anxiety on him because he cares for you.
1 Peter 5: 7 (NIV UK)*

Pause

Refrain of the Day

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

Pause

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 wait for the Lord, my whole being waits,
and in his word I put my hope.*

*I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.
Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.
He himself will redeem Israel
from all their sins.
Psalm 130:5-8 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*Rend your heart
and not your garments.
Return to the Lord your God,
for he is gracious and compassionate,
slow to anger and abounding in love.
Joel 2: 13 (NIV UK)*

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

Refrain of the Day

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

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

*Let the faithful rejoice that he honors them.
Let them sing for joy as they lie on their beds.
Psalm 149:5 (NLT)*

Night prayer of the Church

I pray now with the 19th Century explorer, Priest, and martyr, Charles de Foucauld (1858 – 1916):

*I place my soul in your hands.
I give it to you, my God,
With all the love of my heart
Because I love you.
And for me it is a necessity of love,
This gift of myself,
This placing of myself in your hands
Without reserve
In boundless confidence
Because you are my father.**

** Charles de Foucauld, cited by Desmond Tutu, An African Prayer Book. United Kingdom, Crown Publishing Group, 2009, p104*

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.

January 19 2022 (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

Lead me to the rock that is higher than I.

For you have been my refuge.

Psalms 61:2-3 (NIV UK)

Slowing my breath and relinquishing my worries, I open my hands to pray...

Come Holy Spirit to my mind,

I receive Your comfort.

Come Holy Spirit to my heart,

I receive Your peace.

Come Holy Spirit to my soul,

I receive the Father's love for me.

Pause

Cast your cares on the Lord

and he will sustain you;

he will never let

the righteous be shaken.

Psalms 55: 22 (NIV UK)

Pause

Refrain of the Day

Lead me to the rock that is higher than I.

For you have been my refuge.

Psalms 61:2-3 (NIV UK)

Pause

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

*He made the moon to mark the seasons,
and the sun knows when to go down.*

*How many are your works, Lord!
In wisdom you made them all;
May the glory of the Lord endure for ever;
may the Lord rejoice in his works...*

*I will sing to the Lord all my life;
I will sing praise to my God as long as I live.
May my meditation be pleasing to him,
as I rejoice in the Lord.
Psalm 104: 19, 24, 31 & 33-34 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*‘Return to me,’ declares the Lord Almighty, ‘and I will return to you’
Zechariah 1:3b (NIVUK)*

*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

*Lead me to the rock that is higher than I.
For you have been my refuge.
Psalm 61:2-3 (NIV UK)*

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

*Lead me to the rock that is higher than I.
For you have been my refuge.
Psalm 61:2-3 (NIV UK)*

Night prayer of the Church

I pray now with the 12th century German writer, composer, polymath, and Benedictine abbess, Hildegard of Bingen (1098 – 1179):

*Holy Spirit,
giving life to all life,
moving all creatures,
root of all things,
washing them clean,
wiping out their mistakes,
healing their wounds,
you are our true life,
luminous, wonderful,
awakening the heart
from its ancient sleep.**

**Hildegard of Bingen in The Enlightened Heart, An Anthology of Sacred Poetry, Ed. Stephen Mitchell (New York: Harper and Row, 1989), p42*

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.

January 20 2022 (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

*The day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father."
Romans 8:15 (NLT)*

Pause

Refrain of the Day

*The day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

Pause

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

*How good it is to sing praises to our God,
how pleasant and fitting to praise him!
The Lord builds up Jerusalem;
he gathers the exiles of Israel.
He heals the broken-hearted
and binds up their wounds.
He determines the number of the stars
and calls them each by name.
Great is our Lord and mighty in power;
his understanding has no limit...*

*His pleasure is not in the strength of the horse,
nor his delight in the legs of the warrior;
the Lord delights in those who fear him,
who put their hope in his unfailing love.
Psalm 147: 1-5 & 10-11 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*But just as he who called you is holy, so be holy in all you do.
1 Peter 1: 15 (NIV UK)*

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. 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 day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

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

*The day is yours, and yours also the night;
you established the sun and moon.
Psalm 74: 16 (NIV UK)*

Night prayer of the Church

I pray now with the 20th century African-American gospel musician Thomas Dorsey (1899 – 1993):

*Precious Lord, take my hand,
lead me on, let me stand,
I am tired, I am weak, I am worn;
Through the storm, through the night,
Lead me on to the light:
Take my hand, precious Lord, lead me
Home.**

**Thomas Dorsey as cited in: Susan Hill, Dangerous Prayers: 50 Powerful Prayers That Changed the World. United States, Thomas Nelson, 2019.*

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.

January 21 2022 (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.

