

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

Mar 2022

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Audio for Each Night in MP3 Format

Month of Mar 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.

[March 01 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.*

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.

March 02 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

Eastern Orthodox Christians describe Lent as a season of 'bright sadness'. I pause now, in this special season, to acknowledge both the brightness and the sadness I've experienced today.

Refrain of the Day

*Let my soul be at rest again,
for the Lord has been good to me.
Psalm 116:7 (NLT)*

Ashes to ashes. Breathing in slowly, I receive God's life.

Dust to dust. Breathing out slowly, I cast the day's cares upon the Lord (Psa. 55:22).

Pause

Refrain of the Day

*Let my soul be at rest again,
for the Lord has been good to me.
Psalm 116:7 (NLT)*

Pause

*So do not fear, for I am with you;
do not be dismayed, for I am your God.
Isaiah 41:10a (NIV UK)*

REJOICE

Reflecting on the day that has passed, remind me, Lord, of the moments of blessing.

Pause and pray

Night Scripture

*Lord, you have been our dwelling-place
throughout all generations.
Before the mountains were born
or you brought forth the whole world,
from everlasting to everlasting you are God.
You turn people back to dust,
saying, 'Return to dust, you mortals.'*

*A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Psalm 90:1-4 (NIV UK)*

Pause and pray

REPENT

A call to the wilderness:

Ash Wednesday gets its name from the ashen cross, which is painted on the foreheads of many Christian believers today. It's a symbol of repentance, a reminder of mortality, and of the dusty desert in which Jesus fasted for forty days. In the season of Lent we remember that:

The Spirit sent [Jesus] out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

Mark 1:12-13 (NIV UK)

Lord, like You, I have sought to resist temptation but, unlike You, sometimes today I have failed. And so I take a moment now to admit my sins to You.

Pause and pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

*Let my soul be at rest again,
for the Lord has been good to me.
Psalm 116:7 (NLT)*

I hear Your word eternal, spoken now to me:

*He raises the poor from the dust
and lifts the needy from the ash heap;
He settles the childless woman in her home
as a happy mother of children.
Praise the Lord.
Psalm 113:7,9*

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 my soul be at REST again,
for the Lord has been good to me.
Psalm 116:7 (NLT)*

Night prayer of the Church

Holy Spirit, breathe within me now, as I take this poem and make it my own*.

*Brian A. Wren, as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.46

*Dust and ashes touch our face,
Mark our failure and our falling.
Holy Spirit, come,
Walk with us tomorrow,
Take us as disciples,
Washed and wakened by your calling.
Take us by the hand and lead us,
Lead us through the desert sands,
Bring us living water,
Holy Spirit, come.*

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 03 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

Orthodox believers describe Lent as a season of 'bright sadness'. I pause now, at the start of this special season, to acknowledge both the brightness and the sadness I've experienced today.

Refrain of the Day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the Day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Pause

*I will strengthen you and help you;
I will uphold you with my righteous right hand.*

Isaiah 41:10b (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*The Lord watches over those who fear him,
those who rely on his unfailing love.
He rescues them from death
and keeps them alive in times of famine.
We put our hope in the Lord.*

*He is our help and our shield.
In him our hearts rejoice,
for we trust in his holy name.
Psalm 33:18-21 (NLY)*

Pause and pray

REPENT

A call to the wilderness:

During the 40 days of Lent we remember the 40 years in which the people of Israel wandered in the wilderness where God spoke to them, saying:

*The Lord said to Moses...
‘I am the Lord your God, who brought you out of Egypt, out of the land of slavery.
You shall have no other gods before me.’
Exodus 20:2-3 (NIV UK)*

Holy Spirit, would You show me now, at the start of Lent, if there is anything or anyone I am worshiping instead of You?

Pause and pray

Refrain of the Day

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

I hear Your word eternal, spoken now to me:

*When the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy.
Titus 3:4-5 (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

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

Night prayer of the Church

I pray now with the sixteenth century Swiss Reformer, John Calvin:*

**Prayers of John Calvin from the Catechism of the Church in Geneva, adapted by Tim Keller (see John*

Calvin and Henry Beveridge,Tracts Relating to the Reformation,Vol. 2, Bellingham, WA: Logos Research Systems, Inc., 2009, pp.98-99.)

Lord God, now grant me the grace not only to rest my body this night, but to have my spiritual repose, in soul and conscience, in your grace and love, that I may let go of all earthly cares so I might be comforted and eased in all ways ... And as I lay down to sleep to safely awake again only by your grace, keep me in a joyful, lively remembrance that whatever happens, I will someday know my final rising — the resurrection — because Jesus Christ lay down in death for me, and rose for my justification. In His name I pray, Amen.

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 04 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

*The LORD will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the Day

*The LORD will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Pause

‘I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.’

John 16:33 (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*I will lead the blind by ways they have not known,
along unfamiliar paths I will guide them;
I will turn the darkness into light before them
and make the rough places smooth.*

Isaiah 42:16 (NIV UK)

Pause and pray

REPENT

A call to the wilderness:

During the 40 days of Lent we remember the 40 years when the people of Israel wandered in the wilderness, where God spoke to them, saying:

'You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.'

Exodus 20:7 (NIV UK)

Do I ever misuse God's name, using it thoughtlessly, or simply to get my own way? Do I claim He has spoken to me when He hasn't? Do I ever bring His name into disrepute by the way I act? I take time now to repent of my sins.

Pause and pray

Jesus, thank You for overcoming Satan's deceit, first in the wilderness and then on the cross. I remember the price You paid as I receive Your forgiveness now.

Pause and pray

Refrain of the Day

*The LORD will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

I hear Your word eternal, spoken now to me:

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)

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 LORD will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Night prayer of the Church

I pray now the words of the Anglican Office of Compline*:

*Adapted from The Office of Compline:

<https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer/night-prayer-compline>

*Look down, O Lord, from your heavenly throne;
Lighten the darkness of this night
With your celestial brightness,
And from the children of light
Banish the deeds of darkness
Through Jesus Christ our Lord.*

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 05 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 am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the Day

*I am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Pause

*When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned.
Isaiah 43:2 (ESV)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*He tends his flock like a shepherd:
he gathers the lambs in his arms
and carries them close to his heart;
he gently leads those that have young.
Isaiah 40:11(NIV UK)*

Pause and pray

REPENT

A call to holiness:

During Lent we remember the Lord speaking to his people in the wilderness, saying:

'You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.'

