

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

December 2022

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

Audio for Each Night in MP3 Format

[Month of December 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.

December 01 2022 (click for audio)

Thursday Night Prayer

The day is done, the night has come, Thursday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Pause

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.
2 Corinthians 4:16 (NIV UK)*

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

The conclusion of Mary's Magnificat:

*[The Lord's] mercy extends to those who fear him,
from generation to generation.
He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
He has brought down rulers from their thrones
but has lifted up the humble.
He has filled the hungry with good things
but has sent the rich away empty.
He has helped his servant Israel,
remembering to be merciful
to Abraham and his descendants for ever,
just as he promised our ancestors.
Luke 1: 50 – 55 (NIV UK)*

Pause and pray

Repent

A call to holiness:

*'Wake up, sleeper,
rise from the dead,
and Christ will shine on you.'
Be very careful, then, how you live
Ephesians 5:14-15*

When did I sleepwalk today, choosing the shadows of darkness and death instead of light and life? I confess these moments to the Lord 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

*And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

I hear Your word eternal, spoken now to me:

*See, the Sovereign Lord comes with power,
and he rules with a mighty arm...
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 40:10-11 (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

*And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Advent hymn of the Church

I worship now in the words of an advent hymn written by Charles Wesley*:

*Christ by highest heav'n adored,
Christ the everlasting Lord!
Late in time behold Him come,
Offspring of a Virgin's womb.
Veiled in flesh the Godhead see,
Hail the incarnate Deity,
Pleased as man with man to dwell,
Jesus, our Emmanuel.*

**Hark the Herald Angels Sing:* written in 1739 by Charles Wesley, with adaptations from George Whitefield

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 02 2022 (click for audio)

Friday Night Prayer

The day is done, the night has come, Friday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Pause

*Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.*

Psalms 55:22 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scriptures

Do not be afraid. I bring you good news...

'Glory to God in the highest heaven,

and on earth peace to those on whom his favor rests.'

Luke 2:10,14 (NIV UK)

*The Lord is my light and my salvation –
whom shall I fear?*

*The Lord is the stronghold of my life –
of whom shall I be afraid?*

Psalms 27:1 (NIV UK)

Pause and pray

Repent

A call to holiness:

*Do everything without grumbling or arguing, so that you may become blameless and pure,
children of God without fault in a warped and crooked generation. Then you will shine among*

them like stars in the sky.

Philippians 2:14-15 (NIV UK)

Lord, in this crooked generation, let me shine like the star that led the wise men to Your side. I confess that I have not always done that today. I name before You now the ways in which I have grumbled, argued, or been impure.

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). Remembering that forgiveness cost everything for you and nothing for me, I receive the priceless gift of unconditional grace now.

Pause

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

I hear Your word eternal, spoken now to me:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30 (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 true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Advent hymn of the Church

I worship now in the words of an advent hymn from the eighteenth century*:

Joy to the world! The Lord is come

Let earth receive her King!

Let every heart prepare Him room

And heaven and nature sing

He rules the world with truth and grace

And makes the nations prove

The glories of His righteousness

And wonders of His love

**Joy to the World:* written in 1719 by Isaac Watts

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 03 2022 (click for audio)

Saturday Night Prayer

The day is done, the night has come, Saturday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

I am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

Pause

*The Lord longs to be gracious to you;
therefore he will rise up to show you compassion.*

For the LORD is a God of justice.

Blessed are all who wait for him!

Isaiah 30:18 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

*Comfort, comfort my people,
says your God.*

*Speak tenderly to Jerusalem,
and proclaim to her*

that her hard service has been completed,

that her sin has been paid for,

*that she has received from the Lord's hand
double for all her sins.*

A voice of one calling:

'In the wilderness prepare

the way for the Lord;

make straight in the desert

a highway for our God.'

Isaiah 40:1-3 (NIV UK)

Pause and pray

Repent

A call to holiness:

In the beginning was the Word... In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

John 1:1,4-5 (NIV UK)

In this season, awaiting the illumination of Christmas, I confess any specific ways in which I have allowed darkness to overcome the light in my life today.

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 am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

I hear Your word eternal, spoken now to me:

I, the LORD, have called you in righteousness;

I will take hold of your hand.

I will keep you and will make you

to be a covenant for the people

and a light for the Gentiles,

to open eyes that are blind,

to free captives from prison

and to release from the dungeon those who sit in darkness."

Isaiah 42: 6-7 (NIV UK)

Rest

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

Refrain of the Day

I am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

Advent hymn of the Church

I worship now in the words of an advent hymn from eighteenth century France:*

Angels we have heard on high

Sweetly singing o'er the plains

*And the mountains in reply
Echoing their joyous strains
Angels we have heard on high
Sweetly, sweetly through the night
And the mountains in reply
Echoing their brief delight
Gloria, in excelsis Deo.*

**Angels we have Heard on High:* written in 1843 and paraphrased into English by James Chadwick in 1862

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 04 2022 (click for audio)

Sunday Night Prayer

The day is done, the night has come, Sunday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

Because the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.

Luke 1:78-79 (PHILLIPS)

Pause

*Even youths grow tired and weary,
and young men stumble and fall;
but 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: 30-31 (NIV UK)

Pause

Rejoice

Reflecting on the day that has passed, when did I experience Your goodness and how did You show me your love?

Pause and pray

Night Scripture

Zechariah's prophecy over his newborn baby boy, John the Baptist:

*And you, my child, "Prophet of the Highest,"
will go ahead of the Master to prepare his ways,
Present the offer of salvation to his people,
the forgiveness of their sins.
Through the heartfelt mercies of our God,
God's Sunrise will break in upon us,
Shining on those in the darkness,
those sitting in the shadow of death,*

*Then showing us the way, one foot at a time,
down the path of peace.*

Luke 1:76-79 (MSG)

Pause and pray

Repent

A call to holiness:

*The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.*

Isaiah 9:2

In this season, awaiting the light of Christmas, I confess any specific ways in which I have walked in darkness today.

