

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

April 2022

April 1	April 2	April 3	April 4
April 5	April 6	April 7	April 8
April 9	April 10	April 11	April 12
April 13	April 14	April 15	April 16
April 17	April 18	April 19	April 20
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April 29	April 30		

Audio for Each Night in MP3 Format

[Month of April 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.

April 01 2022

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.

April 02 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

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 (NIV UK)*

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.

[April 03 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 Saviour;
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.

[April 04 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)*:

*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.*

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

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.

[April 05 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 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.

[April 06 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

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, 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 Saviour, Jesus Christ.*

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

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.

[April 07 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 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 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.

April 08 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**:

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.

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

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.

April 09 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

*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*:

*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.

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

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.

April 10 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

On Palm Sunday, millions of Christians remember Jesus' triumphal entry into Jerusalem. And so, as I prepare to sleep now, I open my heart to receive His love again in my life.

Refrain of the day

*May your unfailing love come to me, Lord,
your salvation, according to your promise
Psalm 119:41 (NIV UK)*

Am I carrying sadness in my soul from the shadows of this day? Breathing in slowly I receive God's peace. And now, breathing out slowly, I sigh, casting the day's cares on the Lord (Psa. 55:22).

Pause and pray

Refrain of the day

*May your unfailing love come to me, Lord,
your salvation, according to your promise
Psalm 119:41 (NIV UK)*

Pause

*The Lord is God,
and he has made his light shine on us.
Psalm 118:27a (NIV UK)*

REJOICE

Remembering the crowds crying 'Hosanna' as You rode into Jerusalem, I reflect on the times today that I experienced Your goodness, and speak my own 'Hosanna'.

Pause and pray

Night scripture

*Rejoice greatly, Daughter Zion!
Shout, Daughter Jerusalem!
See, your king comes to you,
righteous and victorious,
lowly and riding on a donkey...
He will proclaim peace to the nations.
His rule will extend from sea to sea*

and from the River to the ends of the earth.
Zechariah 9:9, 10b (NIV UK)

Pause

REPENT

A call to holiness

'I am the way and the truth and the life,' says Jesus. 'No one comes to the Father except through me.' John 14:6 (NIV UK)

Lord Jesus, show me if there is any way in which I have strayed from Your path or failed to trust completely in Your truth today.

Pause and Pray

Humble King, thank You that You rode triumphantly into Jerusalem to be crucified for me. Humbled by Your sacrifice, I receive the free gift of Your forgiveness now.

Pause

Refrain of the day

*May your unfailing love come to me, Lord,
your salvation, according to your promise
Psalm 119:41 (NIV UK)*

I hear Your word eternal, spoken now to me:

*The Lord is gracious and compassionate,
slow to anger and rich in love.
The Lord is good to all;
he has compassion on all he has made.
Psalm 145:8-9 (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

*May your unfailing love come to me, Lord,
your salvation, according to your promise
Psalm 119:41 (NIV UK)*

Night prayer of the Church

An invitation for Palm Sunday, written by the eighth century bishop, Andrew of Crete*:

Come, let us go up together to the Mount of Olives to meet Christ who is returning today from Bethany...

Let us imitate those who have gone out to meet Him, not scattering olive branches or garments or palms in His path, but spreading ourselves before Him as best we can, with humility of soul and upright purpose.

So may we welcome the Word as He comes, so may God, who cannot be contained within any bounds, be contained within us.

*Adapted from an Oration of Andrew of Crete, as cited in 40 Days of Decrease: A Different Kind of Hunger, Alicia Britt Chole (2016), p.66.

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 promised land.

Amen.

[April 11 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.

April 12 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.

April 13 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'*:

*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.

April 14 2022 (click for audio)

Bright Sadness: Maundy Thursday Night Prayer for Lent

The day is done, the night has come, Maundy Thursday will soon be over. And so, as this bright -sad day draws to a close, I still my soul to spend this time with You.

REFLECT

Remembering Jesus praying at night in the Garden of Gethsemane, I ask You Lord to draw near to me now in the darkness of this day.