Exodus 20:17 (NIV UK)

Have I felt content today, or have I envied someone else's lifestyle, or their house, or their possessions, or even their God-given abilities? I take time now to confess my sins to the Lord.

Pause and pray

Loving Lord Jesus, thank You for giving up everything for me on the cross. I receive again the most precious gift in the world: the forgiveness of my sins.

Pause and pray

Refrain of the Day

*I am honored in the eyes of the Lord
and my God has been my strength.*

Isaiah 49:5b (NIV UK)

I hear Your word eternal, spoken now to me:

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.
1 Peter 5:6 (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 am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Night prayer of the Church

I pray now in the ancient words of 'The Liturgy of the Hours'*:

*The Liturgy of the Hours, as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.115

*Lord our God, Father of all,
You guard us under the shadow of your wings
And search into the depths of our hearts.
Remove the blindness that cannot know you*

*And relieve the fear that would hide us from your sight.
We ask this through Christ our Lord.*

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 06 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 Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the Day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Pause

‘I am gentle and humble in heart, and you will find rest for your souls ... my yoke is easy and my burden is light.’

Matthew 11:29-30 (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*But as for me, I watch in hope for the Lord,
I wait for God my Savior;
my God will hear me ...
Though I sit in darkness,
the Lord will be my light ...
He will bring me out into the light;
I will see his righteousness.*

Micah 7:7-9 (NIV UK)

Pause and pray

REPENT

A call to holiness:

During Sundays in Lent we remember the Lord speaking to his people in the wilderness, saying:

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

Exodus 20:8-11 (NIV UK)

Thinking about today and the previous week, did I make space to obey this commandment to rest? I take time to talk with the Lord now about why I find this difficult.

Pause and pray

Lord, I receive Your forgiveness now. Teach me to trust You, walking in step with Your Spirit in the coming week, maintaining Your rhythm for my life.

Pause and pray

Refrain of the Day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

I hear Your word eternal, spoken now to me:

God is love. Whoever lives in love lives in God, and God in them.

1 John 4:16b (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 Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Night prayer of the Church

I echo the beautiful words of a contemporary hymn in prayer*:

*'O God of Gentle Strength', written by Patricia B. Clark in 1995

*O God of gentle strength, your love embraces me.
Within the sureness of your care my heart rests willingly.
And when life's challenges eclipse my mind with doubt,
Let holy wisdom spark a flame to drive the darkness out.
Where will the journey lead? The path may be obscure.
But promised hope of things unseen will keep my footing sure.*

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your REST. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me. Amen.

March 07 2022 (click for audio)

Bright Sadness: Monday Night Prayer For Lent

The day is done, the night has come, Monday will soon be over. And so I still my soul now, like darkened water beneath a full moon, to receive and reflect the beauty of Your presence.

REFLECT

Eastern Orthodox Christians describe Lent as a season of 'bright sadness'. I pause now, in this special season, to acknowledge both the brightness and the sadness I've experienced today.

Refrain of the Day

*Weeping may stay for the night,
but rejoicing comes in the morning.*
Psalm 30:5 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the Day

Weeping may stay for the night, but rejoicing comes in the morning.
Psalm 30:5 (NIV UK)

Pause

*The LORD hears his people when they call to him for help.
He rescues them from all their troubles.*
Psalm 34:17 (NLT)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*Let us acknowledge the Lord;
let us press on to acknowledge him.
As surely as the sun rises, he will appear;
he will come to us like the winter rains,
like the spring rains that water the earth.*
Hosea 6:3 (NIV UK)

Pause and pray

REPENT

A call to the wilderness

In the season of Lent we remember:

The Spirit sent [Jesus] out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.

Mark 1:12-13 (NIV UK)

Lord, like You, I have sought to resist temptation but, unlike You, sometimes today I have failed. And so I take a moment now to admit my sins to You.

Pause and pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

*Weeping may stay for the night,
but rejoicing comes in the morning.*

Psalm 30:5 (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

*Weeping may stay for the night,
but rejoicing comes in the morning.*

Psalm 30:5 (NIV UK)

Night prayer of the Church

I pray now with the third century theologian and Church Father, Clement of Alexandria (c.150-215)*:

**From the Syrian liturgy of Clement of Alexandria, as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.46*

*O God, you are the unsearchable abyss of peace,
The ineffable sea of love,
And the fountain of blessings.
Water us with plenteous streams
From the riches of your grace;
And from the most sweet springs of your kindness,
Make us children of quietness and heirs of peace.*

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 08 2022 (click for audio)

Bright Sadness: Tuesday Night Prayer For Lent

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

REFLECT

Refrain of the Day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the Day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Pause

*God is a safe place to hide,
ready to help when we need him
Psalm 46:1 (MSG)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Cor. 4:7-10 (NIV UK)

Pause and pray

REPENT

A call to the wilderness

In the season of Lent we remember:

Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting for forty days and forty nights, he was hungry. The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'

Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."

Matthew 4:1-4 (NIV UK)

Father God, show me where I have hungered more for material things than the sustenance of Your Living Word today. Naming something that has distracted me, I take a moment to repent and realign my priorities.

Pause and pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

I hear Your word eternal, spoken now to me:

I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.

Ezekiel 36:26 (NLT)

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

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Night prayer of the Church

I surrender myself again to You now, using the words of a 150-year-old hymn:

*Take my will and make it thine;
it shall be no longer mine.*

*Take my heart it is thine own;
it shall be thy royal throne.**

*Take my Life and Let it Be,Frances Ridley Havergal

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 09 2022 (click for audio)

Bright Sadness: Wednesday Night Prayer for Lent

The Day is done, the night has come, Wednesday will soon be over. And so, in this bright-sad season of Lent, I still my soul to spend this time with You.

REFLECT

Refrain of the Day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the Day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Pause

*So do not fear, for I am with you;
do not be dismayed, for I am your God.*
Isaiah 41:10a (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
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.*
Psalm 112:4,6-7 (NIV UK)

Pause and pray

REPENT

A call to the wilderness

In the season of Lent we remember:

The tempter came to [Jesus] and said, 'If you are the Son of God, tell these stones to become bread.'

Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."'

Matthew 4:3-4 (NIV UK)

The Dutch priest Henri Nouwen once wrote about this encounter, noting that, 'Jesus' first temptation was to be relevant: to turn stones into bread. The Christian,' he said, 'is called to be completely irrelevant and to stand in this world with nothing to offer but his or her vulnerable self. That is the way Jesus came to reveal God's love.*'

*Henri Nouwen, *In the Name of Jesus: Reflections on Christian Leadership*

In what ways today have I projected a false image of relevance, importance, and competence, when in fact I am vulnerable, fallible, and broken?