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

Because the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.

Luke 1:78-79 (PHILLIPS)

I hear Your word eternal, spoken now to me:

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you.”

Ezekiel 36:26-27 (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 the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.

Luke 1:78-79 (PHILLIPS)

Advent hymn of the Church

I worship now in the words of an ancient Advent hymn*:

*O come, Thou Day-Spring, come and cheer
Our spirits by Thine advent here;
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

**'Oh Come, Oh Come Emmanuel*: an ancient monastic hymn (antiphon 'Veni, veni Emmanuel') translated into English in 1861 by John Mason Neale

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that your Son who came at Christmas, will come again in glory, Amen.

December 05 2022 (click for audio)

Monday Night Prayer

The day is done, the night has come, Monday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

...the darkness is passing and the true light is already shining.

1 John 2:8b (NIV UK)

Pause

In all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did You show me your love?

Pause and pray

Night Scripture

*The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.
For to us a child is born,
to us a son is given,
and the government will be on his shoulders.
And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Of the greatness of his government and peace
there will be no end.
Isaiah 9: 2,6 (NIV UK)*

Pause and pray

Repent

A call to holiness:

The true light that gives light to everyone was coming into the world... and though the world was made through him, the world did not recognize him.

John 1:9-10 (NIVUK)

In this season of darkness, awaiting the light of Christmas, I confess any specific ways in which I have neglected or rejected You in my life today.

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

...the darkness is passing and the true light is already shining.

1 John 2:8b (NIV UK)

I hear Your word eternal, spoken now to me:

For the sake of his great name the Lord will not reject his people, because the Lord was pleased to make you his own.

1 Samuel 12:22 (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 darkness is passing and the true light is already shining.

1 John 2:8b (NIV UK)

Advent hymn of the Church

I worship now with a twenty first century Advent hymn of the Church*:

All who are weary

All who are weak

All those who come with no words left to speak

Come let the Son wash the dust from your feet

Come into the light

All who are mourning

All who have pain

All those who come who are burdened with shame

Come let the Son take the weight of your chains

Come into the light

Ours is the God of the lost and the broken

*His is the home with doors flung wide open
Ours is the Saviour who welcomes us in
Come into the light.*

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

*Into the Light, written in 2020 by Emmaus Rd Worship

December 06 2022 (click for audio)

Tuesday Night Prayer

The day is done, the night has come, Tuesday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.
Luke 2:14 (NIV UK)*

Pause

*You, Lord, keep my lamp burning;
my God turns my darkness into light.
With your help I can advance against a troop,
with my God I can scale a wall.
Psalm 18:28-29 (NIV UK)*

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience your love?

Pause and pray

Night Scriptures

*Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
Psalm 91:1 (NIV UK)*

*The Holy Spirit will come on you, and the power of the Most High will overshadow you... No word from God will ever fail.' [And Mary answered] 'I am the Lord's servant... May your word to me be fulfilled.
Luke 1:35,37, 38 (NIV UK)*

Pause and pray

Repent

A call to holiness:

And you, my child, will... give his people the knowledge of salvation through the forgiveness of their sins... the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death.

(Zechariah's prophecy over his son John the Baptist)

Luke 1:76-79 (NIV UK)

Holy God, I dwell in darkness and the shadow of death draws near. Let the light of Your tender mercy rise upon me as I 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).

Remembering that forgiveness cost everything for You and nothing for me, I receive the priceless gift of unconditional grace now.

Pause

Refrain of the Day

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.*

Luke 2:14 (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 3:4-5a (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

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.*

Luke 2:14 (NIV UK)

Advent hymn of the Church

I worship now with an Advent hymn written by Charles Wesley*:

*Come, thou long expected Jesus
Born to set thy people free
From our fears and sins release us
Let us find our rest in thee
Israel's strength and consolation
Hope of all the earth thou art*

Dear desire of every nation

Joy of every longing heart

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

*Come Thou Long Expected Jesus, written in 1744 by Charles Wesley

December 07 2022 (click for audio)

Wednesday Night Prayer

The day is done, the night has come, Wednesday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*'Be glad... For I am coming, and I will live among you,' declares the Lord.
Zechariah 2:10 (NIV UK)*

Pause

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

Isaiah 40: 29 (NIV UK)

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

The first part of Mary's Magnificat:

*My soul glorifies the Lord
and my spirit rejoices in God my Saviour,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
for the Mighty One has done great things for me –
holy is his name.*

Luke 1:46-49 (NIV UK)

Pause and pray

Repent

A call to holiness:

*The true light that gives light to everyone was coming into the world... He came to that which
was his own, but his own did not receive him.*

John 1:9,11 (NIV UK)

In this season of darkness, awaiting the light of Christmas, I confess any specific ways in which I have failed to receive, recognize or respond to You in my life today, Lord.