Refrain of the day

*My soul clings to you;
your right hand upholds me.
Psalm 63:8 (ESV)*

Am I carrying sadness in my soul from the shadows of this day? Breathing in slowly, I receive God's peace. And now, breathing out slowly, I sigh, casting the day's cares on the Lord (Psa. 55:22).

Pause and pray

Refrain of the day

*My soul clings to you;
your right hand upholds me.
Psalm 63:8 (ESV)*

Pause

*I cried out to the Lord...
He heard me from his sanctuary;
my cry to him reached his ears.
Psalm 18:6 (NLT)*

REJOICE

Reflecting on the day that has passed, Lord, remind me of the ways in which You blessed me.

Pause and pray

Night scripture

They went to a place called Gethsemane, and Jesus said to his disciples, 'Sit here while I pray.' He took Peter, James and John along with him, and he began to be deeply distressed and troubled. 'My soul is overwhelmed with sorrow to the point of death,' he said to them. 'Stay here and keep watch.'

Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 'Abba, Father,' he said, 'everything is possible for you. Take this cup from me. Yet not what

I will, but what you will.'
Mark 14:32-36 (NIV UK)

Pause

REPENT

A call to holiness

'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.'

Mark 14:38 (NIV UK)

Loving Lord Jesus, remind me of any ways in which I failed You today.

Pause and Pray

Lord, thank You that you overcame the Enemy on my behalf, reversing the curse of Eden by praying 'Not what I will, but what you will'. Remembering what it cost You, I receive Your forgiveness now.

Pause

Refrain of the day

*My soul clings to you;
your right hand upholds me.*
Psalm 63:8 (ESV)

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

*My soul clings to you;
your right hand upholds me.*
Psalm 63:8 (ESV)

Night prayer of the Church

I pray with the fourth century composer and bishop, Ambrose of Milan*:

*O Lord, who hast mercy upon all,
take away from me my sins,
and mercifully kindle in me*

*the fire of thy Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore Thee,
a heart to delight in Thee,
to follow and enjoy Thee, for Christ's sake, Amen.*

*Ambrose of Milan, as cited in Prayers of the Early Church, J. Manning Potts, (Italy, Passerino, 2020).

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 promised land.

Amen.

April 15 2022 (click for audio)

Bright Sadness: Good Friday Night Prayer for Lent

The day is done, the night has come, Good Friday will soon be over. And so, as this bright-sad day draws to a close, I still my soul to spend this time with You.

REFLECT

Today some 2 billion Christians – more than a quarter of the world population – have been remembering Christ's death on the cross. And so, on this darkest of nights, I prepare to sleep with an added sense of sorrow and thanks.

Refrain of the day

This is how we know what love is: Jesus Christ laid down his life for us.

1 John 3:16 (NIV UK)

Am I carrying sadness in my soul from the shadows of this day? Breathing in slowly, I receive God's peace. And now, breathing out slowly, I sigh, casting the day's cares on the Lord (Psa. 55:22).

Pause and pray

Refrain of the day

This is how we know what love is: Jesus Christ laid down his life for us.

1 John 3:16 (NIV UK)

Pause

I have loved you ... with an everlasting love.

With unfailing love I have drawn you to myself.

Jeremiah 31:3 (NLT)

REJOICE

Reflecting on the day that has passed, Lord, remind me now of any little ways in which I have seen Your love in my life.

Pause and pray

Night scripture

He was despised and rejected—

a man of sorrows, acquainted with deepest grief.

We turned our backs on him and looked the other way.

He was despised, and we did not care.

Yet it was our weaknesses he carried;

it was our sorrows that weighed him down.