Pause and pray

Jesus, thank You for overcoming Satan's pretense, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.
Psalm 18:28 (NIV UK)*

I hear Your word eternal, spoken now to me:

*My grace is sufficient for you, for my power is made perfect in weakness.
2 Corinthians 12:9 (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

*You, Lord, keep my lamp burning;
my God turns my darkness into light.
Psalm 18:28 (NIV UK)*

Night prayer of the Church

I pray the Anglican Collect for Evening Prayer**:

**Lighten our Darkness, from The Book of Common Prayer(1662)

Lighten our darkness, we beseech Thee, O Lord;

And by Thy great mercy defend us from all perils and dangers of this night;

For the love of Thy only Son, our Savior, Jesus Christ.

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 10 2022 (click for audio)

Bright Sadness: - Thursday Night Prayer for Lent

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

REFLECT

Eastern Orthodox Christians describe Lent as a season of 'bright sadness'. I pause now, in this special season, to acknowledge both the brightness and the sadness I've experienced today.

Refrain of the Day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the night

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Pause

*I will strengthen you and help you;
I will uphold you with my righteous right hand.
Isaiah 41:10b (NIV UK)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*The Lord watches over those who fear him,
those who rely on his unfailing love.
He rescues them from death
and keeps them alive in times of famine.
We put our hope in the Lord.*

*He is our help and our shield.
In him our hearts rejoice,
for we trust in his holy name.
Psalm 33:18-21 (NLT)*

Pause and pray

REPENT

A call to the wilderness

In the season of Lent we remember:

*The devil took [Jesus] to the holy city and had him stand on the highest point of the temple. 'If you are the Son of God,' he said, 'throw yourself down. For it is written:
"He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone."
Jesus answered him, 'It is also written: "Do not put the Lord your God to the test."
Matthew 4:5-7 (NIV UK)*

Lord God, would You remind me now of any particular ways in which I doubted You, or put You to the test today? I pause to confess my sins to You now.

Pause and pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

I hear Your word eternal, spoken now to me:

*When the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy.
Titus 3:4-5 (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

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

Night prayer of the Church

I pray now with the nineteenth century Carmelite Thérèse of Lisieux(1873-97)*:

*Thérèse of Lisieux, as cited inThe Book of A Thousand Prayers,compiled by Angela Ashwin (Zondervan) p.49

At each beat of my heart I want, O my beloved, to renew my offering to you an infinite number of times, until the shadows have disappeared and I can tell you of my love face to face in eternity.

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 11 2022 (click for audio)

Bright Sadness: Friday Night Prayer for Lent

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

REFLECT

Refrain of the Day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the Day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Pause

‘I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.’

John 16:33 (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*I will lead the blind by ways they have not known,
along unfamiliar paths I will guide them;
I will turn the darkness into light before them
and make the rough places smooth.*

Isaiah 42:16 (NIV UK)

Pause and pray

REPENT

A call to the wilderness

In the season of Lent we remember again that:

The devil took [Jesus] to the holy city and had him stand on the highest point of the temple. 'If you are the Son of God,' he said, 'throw yourself down. For it is written: "He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone."'

Jesus answered him, 'It is also written: "Do not put the Lord your God to the test."'

Matthew 4:5-7 (NIV UK)

The Dutch priest Henri Nouwen notes that 'The second temptation to which Jesus was exposed was ... to do somethingspectacular, something that could win him great applause ... but Jesus refused to be a stuntman. He did not come to prove himself.' Nouwen poses the question: 'What discipline is required for the future leader to overcome the temptation of individual heroism?' And he answers that we 'must be willing to confess our brokenness and ask for forgiveness from [others].'*

*Henri Nouwen, *In the Name of Jesus: Reflections on Christian Leadership*

Is there anyone to whom I should confess tomorrow an area of brokenness, or from whom I need to ask forgiveness?

Pause and pray

Jesus, thank You for overcoming Satan's deceit, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

I hear Your word eternal, spoken now to me:

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)

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 Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Night prayer of the Church

I pray now in the words of a night prayer from A liturgy for Ordinary Radicals**:

**Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove and Enuma Okoro, p.37

Oh Lord, You have taught us to call the evening, the morning and the midday, one, and You have made the sun to know its going down. Dispel now the darkness of our hearts, that by Your brightness we may know You to be the true God and Eternal Light, living and reigning forever and ever. May the Lord bless us and keep us from all harm, and may God lead us to eternal life.

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 12 2022 (click for audio)

Bright Sadness: Saturday Night Prayer for Lent

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

REFLECT

Refrain of the Day

*I am honored in the eyes of the LORD
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the Day

*I am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Pause

*When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned.
Isaiah 43:2 (ESV)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*He tends his flock like a shepherd:
he gathers the lambs in his arms
and carries them close to his heart;
he gently leads those that have young.
Isaiah 40:11 (NIV UK)*

Pause and pray

REPENT

A call to the wilderness

In the season of Lent we remember:

The devil took [Jesus] to a very high mountain and showed him all the kingdoms of the world and their splendor. 'All this I will give you,' he said, 'if you will bow down and worship me.' Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."

Matthew 4:8-10 (NIV UK)

Father God, would You reveal to me the ways in which I made today about me instead of You? I take a moment to confess my idolatry to You now.

Pause and pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

*I am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

I hear Your word eternal, spoken now to me:

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.
1 Peter 5:6 (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 am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Night prayer of the Church

I pray now with the nineteenth century poet and theologian Cardinal Newman*:

<https://www.johnhenrynewmancatholiccollege.org.uk/john-henry-newman-prayers>

*May the Lord support us all the day long,
Till the shades lengthen and the evening comes,
And the busy world is hushed,
And the fever of life is over,
And our work is done.
Then in his mercy may he give us a safe lodging,
And holy rest, and peace at the last.*

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 13 2022 (click for audio)

Bright Sadness: Sunday Night Prayer for Lent

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

REFLECT

Refrain of the Day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the Day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Pause

‘I am gentle and humble in heart, and you will find rest for your souls ... my yoke is easy and my burden is light.’