RELECT

Refrain of the Day

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever.
Psalm 73: 26 (NLT)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

*Come Holy Spirit to my mind,
I receive Your comfort.*

*Come Holy Spirit to my heart,
I receive Your peace.*

*Come Holy Spirit to my soul,
I receive the Father's love for me.*

Pause

*Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.
Deuteronomy 7:9 (NIV UK)*

Pause

Refrain of the Day

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever
Psalm 73:26 (NLT)*

Pause

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

*Blessed are those who fear the Lord,
who find great delight in his commands.
Their children will be mighty in the land;
the generation of the upright will be blessed.*

*Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
Good will come to those who are generous and lend freely,
who conduct their affairs with justice.
Surely the righteous will never be shaken;
they will be remembered for ever.
They will have no fear of bad news;
their hearts are steadfast, trusting in the Lord.
Their hearts are secure, they will have no fear.
Psalm 112: 1b-8a (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*You are to be holy... because I, the Lord, am holy, and I have set you apart.
Leviticus 20:26 (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

*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

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever
Psalm 73: 26 (NLT)*

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.'*

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

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever
Psalm 73:26 (NLT)*

Night prayer of the Church

I pray now with a Night Prayer from Common Prayer: A liturgy for Ordinary Radicals:

*Walk in the light, the beautiful light.
Come where the dewdrops of mercy shine bright.
Shine all around us by day and by night.
Jesus the light of the world.*

*Now as we come to the setting of the sun,
And our eyes behold the evening light,
We sing your praises, O God: Father, Son, and Holy Spirit. **

*Common Prayer: A liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove, and Enuma Okuro, (Zondervan: Michigan, 2010), p28-29

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.

[January 22 2022 \(click for audio\)](#)

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

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

Slowing my breath and relinquishing my worries, I open my hands to pray...

Come Holy Spirit to my mind,
I receive Your comfort.

Come Holy Spirit to my heart,
I receive Your peace.

Come Holy Spirit to my soul,
I receive the Father's love for me.

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 (NIV UK)*

Pause

Refrain of the Day

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

Pause

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 call with all my heart; answer me, Lord,
and I will obey your decrees.
I call out to you; save me
and I will keep your statutes.
I rise before dawn and cry for help;
I have put my hope in your word.
My eyes stay open through the watches of the night,
that I may meditate on your promises.
Hear my voice in accordance with your love;
preserve my life, Lord, according to your laws.

... you are near, Lord,
and all your commands are true.
Long ago I learned from your statutes
that you established them to last for ever.
Psalm 119: 145-149 & 151-152 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace,
freely makes us right in his sight.
Romans 3:23-24a (NLT)*

*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

Refrain of the Day

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

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

*I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.
Psalm 73: 28 (MSG)*

Night prayer of the Church

I receive a blessing from the 20th century martyr, Archbishop Oscar Romero of El Salvador (1917 – 1980):

*Christianity discerns that beyond the night
The dawn already glows.
The hope that does not fail is carried in the heart.
Christ goes with us!**

* Oscar Romero, *The Violence of Love*, (Orbis Books: New York, 2004) p 165

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.

[January 23 2022 \(click for audio\)](#)

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

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.*

Psalm 92:2 (NLT)

Slowing my breath and relinquishing my worries, I open my hands to pray...

Come Holy Spirit to my mind,
I receive Your comfort.

Come Holy Spirit to my heart,
I receive Your peace.

Come Holy Spirit to my soul,
I receive the Father's love for me.

Pause

*I am he, 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)*

Pause

Refrain of the Day

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.*

Psalm 92:2 (NLT)

Pause

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

*Praise the Lord, all you servants of the Lord
who minister by night in the house of the Lord.
Lift up your hands in the sanctuary
and praise the Lord.
May the Lord bless you from Zion,
he who is the Maker of heaven and earth.
Psalm 134 (NIV UK)*

Pause and pray

REPENT

A call to holiness:

*Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.
Psalm 51:1-2 (NIV UK)*

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. 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

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.
Psalm 92:2 (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

*It is good to proclaim your unfailing love in the morning,
your faithfulness in the evening.*

Psalm 92:2 (NLT)

Night prayer of the Church

I pray now a Night Prayer from the ancient Night Offices of the Church:

*Now guide me waking, O Lord,
and guard me sleeping;
that awake I may watch with Christ,
and asleep I may rest in peace.**

* Phyllis Tickle, *The Night Offices: Prayers for the Hours from Sunset to Sunrise*. United States, Oxford University Press, 2006. p 257

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.

January 24 2022 (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 (NIV UK)

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.

January 25 2022 (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.*

Psalms 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.

January 26 2022 (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.
are new every morning...
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.

January 27 2022 (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.

January 28 2022 (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.

Psalms 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.

Psalms 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.

Psalms 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.

January 29 2022 (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.*

Psalms 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.*

Psalms 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.*
Psalms 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.*
Psalms 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.

January 30 2022 (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’
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.

January 31 2022 (click for audio)

Monday Night Prayer

Today 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.