And we thought his troubles were a punishment from God,

*a punishment for his own sins!
But he was pierced for our rebellion,
crushed for our sins.
He was beaten so we could be whole.
He was whipped so we could be healed.
Isaiah 53:3-5 (NLT)*

Pause

REPENT

A call to holiness

*We all, like sheep, have gone astray,
each of us has turned to our own way;
and the Lord has laid on him
the iniquity of us all.
Isaiah 53:6 (NIV UK)*

*Lord Jesus, I have gone astray. I have turned to my own way. It is my iniquity upon Your shoulders.
Remembering Your death on the cross, I confess my sins before You now.*

Pause and Pray

Crucified King, thank You that I can be healed by Your wounds and forgiven by Your blood. Full of wonder, today of all days, I receive Your forgiveness now.

Pause

Refrain of the day

*This is how we know what love is: Jesus Christ laid down his life for us.
1 John 3:16 (NIV UK)*

I hear Your word eternal, spoken now to me:

*He personally carried our sins
in his body on the cross
so that we can be dead to sin
and live for what is right.
By his wounds
you are healed.
1 Peter 2:24 (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

*This is how we know what love is: Jesus Christ laid down his life for us.
1 John 3:16 (NIV UK)*

Night prayer of the Church

I pray in the words of one of the most moving Good Friday hymns, written by Isaac Watts more than 300 years ago*:

See from His head, His hands, His feet,

Sorrow and love flow mingled down!

Did e'er such love and sorrow meet?

Or thorns compose so rich a crown?

Were the whole realm of nature mine,

That were a present far too small;

Love so amazing, so divine,

Demands my soul, my life, my all.

*When I Survey The Wondrous Cross, written by Isaac Watts (1707).

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 promised land.

Amen.

April 16 2022 (click for audio)

Bright Sadness: Holy Saturday Night Prayer for Lent

The day is done, the night has come, Holy Saturday will soon be over. And so, as this moment of liminality draws to a close, I still my soul to spend this time with You.

REFLECT

All day today Jesus himself slept in the grave. And so, as I prepare to relinquish myself now to sleep, I renew my trust in His resurrection to come, 'For I am convinced that neither death nor life... neither height nor depth, nor anything else in all creation, will be able to separate [me] from the love of God that is in Christ Jesus [my] Lord.' (Rom. 8:38-39 NIVUK)

Refrain of the day

I watch in hope for the Lord,

I wait for God my Saviour.

Micah 7:7 (NIV UK)

Am I carrying sadness in my soul from the shadows of this day? Breathing in slowly, I receive God's peace. And now, breathing out slowly, I sigh, casting the day's cares on the Lord (Psa. 55:22).

Pause and pray

Refrain of the day

I watch in hope for the Lord,

I wait for God my Saviour.

Micah 7:7 (NIV UK)

Pause

Be strong and courageous... for the Lord your God goes with you; he will never leave you nor forsake you.

Deuteronomy 31:6 (NIV UK)

REJOICE

Reflecting on the day that has passed, Lord, remind me now of any ways in which I experienced Your goodness.

Pause and pray

Night scripture

I will bless the Lord who guides me;

even at night my heart instructs me.

I know the Lord is always with me.

I will not be shaken, for he is right beside me.

*No wonder my heart is glad, and I rejoice.
My body rests in safety.
For you will not leave my soul among the dead
or allow your holy one to rot in the grave.
You will show me the way of life,
granting me the joy of your presence
and the pleasures of living with you forever.*
Psalm 16:7-11 (NLT)

Pause

REPENT

A call to holiness

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

Jesus Christ, Son of God, who takes away the sins of the world, remind me now of any particular ways in which I have sinned today, whether in thought, in word or in deed. I take a moment to confess my sins before You now.

Pause and Pray

Lord Jesus Christ, thank You that You did indeed die to take away the sins of the world, burying my mortal shame with Your own body in the tomb. What can I do but thank You for the price You paid to forgive me? I open my hands to receive that priceless gift now.

Pause

Refrain of the day

*I watch in hope for the Lord,
I wait for God my Saviour.
Micah 7:7 (NIV UK)*

I hear Your word eternal, spoken now to me:

*As high as the heavens are above the earth,
so great is [my] love for those who fear [me];
as far as the east is from the west,
so far [have I] removed [your] transgressions from [you].
Psalm 103:11-12 (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 watch in hope for the Lord,

I wait for God my Saviour.