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

*‘Be glad... For I am coming, and I will live among you,’ declares the Lord.
Zechariah 2:10 (NIV UK)*

I hear Your word eternal, spoken now to me:

*‘My Spirit, who is on you, will not depart from you, and my words that I have put in your mouth will always be on your lips... from this time on and for ever,’ says the LORD.
Isaiah 59:21 (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

*‘Be glad... For I am coming, and I will live among you,’ declares the Lord.
Zechariah 2:10 (NIV UK)*

Advent hymn of the Church

I worship now with an advent hymn from nineteenth century France*:

*Truly He taught us to love one another
His law is love and His gospel is peace
Chains he shall break, for the slave is our brother
And in his name all oppression shall cease
Sweet hymns of joy in grateful chorus raise we
Let all within us praise His holy name*

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

****O Holy Night:** written in 1843 by Placide Cappeau and translated into English by John Sullivan Dwight in 1855

December 08 2022 (click for audio)

Thursday Night Prayer

The day is done, the night has come, Thursday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Pause

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.
2 Corinthians 4:16 (NIV UK)*

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

The conclusion of Mary's Magnificat:
*[The Lord's] mercy extends to those who fear him,
from generation to generation.
He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
He has brought down rulers from their thrones
but has lifted up the humble.
He has filled the hungry with good things
but has sent the rich away empty.
He has helped his servant Israel,
remembering to be merciful
to Abraham and his descendants for ever,
just as he promised our ancestors.
Luke 1: 50 – 55 (NIV UK)*

Pause and pray

Repent

A call to holiness:

*'Wake up, sleeper,
rise from the dead,
and Christ will shine on you.'
Be very careful, then, how you live
Ephesians 5:14-15*

When did I sleepwalk today, choosing the shadows of darkness and death instead of light and life? I confess these moments to the Lord 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.

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Refrain of the Day

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Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

I hear Your word eternal, spoken now to me:

*See, the Sovereign Lord comes with power,
and he rules with a mighty arm...
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 40:10-11 (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

*And he will be called
Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Advent hymn of the Church

I worship now in the words of an advent hymn written by Charles Wesley*:

*Christ by highest heav'n adored,
Christ the everlasting Lord!
Late in time behold Him come,
Offspring of a Virgin's womb.
Veiled in flesh the Godhead see,
Hail the incarnate Deity,
Pleased as man with man to dwell,
Jesus, our Emmanuel.*

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

*Hark the Herald Angels Sing: written in 1739 by Charles Wesley, with adaptations from George Whitefield

December 09 2022 (click for audio)

Friday Night Prayer

The day is done, the night has come, Friday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Pause

Cast your cares on the Lord

and he will sustain you;

he will never let

the righteous be shaken.

Psalms 55:22 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scriptures

Do not be afraid. I bring you good news...

'Glory to God in the highest heaven,

and on earth peace to those on whom his favor rests.'

Luke 2:10,14 (NIV UK)

The Lord is my light and my salvation –

whom shall I fear?

The Lord is the stronghold of my life –

of whom shall I be afraid?

Psalms 27:1 (NIV UK)

Pause and pray

Repent

A call to holiness:

Do everything without grumbling or arguing, so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among

them like stars in the sky.

Philippians 2:14-15 (NIV UK)

Lord, in this crooked generation, let me shine like the star that led the wise men to Your side. I confess that I have not always done that today. I name before You now the ways in which I have grumbled, argued, or been impure.

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).Remembering that forgiveness cost everything for you and nothing for me, I receive the priceless gift of unconditional grace now.

Pause

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

I hear Your word eternal, spoken now to me:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30 (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 true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Advent hymn of the Church

I worship now in the words of an advent hymn from the eighteenth century*:

Joy to the world! The Lord is come

Let earth receive her King!

Let every heart prepare Him room

And heaven and nature sing

He rules the world with truth and grace

And makes the nations prove

The glories of His righteousness

And wonders of His love

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

*Joy to the World: written in 1719 by Isaac Watts

December 10 2022 (click for audio)

Saturday Night Prayer

The day is done, the night has come, Saturday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

I am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

Pause

*The Lord longs to be gracious to you;
therefore he will rise up to show you compassion.*

For the LORD is a God of justice.

Blessed are all who wait for him!

Isaiah 30:18 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

*Comfort, comfort my people,
says your God.*

*Speak tenderly to Jerusalem,
and proclaim to her*

*that her hard service has been completed,
that her sin has been paid for,
that she has received from the Lord's hand
double for all her sins.*

A voice of one calling:

*'In the wilderness prepare
the way for the Lord;
make straight in the desert
a highway for our God.'*

Isaiah 40:1-3 (NIV UK)

Pause and pray

Repent

A call to holiness:

In the beginning was the Word... In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

John 1:1,4-5 (NIV UK)

In this season, awaiting the illumination of Christmas, I confess any specific ways in which I have allowed darkness to overcome the light in my life today.

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 am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

I hear Your word eternal, spoken now to me:

I, the LORD, have called you in righteousness;

I will take hold of your hand.

I will keep you and will make you

to be a covenant for the people

and a light for the Gentiles,

to open eyes that are blind,

to free captives from prison

and to release from the dungeon those who sit in darkness."

Isaiah 42: 6-7 (NIV UK)

Rest

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

Refrain of the Day

I am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

Advent hymn of the Church

I worship now in the words of an advent hymn from eighteenth century France*:

Angels we have heard on high

Sweetly singing o'er the plains

*And the mountains in reply
Echoing their joyous strains
Angels we have heard on high
Sweetly, sweetly through the night
And the mountains in reply
Echoing their brief delight
Gloria, in excelsis Deo.*

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

*Angels we have Heard on High: written in 1843 and paraphrased into English by James Chadwick in 1862

December 11 2022 (click for audio)

Sunday Night Prayer

The day is done, the night has come, Sunday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

Because the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.

Luke 1:78-79 (PHILLIPS)

Pause

*Even youths grow tired and weary,
and young men stumble and fall;
but 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: 30-31 (NIV UK)

Pause

Rejoice

Reflecting on the day that has passed, when did I experience Your goodness and how did You show me your love?