Matthew 11:29-30 (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night Scripture

*But as for me, I watch in hope for the Lord,
I wait for God my Savior;
my God will hear me ...
Though I sit in darkness,
the Lord will be my light ...
He will bring me out into the light;
I will see his righteousness.*

Micah 7:7-9 (NIV UK)

Pause and pray

REPENT

A call to holiness:

In the season of Lent we remember again that:

The devil took [Jesus] to a very high mountain and showed him all the kingdoms of the world and their splendor. 'All this I will give you,' he said, 'if you will bow down and worship me.' Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."'

Matthew 4:8-10 (NIV UK)

'The third temptation of Jesus was,' according to Henri Nouwen, 'the temptation of power ...an easy substitute for the hard task of love. It seems easier to be God than to love God, easier to control people than to love people, easier to own life than to love life.'*

In what ways did I try to control people instead of serving them today?

Pause and pray

Jesus, thank You for overcoming Satan's manipulation, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause and pray

Refrain of the Day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

I hear Your word eternal, spoken now to me:

God is love. Whoever lives in love lives in God, and God in them.

1 John 4:16b (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 Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Night prayer of the Church

I echo the beautiful words of a contemporary hymn in prayer*:

*'O God of Gentle Strength', written by Patricia B. Clark in 1995

*O God of gentle strength, your love embraces me.
Within the sureness of your care my heart rests willingly.

And when life's challenges eclipse my mind with doubt,
Let holy wisdom spark a flame to drive the darkness out.
Where will the journey lead? The path may be obscure.
But promised hope of things unseen will keep my footing sure.*

Closing Prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 14 2020 (click for audio)

Bright Sadness: Monday Night Prayer for Lent

The day is done, the night has come, Monday will soon be over. And so I still my soul now, like darkened water beneath a full moon, to receive and reflect the beauty of Your presence.

REFLECCT

Eastern Orthodox Christians describe Lent as a season of 'bright sadness'. I pause now, in this special season, to acknowledge both the brightness and the sadness I've experienced today.

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*

Psalm 30:5 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*

Psalm 30:5 (NIV UK)

Pause

*The Lord hears his people when they call to him for help.
He rescues them from all their troubles.*

Psalm 34:17 (NLT)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*Let us acknowledge the Lord;
let us press on to acknowledge him.
As surely as the sun rises,
he will appear;
he will come to us like the winter rains,*

like the spring rains that water the earth.
Hosea 6:3 (NIV UK)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: ‘Be holy, because I am holy.’
1 Peter 1:14-16 (NIV UK)

Holy God, I want to be like You. I’m sorry for the ways in which I have fallen short of Your holiness today in thought, word, and deed.

Pause and pray

Gracious God, I receive Your forgiveness. Thank You that You see me clothed in the perfect righteousness of Your Son Jesus Christ.

Pause

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*
Psalm 30:5 (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’ (Psa. 4:8).

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*
Psalm 30:5 (NIV UK)

Night prayer of the Church

I pray now with the sixteenth century Spanish contemplative, Teresa of Ávila (1515-1582)*:

*Teresa of Ávila, cited in The Women's Book of Prayer, 365 Blessings, Poems and Meditations (2019)

*Lord, grant that I may always allow myself to be guided by You,
always follow Your plans, and perfectly accomplish Your Holy Will...
Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honor.
May Your Will be done in time and in eternity by me,
in me, and through me.*

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 15 2022 \(click for audio\)](#)

Bright Sadness: Tuesday Night Prayer for Lent

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

REFLECT

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Pause

God is a safe place to hide, ready to help when we need him

Psalm 46:1 (MSG)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Cor. 4:7-10 (NIV UK)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

*Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.*
Psalm 139:23-24 (NIV UK)

Holy God, test my heart now and show me if there is any offensive way in me. I take time now to confess my sins to You.

Pause and Pray

Gracious Lord, I receive Your forgiveness. Thank You that You are leading me in the way everlasting.

Pause

Refrain of the day

*God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...
2 Corinthians 4:6 (NIV UK)*

I hear Your word eternal, spoken now to me:

*I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.
Ezekiel 36:26 (NLT)*

REST

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

Refrain of the day

*God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...
2 Corinthians 4:6 (NIV UK)*

Night prayer of the Church

I pray now with the words of a 100-year-old hymn by the American Presbyterian minister, Cleland B. McAfee*:

* Near To the Heart of God, Cleland B. McAfee

*There is a place of quiet rest,
Near to the heart of God...
A place where we our Savior meet,
Near to the heart of God.
There is a place of full release,
Near to the heart of God.
A place where all is joy and peace,
Near to the heart of God.*

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 16 2022 \(click for audio\)](#)

Bright Sadness: Wednesday Night Prayer for Lent

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

REFLECT

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Pause

*So do not fear, for I am with you;
do not be dismayed, for I am your God.*
Isaiah 41:10a (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
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.*
Psalm 112:4,6-7 (NIV UK)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

Dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

2 Corinthians 7:1 (NIV UK)

Holy God, purify me now from anything I've thought, said, or done today that has contaminated my spirit. I am sorry for my sin.

Pause and Pray

Gracious Lord, I receive Your forgiveness. Thank You that You are perfecting holiness in my life.

Pause

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*

Psalm 18:28 (NIV UK)

I hear Your word eternal, spoken now to me:

'My grace is sufficient for you, for my power is made perfect in weakness.'

2 Corinthians 12:9 (NIV UK)

REST

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

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*

Psalm 18:28 (NIV UK)

Night prayer of the Church

I pray now with a prayer from 'The Liturgy of the Hours'*:

*'The Liturgy of the Hours', as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.115

*Lord our God, Father of all,
You guard us under the shadow of your wings
And search into the depths of our hearts.*

*Remove the blindness that cannot know you
And relieve the fear that would hide us from your sight.
We ask this through Christ our Lord.*

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 17 2022 (click for audio)

Bright Sadness: Thursday Night Prayer for Lent

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

REFLECT

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

Pause

*I will strengthen you and help you;
I will uphold you with my righteous right hand.
Isaiah 41:10b (NIV UK)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*The Lord watches over those who fear him,
those who rely on his unfailing love.
He rescues them from death
and keeps them alive in times of famine.
We put our hope in the Lord.
He is our help and our shield.
In him our hearts rejoice,*

for we trust in his holy name.

Psalm 33:18-21 (NLT)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

Hebrews 12:14 (NIV UK)

Holy God, I want to see You. So speak to me now about any relationship in which there is brokenness or unhealthy conflict. I am sorry for the attitudes within me which cause unnecessary pain to other people.