Micah 7:7 (NIV UK)

Night prayer of the Church

I pray now with the eighteenth-century Eastern Orthodox composer, Dimitri of Rostov*:

Come, my light, and illumine my darkness.

Come, my life, and raise me from the dead.

Come, my physician, and heal my wounds.

Come, fire of divine love, and burn up the thorns of my sins,

Kindle my heart with the fire of your love.

Come Christ my king, and reign in my heart.

For you alone are my salvation.

*'Come my Light', Dimitri of Rostov, cited in The Heart in Pilgrimage, Eamon Duffy, p.224.

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 promised land.

Amen.

April 17 2022 (click for audio)

Easter Sunday Night Prayer

The day is done, the night has come, Easter Sunday will soon be over. And so, as this day of such hope draws to a close, I still my soul to spend this time with You.

REFLECT

Today billions of people have been celebrating the resurrection of Jesus from the grave. And so as I prepare to sleep, I rejoice in the certain hope of life and light to come.

Refrain of the day

Thanks be to God, who gives us the victory through our Lord Jesus Christ.

1 Corinthians 15:57 (ESV)

Remembering this powerful truth, I relinquish my worries and open my hands to pray...

Christ is risen, Hallelujah

*He is risen indeed, Hallelujah**

* Adapted from the Church of England's traditional Easter acclamation.

Pause and pray

Refrain of the day

Thanks be to God, who gives us the victory through our Lord Jesus Christ.

1 Corinthians 15:57 (ESV)

Pause

'I am the resurrection and the life. The one who believes in me will live.'

John 11:25 (NIV UK)

REJOICE

Reflecting on the day that has passed, Lord, remind me now of any ways, large or small, in which I experienced the reality of Your resurrection in my life.

Pause and pray

Night scripture

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade.

Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

1 Peter 1: 3-4a, 8-9 (NIV UK)

Pause

REPENT

A call to holiness

God gave Jesus to die for our sins, and he raised him to life, so that we would be made acceptable to God.

Romans 4:25 (CEV)

Are there any ways in which I sinned today, making myself unacceptable to God?

I confess my sin before You now.

Pause and Pray

Living Lord Jesus, my resurrected Saviour, thank You that there is always more grace in You than sin in me and that by Your death and resurrection You make me acceptable to God the Father. On this great day of new beginnings, I receive Your forgiveness that I may sleep in peace and rise tomorrow with You.

Pause

Refrain of the day

Thanks be to God, who gives us the victory through our Lord Jesus Christ.

1 Corinthians 15:57 (ESV)

I hear Your word eternal, spoken now to me:

If anyone is in Christ, he [or she] is a new creation. The old has passed away; behold, the new has come.

2 Corinthians 5:17 (ESV)

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

Thanks be to God, who gives us the victory through our Lord Jesus Christ.

1 Corinthians 15:57 (ESV)

Easter Hymn of the Church

As I lay down to sleep I allow my spirit to soar, echoing the words of an Easter hymn sung all around the world today**:

*Lo! Jesus meets us, risen from the tomb;
Lovingly He greets us, scatters fear and gloom.
Let the church with gladness, hymns of triumph sing;*

For her Lord now liveth, death hath lost its sting.

Thine be the glory, risen conqu'ring Son,

Endless is the vict'ry, Thou o'er death hast won.

**Thine be the Glory, translated by Richard B. Hoyle (1923), from the original French, *A Toi la Gloire*, written by Edmond L. Budry (1884).