Pause and pray

Night Scripture

Zechariah's prophecy over his newborn baby boy, John the Baptist:

*And you, my child, "Prophet of the Highest,"
will go ahead of the Master to prepare his ways,
Present the offer of salvation to his people,
the forgiveness of their sins.
Through the heartfelt mercies of our God,
God's Sunrise will break in upon us,
Shining on those in the darkness,
those sitting in the shadow of death,*

*Then showing us the way, one foot at a time,
down the path of peace.*

Luke 1:76-79 (MSG)

Pause and pray

Repent

A call to holiness:

*The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.*

Isaiah 9:2 (NIV UK)

In this season, awaiting the light of Christmas, I confess any specific ways in which I have walked in darkness today.

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

Because the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.

Luke 1:78-79 (PHILLIPS)

I hear Your word eternal, spoken now to me:

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you."

Ezekiel 36:26-27 (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 the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.

Luke 1:78-79 (PHILLIPS)

Advent hymn of the Church

I worship now in the words of an ancient Advent hymn*:

*O come, Thou Day-Spring, come and cheer
Our spirits by Thine advent here;
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that your Son who came at Christmas, will come again in glory, Amen.

*'Oh Come, Oh Come Emmanuel: an ancient monastic hymn (antiphon 'Veni, veni Emmanuel') translated into English in 1861 by John Mason Neale

December 12 2022 (click for audio)

Monday Night Prayer

The day is done, the night has come, Monday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

...the darkness is passing and the true light is already shining.

1 John 2:8b (NIV UK)

Pause

In all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did You show me your love?

Pause and pray

Night Scripture

*The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.
For to us a child is born,
to us a son is given,
and the government will be on his shoulders.
And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Of the greatness of his government and peace
there will be no end.
Isaiah 9: 2,6 (NIV UK)*

Pause and pray

Repent

A call to holiness:

The true light that gives light to everyone was coming into the world... and though the world was made through him, the world did not recognize him.
John 1:9-10 (NIV UK)

In this season of darkness, awaiting the light of Christmas, I confess any specific ways in which I have neglected or rejected You in my life today.

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

...the darkness is passing and the true light is already shining.
1 John 2:8b (NIV UK)

I hear Your word eternal, spoken now to me:

For the sake of his great name the Lord will not reject his people, because the Lord was pleased to make you his own.
1 Samuel 12:22(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 darkness is passing and the true light is already shining.
1 John 2:8b (NIV UK)

Advent hymn of the Church

I worship now with a twenty first century Advent hymn of the Church*:

All who are weary
All who are weak
All those who come with no words left to speak
Come let the Son wash the dust from your feet
Come into the light
All who are mourning
All who have pain
All those who come who are burdened with shame
Come let the Son take the weight of your chains
Come into the light
Ours is the God of the lost and the broken

*His is the home with doors flung wide open
Ours is the Saviour who welcomes us in
Come into the light.*

*Into the Light, written in 2020 by Emmaus Rd Worship

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 13 2022 (click for audio)

Tuesday Night Prayer

The day is done, the night has come, Tuesday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.
Luke 2:14 (NIV UK)*

Pause

*You, Lord, keep my lamp burning;
my God turns my darkness into light.
With your help I can advance against a troop,
with my God I can scale a wall.*

Psalm 18:28-29 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience your love?

Pause and pray

Night Scriptures

*Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
Psalm 91:1 (NIV UK)*

The Holy Spirit will come on you, and the power of the Most High will overshadow you... No word from God will ever fail.' [And Mary answered] 'I am the Lord's servant... May your word to me be fulfilled.

Luke 1:35,37, 38(NIV UK)

Pause and pray

Repent

A call to holiness:

And you, my child, will... give his people the knowledge of salvation through the forgiveness of their sins... the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death.

(Zechariah's prophecy over his son John the Baptist)

Luke 1:76-79 (NIV UK)

Holy God, I dwell in darkness and the shadow of death draws near. Let the light of Your tender mercy rise upon me as I 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).

Remembering that forgiveness cost everything for You and nothing for me, I receive the priceless gift of unconditional grace now.

Pause

Refrain of the Day

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.*

Luke 2:14 (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 3:4-5a (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

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.*

Luke 2:14 (NIV UK)

Advent hymn of the Church

I worship now with an Advent hymn written by Charles Wesley*:

*Come, thou long expected Jesus
Born to set thy people free
From our fears and sins release us
Let us find our rest in thee
Israel's strength and consolation
Hope of all the earth thou art
Dear desire of every nation*

Joy of every longing heart

*Come Thou Long Expected Jesus, written in 1744 by Charles Wesley

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 14 2022 (click for audio)

Wednesday Night Prayer

The day is done, the night has come, Wednesday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*'Be glad... For I am coming, and I will live among you,' declares the Lord.
Zechariah 2:10 (NIV UK)*

Pause

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

Isaiah 40: 29 (NIV UK)

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

The first part of Mary's Magnificat:

*My soul glorifies the Lord
and my spirit rejoices in God my Saviour,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
for the Mighty One has done great things for me –
holy is his name.*

Luke 1:46-49 (NIV UK)

Pause and pray

Repent

A call to holiness:

*The true light that gives light to everyone was coming into the world... He came to that which
was his own, but his own did not receive him.*

John 1:9,11 (NIV UK)

*In this season of darkness, awaiting the light of Christmas, I confess any specific ways in which I have
failed to receive, recognize or respond to You in my life today, Lord.*

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

*'Be glad... For I am coming, and I will live among you,' declares the Lord.
Zechariah 2:10 (NIV UK)*

I hear Your word eternal, spoken now to me:

*'My Spirit, who is on you, will not depart from you, and my words that I have put in your mouth
will always be on your lips... from this time on and for ever,' says the LORD.
Isaiah 59:21 (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

*'Be glad... For I am coming, and I will live among you,' declares the Lord.
Zechariah 2:10 (NIV UK)*