Pause and Pray

Gracious Lord, I receive Your forgiveness. Bring reconciliation, healing and peace to my life.

Pause

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

I hear Your word eternal, spoken now to me:

When the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy.

Titus 3:4-5 (NIV UK)

REST

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

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Night prayer of the Church

I pray now with the sixteenth century Swiss Reformer, John Calvin*:

Lord God, now grant me the grace not only to rest my body this night, but to have my spiritual repose, in soul and conscience, in your grace and love, that I may let go of all earthly cares so I might be comforted and eased in all ways ... And as I lay down to sleep to safely awake again only by your grace, keep me in a joyful, lively remembrance that whatever happens, I will someday know my final rising — the resurrection — because Jesus Christ lay down in death for me, and rose for my justification. In His name I pray, Amen.

*Prayers of John Calvin from the Catechism of the Church in Geneva, adapted by Tim Keller (see John Calvin and Henry Beveridge, *Tracts Relating to the Reformation*, Vol. 2, Bellingham, WA: Logos Research Systems, Inc., 2009, pp.98-99.)

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 18 2022 (click for audio)

Bright Sadness: Friday Night Prayer for Lent

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

REFLECT

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Pause

‘I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.’

John 16:33 (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*I will lead the blind by ways they have not known,
along unfamiliar paths I will guide them;
I will turn the darkness into light before them
and make the rough places smooth.*

Isaiah 42:16 (NIV UK)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

Among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.

Ephesians 5:3 (NIV UK)

Holy God, search my heart and show me where I have sinned today.

Pause and Pray

Gracious Lord, I confess my sin and receive Your forgiveness. Make me holy as You are holy.

Pause

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

I hear Your word eternal, spoken now to me:

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)

REST

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

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Night prayer of the Church

I pray now with a prayer from The Office of Compline*:

*Look down, O Lord, from your heavenly throne;
Lighten the darkness of this night
With your celestial brightness,*

*And from the children of light
Banish the deeds of darkness
Through Jesus Christ our Lord.*

*Adapted from The Office of Compline:

<https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer/night-prayer-compline>

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 19 2022 \(click for audio\)](#)

Bright Sadness: Saturday Night Prayer for Lent

The day is done, the night has come, thursday will soon be over. And so, in this bright-sad season of Lent, I still my soul to spend this time with You.

REFLECT

Refrain of the day

*I am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

*I am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Pause

*When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned.
Isaiah 43:2 (ESV)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*He tends his flock like a shepherd:
he gathers the lambs in his arms
and carries them close to his heart;
he gently leads those that have young.
Isaiah 40:11 (NIV UK)*

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

*For this is what the high and exalted One says –
he who lives for ever, whose name is holy:
'I live in a high and holy place,
but also with the one who is contrite and lowly in spirit,
to revive the spirit of the lowly
and to revive the heart of the contrite.*

Isaiah 57:15 (NIVUK)

Holy God, I come to You now with a lowly and contrite heart, freely confessing my sin to You.

Pause and Pray

Gracious Lord, revive my spirit and renew my heart. I receive Your forgiveness now.

Pause

Refrain of the day

*I am honored in the eyes of the Lord
and my God has been my strength.*

Isaiah 49:5b (NIV UK)

I hear Your word eternal, spoken now to me:

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.

1 Peter 5:6 (NIV UK)

REST

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

Refrain of the day

*I am honored in the eyes of the Lord
and my God has been my strength.*

Isaiah 49:5b (NIV UK)

Night prayer of the Church

I pray with the thirteenth century German Benedictine nun and mystic, Gertrude the Great (1256-1302)*:

*O Love, O God who created me,
in your love recreate me.*

*O Love, who redeemed me,
fill up in me whatever part of your love
has fallen into neglect within me.
O Love, O God, who first loved me,
grant that with my whole heart,
and with my whole soul,
and with my whole strength,
I may love you.*

*Gertrude the Great, as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.50

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 20 2022 \(click for audio\)](#)

Bright Sadness: Sunday Night Prayer for Lent

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

REFLECTD

Refrain of the day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

Pause

I am gentle and humble in heart, and you will find rest for your souls ... my yoke is easy and my burden is light.

Matthew 11:29-30 (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*But as for me, I watch in hope for the Lord,
I wait for God my Savior;
my God will hear me ...
Though I sit in darkness,
the Lord will be my light ...
He will bring me out into the light;
I will see his righteousness.*

Micah 7:7-9 (NIV UK)

Pause

REPENT

A call to the wilderness

In this season of relinquishment and realignment I take time now to get my heart right with God:

*Seek good, not evil,
that you may live.
Then the Lord God Almighty will be with you,
just as you say he is.
Amos 5:14 (NIV UK)*

Holy God, when did I choose evil instead of Your goodness today? I confess my sin to You.

Pause and Pray

Gracious Lord, thank You that I may live and that You will be with me, as You have promised. I receive Your forgiveness now.

Pause

Refrain of the day

*The Lord is my light and my salvation—
so why should I be afraid?
Psalm 27:1a (NLT)*

I hear Your word eternal, spoken now to me:

*God is love. Whoever lives in love lives in God, and God in them.
1 John 4:16b(NIV UK)*

REST

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

Refrain of the day

*The Lord is my light and my salvation—
so why should I be afraid?
Psalm 27:1a (NLT)*

Night prayer of the Church

I pray now with Charles Wesley in the words of one of his greatest hymns*:

*Jesus, thou art all compassion,
Pure unbounded love thou art;*

*Visit us with thy salvation,
Enter every trembling heart.*

*Come, almighty to deliver,
Let us all thy life receive;
Suddenly return, and never,
Never more thy temples leave*

*Love Divine, All Loves Excelling, Charles Wesley (1747)

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 21 2022 \(click for audio\)](#)

Bright Sadness: Monday Night Prayer for Lent

The day is done, the night has come, Monday will soon be over. And so I still my soul now, like darkened water beneath a full moon, to receive and reflect the beauty of Your presence.

REFLECT

Eastern Orthodox Christians describe Lent as a season of ‘bright sadness’. I pause now, in this special season, to acknowledge both the brightness and the sadness I’ve experienced today.