Closing prayer

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

[April 18 2022 \(click for audio\)](#)

Monday Night Prayer

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

REFLECT

Refrain of the Day

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

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

Pause

Refrain of the Day

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

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

Pause

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

REJOICE

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

Pause and pray

Night Scripture

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

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

Psalm 16:5-11 (NIV UK)

Pause and pray

REPENT

A call to holiness:

*Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart.*

Psalm 24:3-4 (NIV UK)

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

Pause and pray

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

Pause

Refrain of the Day

*Return to your rest my soul.
For the Lord has been good to you.*

Psalm 116:7 (NIV UK)

I hear Your word eternal, spoken now to me:

*Peace I leave with You;
my peace I give You.*

John 14:27a (NIV UK)

REST

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

Refrain of the Day

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

Night prayer of the Church

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

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

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

Closing Prayer

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

Amen.

[April 19 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 with the 19th century English poet Christina Rossetti (1830 – 1894):

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

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

Closing Prayer

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

Amen.

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

Wednesday Night Prayer

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

REFLECT

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23

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

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23

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

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

Pause

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

Isaiah 40: 28-31

REJOICE

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

Pause and pray

Night Scripture

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

Luke 2: 29-32

Pause and pray

REPENT

A call to holiness:

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

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

Pause and pray

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

Pause

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

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

REST

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

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23

Night prayer of the Church

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

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

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

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

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

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

Closing Prayer

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

Amen.

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

Thursday Night Prayer

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

REFLECT

Refrain of the Day

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

Lamentations 3:24

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

Pause

Refrain of the Day

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

Lamentations 3:24

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

Pause

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

REJOICE

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

Pause and pray

Night Scripture

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

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

Psalm 131

Pause and pray

REPENT

A call to holiness:

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

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

Pause and pray

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

Pause

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

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

REST

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

Refrain of the Day

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

Night prayer of the Church

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

*'Watch, O Lord,
with those who wake,
or watch or weep tonight,
and give your angels charge
over those who sleep.*

*Tend your sick ones,
O Lord Jesus Christ;
rest your weary ones;
bless your dying ones;
soothe your suffering ones;
pity your afflicted ones;
shield your joyous ones;
and all for your love's sake.'* *

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

Closing Prayer

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

Amen.

April 22 2022 (click for audio)

Friday Night Prayer

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

REFLECT

Refrain of the Day

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

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

Pause

Refrain of the Day

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

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

Pause

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

REJOICE

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

Pause and pray

Night Scripture

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

Pause and pray

REPENT

A call to holiness:

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

2 Chronicles 30:9

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

Pause and pray

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

Pause

Refrain of the Day

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

Psalm 143:8

I hear Your word eternal, spoken now to me:

*'I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.'*

Isaiah 46:4 (NIV UK)

REST

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

Refrain of the Day

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

Psalm 143:8

Night prayer of the Church

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

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

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.

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

Saturday Night Prayer

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

REFLECT

Refrain of the Day

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

Psalm 90:4

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

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

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

Psalm 90:4

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

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

Pause

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

Romans 15:13

REJOICE

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

Pause and pray

Night Scripture

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

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

Psalm 91: 1-6

Pause and pray

REPENT

A call to holiness:

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

2 Corinthians 7:1

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

Pause and pray

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

Pause and pray

Refrain of the Day

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

Psalm 90:4

I hear Your word eternal, spoken now to me:

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

Isaiah 54:10

REST

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

Refrain of the Day

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

Psalm 90:4

Night prayer of the Church

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

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

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

Closing Prayer

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

Amen.

[April 24 2022 \(click for audio\)](#)

Sunday Night Prayer

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

REFLECT

Refrain of the Day

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

John 1:5 (NLT)

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

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

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

John 1:5 (NLT)

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

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

Pause

I remain confident of this:

I will see the goodness of the Lord

in the land of the living.

Wait for the Lord;

be strong and take heart

and wait for the Lord.

Psalm 27: 13-14

REJOICE

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

Pause and pray

Night Scripture

I lift up my eyes to the mountains—

where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

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

Psalm 121

Pause and pray

REPENT

A call to holiness:

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

Ephesians 4:22-24

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

Pause and pray

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

Pause

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

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

REST

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

Refrain of the Day

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

John 1:5 (NLT)

Night prayer of the Church

A night prayer adapted from the ancient monastic Service of Compline

*Abide with us, Lord Jesus,
for the night is at hand and the day is now past.
As the night watch looks for the morning,
so do we look for you, O Christ.
Come with the dawning of the day
and make yourself known in the breaking of the bread.
The Lord bless us and watch over us;
the Lord make his face shine upon us and be gracious to us;
the Lord look kindly on us and give us peace. **

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

Closing Prayer

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

Amen.