Advent hymn of the Church

I worship now with an advent hymn from nineteenth century France*:

*Truly He taught us to love one another
His law is love and His gospel is peace
Chains he shall break, for the slave is our brother
And in his name all oppression shall cease
Sweet hymns of joy in grateful chorus raise we
Let all within us praise His holy name*

*O Holy Night: written in 1843 by Placide Cappeau and translated into English by John Sullivan Dwight in 1855

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 15 2022 (click for audio)

Thursday Night Prayer

The day is done, the night has come, Thursday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Pause

*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.
2 Corinthians 4:16 (NIV UK)*

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

The conclusion of Mary's Magnificat:

*[The Lord's] mercy extends to those who fear him,
from generation to generation.
He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
He has brought down rulers from their thrones
but has lifted up the humble.
He has filled the hungry with good things
but has sent the rich away empty.
He has helped his servant Israel,
remembering to be merciful
to Abraham and his descendants for ever,
just as he promised our ancestors.
Luke 1: 50 – 55 (NIV UK)*

Pause and pray

Repent

A call to holiness:

*'Wake up, sleeper,
rise from the dead,
and Christ will shine on you.'
Be very careful, then, how you live
Ephesians 5:14-15*

When did I sleepwalk today, choosing the shadows of darkness and death instead of light and life? I confess these moments to the Lord 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

*And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

I hear Your word eternal, spoken now to me:

*See, the Sovereign Lord comes with power,
and he rules with a mighty arm...
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 40:10-11(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

*And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Advent hymn of the Church

I worship now in the words of an advent hymn written by Charles Wesley*:

*Christ by highest heav'n adored,
Christ the everlasting Lord!
Late in time behold Him come,
Offspring of a Virgin's womb.
Veiled in flesh the Godhead see,
Hail the incarnate Deity,
Pleased as man with man to dwell,
Jesus, our Emmanuel.*

*Hark the Herald Angels Sing: written in 1739 by Charles Wesley, with adaptations from George Whitefield

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 16 2022 (click for audio)

Friday Night Prayer

The day is done, the night has come, Friday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Pause

*Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.*

Psalms 55:22 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scriptures

*Do not be afraid. I bring you good news...
'Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.'
Luke 2:10,14 (NIV UK)*

*The Lord is my light and my salvation –
whom shall I fear?
The Lord is the stronghold of my life –
of whom shall I be afraid?
Psalms 27:1 (NIV UK)*

Pause and pray

Repent

A call to holiness:

*Do everything without grumbling or arguing, so that you may become blameless and pure,
children of God without fault in a warped and crooked generation. Then you will shine among*

them like stars in the sky.

Philippians 2:14-15 (NIV UK)

Lord, in this crooked generation, let me shine like the star that led the wise men to Your side. I confess that I have not always done that today. I name before You now the ways in which I have grumbled, argued, or been impure.

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).Remembering that forgiveness cost everything for you and nothing for me, I receive the priceless gift of unconditional grace now.

Pause

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

I hear Your word eternal, spoken now to me:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30(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 true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Advent hymn of the Church

I worship now in the words of an advent hymn from the eighteenth century*:

Joy to the world! The Lord is come

Let earth receive her King!

Let every heart prepare Him room

And heaven and nature sing

He rules the world with truth and grace

And makes the nations prove

The glories of His righteousness

And wonders of His love

*Joy to the World: written in 1719 by Isaac Watts

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 17 2022 (click for audio)

Saturday Night Prayer

The day is done, the night has come, Saturday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

I am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

Pause

*The Lord longs to be gracious to you;
therefore he will rise up to show you compassion.*

For the LORD is a God of justice.

Blessed are all who wait for him!

Isaiah 30:18 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

*Comfort, comfort my people,
says your God.*

*Speak tenderly to Jerusalem,
and proclaim to her
that her hard service has been completed,
that her sin has been paid for,
that she has received from the Lord's hand
double for all her sins.*

A voice of one calling:

*'In the wilderness prepare
the way for the Lord;
make straight in the desert
a highway for our God.'*

Isaiah 40:1-3(NIV UK)

Pause and pray

Repent

A call to holiness:

In the beginning was the Word... In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it.

John 1:1,4-5 (NIV UK)

In this season, awaiting the illumination of Christmas, I confess any specific ways in which I have allowed darkness to overcome the light in my life today.

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 am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

I hear Your word eternal, spoken now to me:

I, the LORD, have called you in righteousness;

I will take hold of your hand.

I will keep you and will make you

to be a covenant for the people

and a light for the Gentiles,

to open eyes that are blind,

to free captives from prison

and to release from the dungeon those who sit in darkness."

Isaiah 42: 6-7 (NIV UK)

Rest

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

Refrain of the Day

I am the Lord's servant... May your word to me be fulfilled.

Luke 1:38 (NIV UK)

Advent hymn of the Church

I worship now in the words of an advent hymn from eighteenth century France*:

Angels we have heard on high

Sweetly singing o'er the plains

*And the mountains in reply
Echoing their joyous strains
Angels we have heard on high
Sweetly, sweetly through the night
And the mountains in reply
Echoing their brief delight
Gloria, in excelsis Deo.*

*Angels we have Heard on High: written in 1843 and paraphrased into English by James Chadwick in 1862

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 18 2022 (click for audio)

Sunday Night Prayer

The day is done, the night has come, Sunday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

Because the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.

Luke 1:78-79 (PHILLIPS)

Pause

*Even youths grow tired and weary,
and young men stumble and fall;
but 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: 30-31 (NIV UK)

Pause

Rejoice

Reflecting on the day that has passed, when did I experience Your goodness and how did You show me your love?