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*
Psalm 30:5 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*
Psalm 30:5 (NIV UK)

Pause

*The LORD hears his people when they call to him for help.
He rescues them from all their troubles.*
Psalm 34:17 (NLT)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*Let us acknowledge the Lord;
let us press on to acknowledge him.
As surely as the sun rises,
he will appear;
he will come to us like the winter rains,
like the spring rains that water the earth.*
Hosea 6:3 (NIV UK)

Pause

REPENT

A call to the wilderness

In the season of Lent we remember:

The Spirit sent [Jesus] out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him.
Mark 1:12-13 (NIV UK)

Lord, like You, I have sought to resist temptation but, unlike You, sometimes today I have failed. And so I take a moment now to admit my sins to You.

Pause and Pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*
Psalm 30:5 (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' (Psa. 4:8).

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.
Psalm 30:5 (NIV UK)*

Night prayer of the Church

I pray now with the third century theologian and Church Father, Clement of Alexandria (c.150-215)*:

*From the Syrian liturgy of Clement of Alexandria, as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.46

*O God, you are the unsearchable abyss of peace,
The ineffable sea of love,
And the fountain of blessings.
Water us with plenteous streams
From the riches of your grace;
And from the most sweet springs of your kindness,
Make us children of quietness and heirs of peace.*

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 22 2022 (click for audio)

Bright Sadness: Tuesday Night Prayer for Lent

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

REFLECT

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIVUK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Pause

*God is a safe place to hide,
ready to help when we need him
Psalm 46:1 (MSG)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Cor. 4:7-10(NIV UK)

Pause

REPENT

A call to the wilderness

In the season of Lent we remember:

Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting for forty days and forty nights, he was hungry. The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'

Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."

Matthew 4:1-4 (NIV UK)

Father God, show me where I have hungered more for material things than the sustenance of Your Living Word today. Naming something that has distracted me, I take a moment to repent and realign my priorities.

Pause and Pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

I hear Your word eternal, spoken now to me:

I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.

Ezekiel 36:26 (NLT)

REST

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

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Night prayer of the Church

I surrender myself again to You now, using the words of a 150-year-old hymn:

*Take my will and make it thine;
it shall be no longer mine.*

*Take my heart it is thine own;
it shall be thy royal throne.**

*Take my Life and Let it Be,Frances Ridley Havergal

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 23 2022 (click for audio)

Bright Sadness: Wednesday Night Prayer for Lent

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

REFLECT

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Pause

*So do not fear, for I am with you;
do not be dismayed, for I am your God.*
Isaiah 41:10a (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
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.
Psalm 112:4,6-7 (NIV UK)

Pause

REPENT

A call to the wilderness

In the season of Lent we remember:

The tempter came to [Jesus] and said, 'If you are the Son of God, tell these stones to become bread.'

Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."

Matthew 4:3-4 (NIV UK)

The Dutch priest Henri Nouwen once wrote about this encounter, noting that, 'Jesus' first temptation was to be relevant: to turn stones into bread. The Christian,' he said, 'is called to be completely irrelevant and to stand in this world with nothing to offer but his or her vulnerable self. That is the way Jesus came to reveal God's love.'*

*Henri Nouwen, In the Name of Jesus: Reflections on Christian Leadership

In what ways today have I projected a false image of relevance, importance, and competence, when in fact I am vulnerable, fallible, and broken?

Pause and Pray

Jesus, thank You for overcoming Satan's pretense, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*

Psalm 18:28 (NIV UK)

I hear Your word eternal, spoken now to me:

My grace is sufficient for you, for my power is made perfect in weakness.
2 Corinthians 12:9 (NIV UK)

REST

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

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.
Psalm 18:28 (NIV UK)*

Night prayer of the Church

I pray the Anglican Collect for Evening Prayer**:

**Lighten our Darkness, from The Book of Common Prayer(1662)

*Lighten our darkness, we beseech Thee, O Lord;
And by Thy great mercy defend us from all perils and dangers of this night;
For the love of Thy only Son, our Savior, Jesus Christ.*

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 24 2022 (click for audio)

Bright Sadness: Thursday Night Prayer for Lent

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

REFLECT

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Pause

*I will strengthen you and help you;
I will uphold you with my righteous right hand.
Isaiah 41:10b (NIV UK)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*The Lord watches over those who fear him,
those who rely on his unfailing love.*

*He rescues them from death
and keeps them alive in times of famine.*

We put our hope in the Lord.

He is our help and our shield.

In him our hearts rejoice,

for we trust in his holy name.

Psalm 33:18-21 (NLT)

Pause

REPENT

A call to the wilderness

In the season of Lent we remember:

The devil took [Jesus] to the holy city and had him stand on the highest point of the temple. 'If you are the Son of God,' he said, 'throw yourself down. For it is written:

*"He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone."*

Jesus answered him, 'It is also written: "Do not put the Lord your God to the test."

Matthew 4:5-7 (NIV UK)

Lord God, would You remind me now of any particular ways in which I doubted You, or put You to the test today? I pause to confess my sins to You now.

Pause and Pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

I hear Your word eternal, spoken now to me:

When the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy.

Titus 3:4-5 (NIV UK)

REST

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

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Night prayer of the Church

I pray now with the nineteenth century Carmelite Thérèse of Lisieux (1873-97)*:

At each beat of my heart I want, O my beloved, to renew my offering to you an infinite number of times, until the shadows have disappeared and I can tell you of my love face to face in eternity.

*Thérèse of Lisieux, as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.49

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 25 2022 (click for audio)

Bright Sadness: Friday Night Prayer for Lent

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

REFLECT

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Pause

‘I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.’

John 16:33(NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*I will lead the blind by ways they have not known,
along unfamiliar paths I will guide them;
I will turn the darkness into light before them
and make the rough places smooth.*

Isaiah 42:16 (NIV UK)

Pause

REPENT

A call to the wilderness

In the season of Lent we remember again that:

The devil took [Jesus] to the holy city and had him stand on the highest point of the temple. 'If you are the Son of God,' he said, 'throw yourself down. For it is written:

*"He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone."*

Jesus answered him, 'It is also written: "Do not put the Lord your God to the test.""

Matthew 4:5-7 (NIV UK)

The Dutch priest Henri Nouwen notes that 'The second temptation to which Jesus was exposed was ... to do something spectacular, something that could win him great applause ... but Jesus refused to be a stuntman. He did not come to prove himself.' Nouwen poses the question: 'What discipline is required for the future leader to overcome the temptation of individual heroism?' And he answers that we 'must be willing to confess our brokenness and ask for forgiveness from [others].'*

*Henri Nouwen, *In the Name of Jesus: Reflections on Christian Leadership*

Is there anyone to whom I should confess tomorrow an area of brokenness, or from whom I need to ask forgiveness?