[April 25 2022 \(click for audio\)](#)

Monday Night Prayer

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

REFLECT

Refrain of the Day

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

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

Pause

Refrain of the Day

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

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

Pause

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

REJOICE

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

Pause and pray

Night Scripture

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

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

Psalm 16:5-11 (NIV UK)

Pause and pray

REPENT

A call to holiness:

*Who may ascend the mountain of the Lord?
Who may stand in his holy place?
The one who has clean hands and a pure heart.*

Psalm 24:3-4 (NIV UK)

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

Pause and pray

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

Pause

Refrain of the Day

*Return to your rest my soul.
For the Lord has been good to you.*

Psalm 116:7 (NIV UK)

I hear Your word eternal, spoken now to me:

*Peace I leave with You;
my peace I give You.*

John 14:27a (NIV UK)

REST

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

Refrain of the Day

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

Night prayer of the Church

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

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

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

Closing Prayer

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

Amen.

[April 26 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 (NIV UK)

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.

[April 27 2022 \(click for audio\)](#)

Wednesday Night Prayer

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

REFLECT

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23

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

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23

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

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

Pause

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

Isaiah 40: 28-31

REJOICE

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

Pause and pray

Night Scripture

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

Luke 2: 29-32

Pause and pray

REPENT

A call to holiness:

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

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

Pause and pray

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

Pause

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

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

REST

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

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23

Night prayer of the Church

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

*'O God, you have let me pass this day in peace,
Let me pass the night in peace.*

*O Lord, who has no Lord,
There is no strength but in thee.*

Thou alone hast no obligation.

Under thy hand I pass the night.

*Thou art my mother and my father.'**

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

Closing Prayer

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

Amen.

April 28 2022 (click for audio)

Thursday Night Prayer

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

REFLECT

Refrain of the Day

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

Lamentations 3:24

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

Pause

Refrain of the Day

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

Lamentations 3:24

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

Pause

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

Deuteronomy 31: 8

REJOICE

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

Pause and pray

Night Scripture

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

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

Psalm 131

Pause and pray

REPENT

A call to holiness:

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

Proverbs 28:13

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

Pause and pray

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

Pause

Refrain of the Day

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

Lamentations 3:24

I hear Your word eternal, spoken now to me:

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

REST

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

Refrain of the Day

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

Lamentations 3:24

Night prayer of the Church

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

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

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

Closing Prayer

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

April 29 2022 (click for audio)

Friday Night Prayer

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

REFLECT

Refrain of the Day

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

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

Pause

Refrain of the Day

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

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

Pause

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

REJOICE

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

Pause and pray

Night Scripture

*You have searched me, Lord, and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue you, Lord, know it completely.

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

Pause and pray

REPENT

A call to holiness:

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

2 Chronicles 30:9

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

Pause and pray

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

Pause

Refrain of the Day

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

Psalm 143:8

I hear Your word eternal, spoken now to me:

*'I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.'*

Isaiah 46:4 (NIV UK)

REST

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

Refrain of the Day

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

Psalm 143:8

Night prayer of the Church

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

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

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

Closing Prayer

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

April 30 2022 (click for audio)

Saturday Night Prayer

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

REFLECT

Refrain of the Day

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

Psalm 90:4 (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

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

Psalm 90:4 (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

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

Romans 15:13(NIV UK)

REJOICE

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

Pause and pray

Night Scripture

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

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

Pause and pray

REPENT

A call to holiness:

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

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

Pause and pray

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

Pause and pray

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

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

REST

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

Refrain of the Day

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

Psalm 90:4 (NIV UK)

Night prayer of the Church

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

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

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

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

Closing Prayer

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