Pause and pray

Night Scripture

Zechariah's prophecy over his newborn baby boy, John the Baptist:

*`And you, my child, "Prophet of the Highest,"
will go ahead of the Master to prepare his ways,
Present the offer of salvation to his people,
the forgiveness of their sins.*

*Through the heartfelt mercies of our God,
God's Sunrise will break in upon us,
Shining on those in the darkness,
those sitting in the shadow of death,
Then showing us the way, one foot at a time,*

down the path of peace.
Luke 1:76-79 (MSG)

Pause and pray

Repent

A call to holiness:

The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.
Isaiah 9:2

In this season, awaiting the light of Christmas, I confess any specific ways in which I have walked in darkness today.

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

Because the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.
Luke 1:78-79 (PHILLIPS)

I hear Your word eternal, spoken now to me:

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you.”
Ezekiel 36:26-27 (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 the heart of our God is full of mercy towards us, the first light of Heaven shall come to visit us—to shine on those who lie in darkness and under the shadow of death, and to guide our feet into the path of peace.
Luke 1:78-79 (PHILLIPS)

Advent hymn of the Church

I worship now in the words of an ancient Advent hymn*:

*O come, Thou Day-Spring, come and cheer
Our spirits by Thine advent here;
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

*'Oh Come, Oh Come Emmanuel: an ancient monastic hymn (antiphon 'Veni, veni Emmanuel') translated into English in 1861 by John Mason Neale

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that your Son who came at Christmas, will come again in glory, Amen.

December 19 2022 (click for audio)

Monday Night Prayer

The day is done, the night has come, Monday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

...the darkness is passing and the true light is already shining.

1 John 2:8b (NIV UK)

Pause

In all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did You show me your love?

Pause and pray

Night Scripture

*The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.
For to us a child is born,
to us a son is given,
and the government will be on his shoulders.
And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Of the greatness of his government and peace
there will be no end.
Isaiah 9: 2,6 (NIV UK)*

Pause and pray

Repent

A call to holiness:

The true light that gives light to everyone was coming into the world... and though the world was made through him, the world did not recognize him.

John 1:9-10 (NIV UK)

In this season of darkness, awaiting the light of Christmas, I confess any specific ways in which I have neglected or rejected You in my life today.

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

...the darkness is passing and the true light is already shining.

1 John 2:8b (NIV UK)

I hear Your word eternal, spoken now to me:

For the sake of his great name the Lord will not reject his people, because the Lord was pleased to make you his own.

1 Samuel 12:22(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 darkness is passing and the true light is already shining.

1 John 2:8b (NIV UK)

Advent hymn of the Church

I worship now with a twenty first century ***Advent hymn of the Church****:

All who are weary

All who are weak

All those who come with no words left to speak

Come let the Son wash the dust from your feet

Come into the light

All who are mourning

All who have pain

All those who come who are burdened with shame

Come let the Son take the weight of your chains

Come into the light

Ours is the God of the lost and the broken

*His is the home with doors flung wide open
Ours is the Saviour who welcomes us in
Come into the light.*

**Into the Light*, written in 2020 by Emmaus Rd Worship

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 20 2022 (click for audio)

Tuesday Night Prayer

The day is done, the night has come, Tuesday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.
Luke 2:14 (NIV UK)*

Pause

*You, Lord, keep my lamp burning;
my God turns my darkness into light.
With your help I can advance against a troop,
with my God I can scale a wall.
Psalm 18:28-29 (NIV UK)*

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience your love?

Pause and pray

Night Scriptures

*Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
Psalm 91:1 (NIV UK)*

*The Holy Spirit will come on you, and the power of the Most High will overshadow you... No word from God will ever fail.' [And Mary answered] 'I am the Lord's servant... May your word to me be fulfilled.
Luke 1:35,37, 38(NIV UK)*

Pause and pray

Repent

A call to holiness:

And you, my child, will... give his people the knowledge of salvation through the forgiveness of their sins... the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death.

(Zechariah's prophecy over his son John the Baptist)

Luke 1:76-79 (NIV UK)

Holy God, I dwell in darkness and the shadow of death draws near. Let the light of Your tender mercy rise upon me as I 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).

Remembering that forgiveness cost everything for You and nothing for me, I receive the priceless gift of unconditional grace now.

Pause

Refrain of the Day

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.*

Luke 2:14 (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 3:4-5a (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

*Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.*

Luke 2:14 (NIV UK)

Advent hymn of the Church

I worship now with an Advent hymn written by Charles Wesley*:

*Come, thou long expected Jesus
Born to set thy people free
From our fears and sins release us
Let us find our rest in thee
Israel's strength and consolation
Hope of all the earth thou art
Dear desire of every nation*

Joy of every longing heart

*Come Thou Long Expected Jesus, written in 1744 by Charles Wesley

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 21 2022 (click for audio)

Wednesday Night Prayer

The day is done, the night has come, Wednesday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*'Be glad... For I am coming, and I will live among you,' declares the Lord.
Zechariah 2:10 (NIV UK)*

Pause

*He gives strength to the weary
and increases the power of the weak.
Isaiah 40: 29 (NIV UK)*

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

The first part of Mary's Magnificat:

*My soul glorifies the Lord
and my spirit rejoices in God my Saviour,
for he has been mindful
of the humble state of his servant.
From now on all generations will call me blessed,
for the Mighty One has done great things for me –
holy is his name.
Luke 1:46-49 (NIV UK)*

Pause and pray

Repent

A call to holiness:

*The true light that gives light to everyone was coming into the world... He came to that which
was his own, but his own did not receive him.
John 1:9,11 (NIV UK)*

*In this season of darkness, awaiting the light of Christmas, I confess any specific ways in which I have
failed to receive, recognize or respond to You in my life today, Lord.*