Pause and Pray

Jesus, thank You for overcoming Satan's deceit, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

I hear Your word eternal, spoken now to me:

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)

REST

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

Refrain of the day

*The Lord will guide you continually,
giving you water when you are dry
and restoring your strength.*

Isaiah 58:11 (NLT)

Night prayer of the Church

I pray now in the words of a night prayer from A liturgy for Ordinary Radicals**:

**Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne, Jonathan Wilson-Hartgrove and Enuma Okoro, p.37

Oh Lord, You have taught us to call the evening, the morning and the midday, one, and You have made the sun to know its going down. Dispel now the darkness of our hearts, that by Your brightness we may know You to be the true God and Eternal Light, living and reigning forever and ever. May the Lord bless us and keep us from all harm, and may God lead us to eternal life.

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 26 2002 (click for audio)

Bright Sadness: Saturday Night Prayer for Lent

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

REFLECT

Refrain of the day

I am honored in the eyes of the LORD

and my God has been my strength.

Isaiah 49:5b (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

I am honored in the eyes of the Lord

and my God has been my strength.

Isaiah 49:5b (NIV UK)

Pause

When you pass through the waters, I will be with you;

and through the rivers, they shall not overwhelm you;

when you walk through fire you shall not be burned.

Isaiah 43:2 (ESV)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

He tends his flock like a shepherd:

he gathers the lambs in his arms

and carries them close to his heart;

he gently leads those that have young.

Isaiah 40:11 (NIV UK)

Pause

REPENT

A call to holiness

In the season of Lent we remember:

The devil took [Jesus] to a very high mountain and showed him all the kingdoms of the world and their splendor. 'All this I will give you,' he said, 'if you will bow down and worship me.' Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."

Matthew 4:8-10 (NIV UK)

Father God, would You reveal to me the ways in which I made today about me instead of You? I take a moment to confess my idolatry to You now.

Pause and Pray

Jesus, thank You for overcoming Satan's lies, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause

Refrain of the day

*I am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

I hear Your word eternal, spoken now to me:

*Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.
1 Peter 5:6(NIV UK)*

REST

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

Refrain of the day

*I am honored in the eyes of the Lord
and my God has been my strength.
Isaiah 49:5b (NIV UK)*

Night prayer of the Church

I pray now with the nineteenth century poet and theologian Cardinal Newman*:

<https://www.johnhenrynewmancatholiccollege.org.uk/john-henry-newman-prayers>

*May the Lord support us all the day long,
Till the shades lengthen and the evening comes,*

*And the busy world is hushed,
And the fever of life is over,
And our work is done.
Then in his mercy may he give us a safe lodging,
And holy rest, and peace at the last.*

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 27 2020 \(click for audio\)](#)

Bright Sadness: Sunday Night Prayer for Lent

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

REFLECT

Refrain of the day

The Lord is my light and my salvation—

so why should I be afraid?

Psalm 27:1a (NLT)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

The Lord is my light and my salvation—

so why should I be afraid?

Psalm 27:1a (NLT)

Pause

I am gentle and humble in heart, and you will find rest for your souls ... my yoke is easy and my burden is light.

Matthew 11:29-30 (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

But as for me, I watch in hope for the Lord,

I wait for God my Savior;

my God will hear me ...

Though I sit in darkness,

the Lord will be my light ...

He will bring me out into the light;

I will see his righteousness.

Micah 7:7-9 (NIV UK)

Pause

REPENT

A call to the wilderness

In the season of Lent we remember again that:

The devil took [Jesus] to a very high mountain and showed him all the kingdoms of the world and their splendor. 'All this I will give you,' he said, 'if you will bow down and worship me.' Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."

Matthew 4:8-10 (NIV UK)

'The third temptation of Jesus was,' according to Henri Nouwen, 'the temptation of power ... an easy substitute for the hard task of love. It seems easier to be God than to love God, easier to control people than to love people, easier to own life than to love life.'*

*Henri Nouwen, *In the Name of Jesus: Reflections on Christian Leadership*

In what ways did I try to control people instead of serving them today?

Pause and Pray

Jesus, thank You for overcoming Satan's manipulation, first in the wilderness and then on the cross. I remember the price You paid as I repent of my sin and receive Your forgiveness now.

Pause

Refrain of the day

*The Lord is my light and my salvation—
so why should I be afraid?*

Psalm 27:1a (NLT)

I hear Your word eternal, spoken now to me:

God is love. Whoever lives in love lives in God, and God in them.

1 John 4:16b (NIV UK)

REST

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

Refrain of the day

*The Lord is my light and my salvation—
so why should I be afraid?
Psalm 27:1a (NLT)*

Night prayer of the Church

I pray now in the words of a contemporary hymn**:

*O God of gentle strength, your love embraces me.
Within the sureness of your care my heart rests willingly.
And when life's challenges eclipse my mind with doubt,
Let holy wisdom spark a flame to drive the darkness out.
Where will the journey lead? The path may be obscure.
But promised hope of things unseen will keep my footing sure.*

**'O God of Gentle Strength', written by Patricia B. Clark in 1995

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 28 2022 (click for audio)

Bright Sadness: Monday Night Prayer for Lent

The day is done, the night has come, Monday will soon be over. And so I still my soul now, like darkened water beneath a full moon, to receive and reflect the beauty of Your presence.

REFLECT

Eastern Orthodox Christians describe Lent as a season of 'bright sadness'. I pause now, in this special season, to acknowledge both the brightness and the sadness I've experienced today.

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*

Psalm 30:5 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*

Psalm 30:5 (NIV UK)

Pause

The Lord hears his people when they call to him for help.

He rescues them from all their troubles.

Psalm 34:17 (NLT)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*Let us acknowledge the Lord;
let us press on to acknowledge him.
As surely as the sun rises,*

*he will appear;
he will come to us like the winter rains,
like the spring rains that water the earth.*
Hosea 6:3 (NIV UK)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: ‘Be holy, because I am holy.’
1 Peter 1:14-16 (NIV UK)

Holy God, I want to be like You. I’m sorry for the ways in which I have fallen short of Your holiness today in thought, word, and deed.

Pause and Pray

Gracious God, I receive Your forgiveness. Thank You that You see me clothed in the perfect righteousness of Your Son Jesus Christ.

Pause

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.*
Psalm 30:5 (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' (Psa. 4:8).