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

*'Be glad... For I am coming, and I will live among you,' declares the Lord.
Zechariah 2:10 (NIV UK)*

I hear Your word eternal, spoken now to me:

*'My Spirit, who is on you, will not depart from you, and my words that I have put in your mouth
will always be on your lips... from this time on and for ever,' says the LORD.
Isaiah 59:21 (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

*'Be glad... For I am coming, and I will live among you,' declares the Lord.
Zechariah 2:10 (NIV UK)*

Advent hymn of the Church

I worship now with an advent hymn from nineteenth century France*:

*Truly He taught us to love one another
His law is love and His gospel is peace
Chains he shall break, for the slave is our brother
And in his name all oppression shall cease
Sweet hymns of joy in grateful chorus raise we
Let all within us praise His holy name*

*O Holy Night: written in 1843 by Placide Cappeau and translated into English by John Sullivan Dwight in 1855

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 22 2022 (click for audio)

Thursday Night Prayer

The day is done, the night has come, Thursday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

*And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Pause

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

2 Corinthians 4:16 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

The conclusion of Mary's Magnificat:

*[The Lord's] mercy extends to those who fear him,
from generation to generation.
He has performed mighty deeds with his arm;
he has scattered those who are proud in their inmost thoughts.
He has brought down rulers from their thrones
but has lifted up the humble.
He has filled the hungry with good things
but has sent the rich away empty.
He has helped his servant Israel,
remembering to be merciful
to Abraham and his descendants for ever,
just as he promised our ancestors.*

Luke 1: 50 – 55 (NIV UK)

Pause and pray

Repent

A call to holiness:

*'Wake up, sleeper,
rise from the dead,
and Christ will shine on you.'
Be very careful, then, how you live
Ephesians 5:14-15*

When did I sleepwalk today, choosing the shadows of darkness and death instead of light and life? I confess these moments to the Lord 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

*And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

I hear Your word eternal, spoken now to me:

*See, the Sovereign Lord comes with power,
and he rules with a mighty arm...
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 40:10-11 (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

*And he will be called
Wonderful Counsellor, Mighty God,
Everlasting Father, Prince of Peace.
Isaiah 9:6 (NIV UK)*

Advent hymn of the Church

I worship now in the words of an advent hymn written by Charles Wesley*:

*Christ by highest heav'n adored,
Christ the everlasting Lord!
Late in time behold Him come,
Offspring of a Virgin's womb.
Veiled in flesh the Godhead see,
Hail the incarnate Deity,
Pleased as man with man to dwell,
Jesus, our Emmanuel.*

**Hark the Herald Angels Sing: written in 1739 by Charles Wesley, with adaptations from George Whitefield*

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 23 2022 (click for audio)

Friday Night Prayer

The day is done, the night has come, Friday will soon be over. And so, in this Advent season of waiting and watching, I prepare my soul to welcome You.

Reflect

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Pause

*Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.*

Psalms 55:22 (NIV UK)

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scriptures

*Do not be afraid. I bring you good news...
'Glory to God in the highest heaven,
and on earth peace to those on whom his favor rests.'
Luke 2:10,14 (NIV UK)*

*The Lord is my light and my salvation –
whom shall I fear?
The Lord is the stronghold of my life –
of whom shall I be afraid?*

Psalms 27:1 (NIV UK)

Pause and pray

Repent

A call to holiness:

Do everything without grumbling or arguing, so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky.

Philippians 2:14-15 (NIV UK)

Lord, in this crooked generation, let me shine like the star that led the wise men to Your side. I confess that I have not always done that today. I name before You now the ways in which I have grumbled, argued, or been impure.

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).Remembering that forgiveness cost everything for you and nothing for me, I receive the priceless gift of unconditional grace now.

Pause

Refrain of the Day

The true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

I hear Your word eternal, spoken now to me:

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30 (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 true light that gives light to everyone was coming into the world.

John 1:9 (NIV UK)

Advent hymn of the Church

I worship now in the words of an advent hymn from the eighteenth century*:

Joy to the world! The Lord is come

Let earth receive her King!

Let every heart prepare Him room

And heaven and nature sing

He rules the world with truth and grace

And makes the nations prove

The glories of His righteousness

And wonders of His love

**Joy to the World: written in 1719 by Isaac Watts*

Closing Prayer

God of this Advent season, the sun has set, the night has gathered in, my soul sinks slowly into Your rest, trusting now that Your Son who came at Christmas, will come again in glory, Amen.

December 24 2022 (click for audio)

Christmas Eve Night Prayer

The day is done, the night has come, Christmas Eve will soon be over. And so, at the culmination of this Advent season, I prepare my soul to welcome Your coming on Christmas Day.

Reflect

Refrain of the Day

Do not be afraid. I bring you good news that will cause great joy for all the people.

Luke 2:10 (NIV UK)

Pause

... you will weep no more. How gracious he will be when you cry for help! As soon as he hears, he will answer you... Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'

Isaiah 30: 19,21

Pause

Rejoice

Remembering the day that has passed, in what ways did I experience Your love?

Pause and pray

Night Scripture

In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world...

So Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born...

Luke 2:1,4-6 (NIV UK)

Pause and pray

Repent

A call to holiness:

*The people walking in darkness
have seen a great light;
on those living in the land of deep darkness
a light has dawned.*

Isaiah 9:2 (NIV UK)

Lord, it's true that I live in a land of deep darkness. I confess to You now the specific ways in which I have allowed that darkness into my life today.

Pause and pray

Loving Lord Jesus, thank You that You were born this night to take away the sins of the world. Be born again in me, I pray.

Pause

Refrain of the Day

Do not be afraid. I bring you good news that will cause great joy for all the people.

Luke 2:10 (NIV UK)

I hear Your word eternal, spoken now to me:

I will put my sanctuary among them for ever. My dwelling-place will be with them; I will be their God, and they will be my people.

Ezekiel 37: 26-27 (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

Do not be afraid. I bring you good news that will cause great joy for all the people.

Luke 2:10 (NIV UK)

Advent hymn of the Church

I join with millions upon millions of pilgrims tonight, worshiping in the words of one of the most-loved Christmas carols*:

O Holy Night! The stars are brightly shining

It is the night of the dear Savior's birth

Long lay the world in sin and error pining

Till He appeared and the Spirit felt its worth

A thrill of hope the weary world rejoices

For yonder breaks a new and glorious morn

**O Holy Night: written in 1843 by Placide Cappeau and translated into English by John Sullivan Dwight in 1855*

Closing Prayer

Infinite God made intimate in Jesus, come to me this night as You came to us in Bethlehem. May I sleep in peace as You slept in the manger. May my strength be renewed like Mary's. May my heart be re-enchanted as I rest. And may I arise in the morning with the joy of heaven, born again in me. Amen.

December 25 2022 (click for audio)

Christmas Night Prayer

The day is done, the night has come, Christmas Day will soon be over. And so, as this day of all days draws to a close, I still my soul and tune my heart to wonder.

Reflect

Refrain of the Day

*Arise, shine, for your light has come,
and the glory of the Lord rises upon you.
Isaiah 60:1 (NIV UK)*

Pause

*I sought the LORD, and he answered me;
he delivered me from all my fears.
Those who look to him are radiant;
their faces are never covered with shame.
Psalm 34:4-5 (NIV UK)*

Pause

Rejoice

Reflecting on this Christmas day, what were the wonderful moments? When did I glimpse Your goodness? How did I hear You speak today?

Pause and pray

Night Scripture

*... The shepherds said to one another, 'Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about.'
So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger.
When they had seen him, they spread the word concerning what had been told to them about this child, and all who heard it were amazed at what the shepherds said to them. But Mary treasured up all these things and pondered them in her heart.
Luke 2:15-19 (NIV UK)*

Pause and pray

Repent

A call to holiness:

*The Word became flesh and made his dwelling among us. We have seen... the glory of the one and only Son, who came from the Father, full of grace and truth.
John 1:14 (NIV UK)*

God of glory, as I celebrate the baby born into the darkness and dirt of our world, I invite you afresh into the coldness and the harshness of my life. I admit to You now the ways in which I have not made room for You today in my thoughts, words or deeds. I'm especially sorry if I have focused more on the wrapping than the meaning of your birthday...

Pause and pray

Immanuel, thank You that, by the power of the blood that was shed at Your birth as well as Your death, the power of sin has been broken forever. I receive Your new life now, rejoicing that You forgive me and remember my sins no more(Hebrews 8:12).

Pause

Refrain of the Day

*Arise, shine, for your light has come,
and the glory of the Lord rises upon you.
Isaiah 60:1 (NIV UK)*

I hear Your word eternal, spoken now to me:

*You will go out in joy
and be led forth in peace;
the mountains and hills
will burst into song before you,
and all the trees of the field
will clap their hands.*

Isaiah 55:12 (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

*Arise, shine, for your light has come,
and the glory of the Lord rises upon you.
Isaiah 60:1 (NIV UK)*

Advent hymn of the Church

I worship now in the words of one of the greatest Christmas anthems of all time:*

*Hail the heav'n-born Prince of Peace!
Hail the Son of Righteousness!
Light and life to all He brings,
Ris'n with healing in His wings.*

*Mild He lays His glory by,
Born that man no more may die,
Born to raise the sons of earth,
Born to give them second birth.
Hark! The herald angels sing,
"Glory to the newborn King!"*

*Hark the Herald Angels Sing: written in 1739 by Charles Wesley, with adaptations from George Whitefield

Closing Prayer

Infinite God made intimate in Jesus, You have come to me this day as You came to us in Bethlehem. May I sleep in peace as You slept in the manger. May my strength be renewed like Mary's. May my heart be re-enchanted as I rest. And may I arise in the morning with the joy of heaven, born again in me. Amen.

December 26 2022 (click for audio)

Monday Night Prayer

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

Reflect

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalms 116:7 (NIV UK)

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

Breathing in slowly, I receive God's peace.

Pause

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalms 116:7 (NIV UK)

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

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

Pause

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

Philippians 4:5-7 (NIV UK)

Rejoice

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

Pause and pray

Night Scripture

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

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

I will praise the Lord, who counsels me;

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

Pause and pray

Repent

A call to holiness:

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

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

Pause and pray

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

Pause

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

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

Rest

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

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

Night prayer of the Church

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

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

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

Closing Prayer

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

Amen.

December 27 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)*

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.

December 28 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 (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

*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 (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 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((NIV UK)*

Rejoice

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

Pause and pray

Night Scripture

*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 (NIV UK)

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. (NIV UK)*

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

Pause and pray

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

Pause

Refrain of the Day

*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 (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

*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 (NIV UK)*

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.

December 29 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 (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

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

Lamentations 3:24 (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 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 (NIV UK)

Rejoice

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

Pause and pray

Night Scripture

*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. (NIV UK)*

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. (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 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 (NIV UK)*

I hear Your word eternal, spoken now to me:

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

Rest

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

Refrain of the Day

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

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.

December 30 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 (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

*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. (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

*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. (NIV UK)*

Rejoice

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

Pause and pray

Night Scripture

*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. (NIV UK)*

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. (NIV UK)*

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

Pause and pray

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

Pause

Refrain of the Day

*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 (NIV UK)*

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(NIV UK)*

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.

December 31 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.*

Psalms 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.
Psalms 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 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.