Refrain of the day

*Weeping may stay for the night,
but rejoicing comes in the morning.
Psalm 30:5 (NIV UK)*

Night prayer of the Church

I pray now with the sixteenth century Spanish contemplative, Teresa of Ávila (1515-1582)*:

*Lord, grant that I may always allow myself to be guided by You,
always follow Your plans, and perfectly accomplish Your Holy Will...
Help me respond to the slightest prompting of Your Grace,
so that I may be Your trustworthy instrument for Your honor.
May Your Will be done in time and in eternity by me,
in me, and through me.*

*Teresa of Ávila, cited in The Women's Book of Prayer, 365 Blessings, Poems and Meditations (2019)

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

March 29 2022 (click for audio)

Bright Sadness: Tuesday Night Prayer for Lent

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

REFLECT

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...

2 Corinthians 4:6 (NIV UK)

Pause

*God is a safe place to hide,
ready to help when we need him
Psalm 46:1(MSG)*

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

2 Cor. 4:7-10 (NIV UK)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

*Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.*

Psalm 139:23-24 (NIV UK)

Holy God, test my heart now and show me if there is any offensive way in me. I take time now to confess my sins to You.

Pause and Pray

Gracious Lord, I receive Your forgiveness. Thank You that You are leading me in the way everlasting.

Pause

Refrain of the day

*God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...
2 Corinthians 4:6 (NIV UK)*

I hear Your word eternal, spoken now to me:

*I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.
Ezekiel 36:26 (NLT)*

REST

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

Refrain of the day

*God, who said, 'Let light shine out of darkness,' made his light shine in our hearts...
2 Corinthians 4:6 (NIV UK)*

Night prayer of the Church

I pray now with the words of a 100-year-old hymn by the American Presbyterian minister, Cleland B. McAfee*:

*There is a place of quiet rest,
Near to the heart of God...
A place where we our Saviour meet,
Near to the heart of God.
There is a place of full release,
Near to the heart of God.
A place where all is joy and peace,*

Near to the heart of God.

* *Near To the Heart of God, Cleland B. McAfee*

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in, and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 30 2022 \(click for audio\)](#)

Bright Sadness: Wednesday Night Prayer for Lent

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

REFLECT

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive 'the peace of God, which transcends all understanding' (Phil. 4:7).

Pause

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*
Psalm 18:28 (NIV UK)

Pause

*So do not fear, for I am with you;
do not be dismayed, for I am your God.*
Isaiah 41:10a (NIV UK)

REJOICE

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

REPENT *Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
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.*
Psalm 112:4,6-7 (NIV UK)

Pause

Repent

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

Dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

2 Corinthians 7:1 (NIV UK)

Holy God, purify me now from anything I've thought, said, or done today that has contaminated my spirit. I am sorry for my sin.

Pause and Pray

Gracious Lord, I receive Your forgiveness. Thank You that You are perfecting holiness in my life.

Pause

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*

Psalm 18:28 (NIV UK)

I hear Your word eternal, spoken now to me:

'My grace is sufficient for you, for my power is made perfect in weakness.'

2 Corinthians 12:9 (NIV UK)

REST

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

Refrain of the day

*You, Lord, keep my lamp burning;
my God turns my darkness into light.*

Psalm 18:28 (NIV UK)

Night prayer of the Church

I pray now with a prayer from 'The Liturgy of the Hours'*:

*Lord our God, Father of all,
You guard us under the shadow of your wings
And search into the depths of our hearts.
Remove the blindness that cannot know you*

And relieve the fear that would hide us from your sight.

We ask this through Christ our Lord.

*'The Liturgy of the Hours', as cited in The Book of A Thousand Prayers, compiled by Angela Ashwin (Zondervan) p.115

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.

[March 31 2022 \(click for audio\)](#)

Bright Sadness: Thursday Night Prayer for Lent

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

REFLECT

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

Holding any particular sadness before You now, I simply sigh, casting the cares of this day upon You Lord (Psa. 55:22). And now, breathing in slowly, I consciously receive ‘the peace of God, which transcends all understanding’ (Phil. 4:7).

Pause

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.
Isaiah 30:15 (NIV UK)*

Pause

*I will strengthen you and help you;
I will uphold you with my righteous right hand.
Isaiah 41:10b (NIV UK)*

REJOICED

Reflecting on the day that has passed and acknowledging its sadness, would You remind me, Lord, of particular moments of brightness and blessing, large or small.

Pause and pray

Night scripture

*The Lord watches over those who fear him,
those who rely on his unfailing love.
He rescues them from death
and keeps them alive in times of famine.
We put our hope in the Lord.
He is our help and our shield.
In him our hearts rejoice,*

for we trust in his holy name.

Psalm 33:18-21 (NLT)

Pause

REPENT

A call to holiness

In this season of relinquishment and realignment I take time now to get my heart right with God:

Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.

Hebrews 12:14 (NIV UK)

Holy God, I want to see You. So speak to me now about any relationship in which there is brokenness or unhealthy conflict. I am sorry for the attitudes within me which cause unnecessary pain to other people.

Pause and Pray

Gracious Lord, I receive Your forgiveness. Bring reconciliation, healing and peace to my life.

Pause

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

I hear Your word eternal, spoken now to me:

When the kindness and love of God our Saviour appeared, he saved us, not because of righteous things we had done, but because of his mercy.

Titus 3:4-5(NIV UK)

REST

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

Refrain of the day

*In repentance and rest is your salvation,
in quietness and trust is your strength.*

Isaiah 30:15 (NIV UK)

Night prayer of the Church

I pray now with the sixteenth century Swiss Reformer, John Calvin*:

Lord God, now grant me the grace not only to rest my body this night, but to have my spiritual repose, in soul and conscience, in your grace and love, that I may let go of all earthly cares so I might be comforted and eased in all ways ... And as I lay down to sleep to safely awake again only by your grace, keep me in a joyful, lively remembrance that whatever happens, I will someday know my final rising — the resurrection — because Jesus Christ lay down in death for me, and rose for my justification. In His name I pray, Amen.

*Prayers of John Calvin from the Catechism of the Church in Geneva, adapted by Tim Keller (see John Calvin and Henry Beveridge, Tracts Relating to the Reformation, Vol. 2, Bellingham, WA: Logos Research Systems, Inc., 2009, pp.98-99.)

Closing prayer

God of this bright-sad season, the sun has set, the night has gathered in and my soul sinks slowly into Your rest. Calm my thoughts as I sleep now that I may pass through the wilderness and enter the land You have promised me.

Amen.