

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, and members of the 24/7 Prayer Team.

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

April 2023

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Audio for Each Day in MP3 Format

Month of April 2023

April 01 2023 (click for audio)

Bright Sadness: Saturday Night Prayer for Lent

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

Reflect

Refrain of the day

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

Isaiah 49:5b (NIV UK)

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

Pause

Refrain of the day

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

Isaiah 49:5b (NIV UK)

Pause

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

Rejoice

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

Pause and pray

Night scripture

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

Pause

Repent

A call to holiness

In the season of Lent we remember:

The devil took [Jesus] to a very high mountain and showed him all the kingdoms of the world and their splendor. 'All this I will give you,' he said, 'if you will bow down and worship me.'

Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."'

Matthew 4:8-10 (NIV UK)

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

Pause and Pray

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

Pause

Refrain of the day

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

Isaiah 49:5b (NIV UK)

I hear Your word eternal, spoken now to me:

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

1 Peter 5:6(NIV UK)

Rest

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

Refrain of the day

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

Isaiah 49:5b (NIVUK)

Night prayer of the Church

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

May the Lord support us all the day long,
Till the shades lengthen and the evening comes,
And the busy world is hushed,
And the fever of life is over,

And our work is done.

Then in his mercy may he give us a safe lodging,

And holy rest, and peace at the last.

Closing prayer

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

Amen.

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

April 02 2023 (click for audio)

Bright Sadness: Sunday Night Prayer for Lent

The day is done, the night has come, Palm Sunday will soon be over. And so, as this special day at the start of Holy Week draws to a close, I still my soul to spend this time with You.

Reflect

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

Refrain of the day

*May your unfailing love come to me, Lord,
your salvation, according to your promise*

Psalm 119:41 (NIV UK)

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

Pause and pray

Refrain of the day

*May your unfailing love come to me, Lord,
your salvation, according to your promise*

Psalm 119:41 (NIV UK)

Pause

The Lord is God,
and he has made his light shine on us.

Psalm 118:27a (NIV UK)

Rejoice

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

Pause and pray

Night scripture

Rejoice greatly, Daughter Zion!

Shout, Daughter Jerusalem!

See, your king comes to you,

righteous and victorious,

lowly and riding on a donkey...

He will proclaim peace to the nations.

His rule will extend from sea to sea
and from the River to the ends of the earth.

Zechariah 9:9, 10b (NIV UK)

Pause

Repent

A call to holiness

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

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

Pause and Pray

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

Pause

Refrain of the day

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

I hear Your word eternal, spoken now to me:

The Lord is gracious and compassionate,
slow to anger and rich in love.

The Lord is good to all;
he has compassion on all he has made.

Psalms 145:8-9 (NIV UK)

Rest

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

Refrain of the day

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

Night prayer of the Church

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

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

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

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

Closing prayer

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

Amen.

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

April 03 2023 (click for audio)

Bright Sadness: Monday Night Prayer for Lent

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

Reflect

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

Refrain of the day

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

Psalm 30:5 (NIV UK)

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

Refrain of the day

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

Psalm 30:5 (NIV UK)

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

He rescues them from all their troubles.

Psalm 34:17 (NLT)

Rejoice

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

Night scripture

*Let us acknowledge the Lord;
let us press on to acknowledge him.*

As surely as the sun rises,

he will appear;

he will come to us like the winter rains,

like the spring rains that water the earth.

Hosea 6:3 (NUV UK)

Pause

Repent

A call to holiness

*In this season of relinquishment and realignment I take time now to get my heart right with God:
As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just
as he who called you is holy, so be holy in all you do; for it is written: 'Be holy, because I am holy.'
1 Peter 1:14-16 (NIV UK)*

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

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

Refrain of the day

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

I hear Your word eternal, spoken now to me:

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

Rest

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

Refrain of the day

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

Night prayer of the Church

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

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

in me, and through me.

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

Closing prayer

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

Amen.

April 04 2023 (click for audio)

Bright Sadness: Tuesday Night Prayer for Lent

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

Reflect

Refrain of the day

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

2 Corinthians 4:6 (NIV UK)

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

Refrain of the day

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

2 Corinthians 4:6 (NIV UK)

God is a safe place to hide,

ready to help when we need him

Psalms 46:1 (MSG)

Rejoice

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

Night scripture

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

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

PAUSE

Repent

A call to holiness

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

Search me, God, and know my heart;

test me and know my anxious thoughts.

See if there is any offensive way in me,

and lead me in the way everlasting.

Psalm 139:23-24 (NIV UK)

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

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

Refrain of the day

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

2 Corinthians 4:6 (NIV UK)

I hear Your word eternal, spoken now to me:

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

Ezekiel 36:26 (NLT)

Rest

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

Refrain of the day

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

2 Corinthians 4:6 (NIV UK)

Night prayer of the Church

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

There is a place of quiet rest,

Near to the heart of God...

A place where we our Saviour meet,

Near to the heart of God.

There is a place of full release,

Near to the heart of God.

A place where all is joy and peace,

Near to the heart of God.

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

Closing prayer

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

Amen.

April 05 2023 (click for audio)

Bright Sadness: Wednesday Night Prayer for Lent

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

Reflect

Refrain of the day

You, Lord, keep my lamp burning;

my God turns my darkness into light.

Psalms 18:28 (NIV UK)

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

Refrain of the day

You, Lord, keep my lamp burning;

my God turns my darkness into light.

Psalms 18:28 (NIV UK)

So do not fear, for I am with you;

do not be dismayed, for I am your God.

Isaiah 41:10a (NIV UK)

Rejoice

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

Night scripture

Even in darkness light dawns for the upright,

for those who are gracious and compassionate and righteous.

Surely the righteous will never be shaken;

they will be remembered for ever.

They will have no fear of bad news;

their hearts are steadfast, trusting in the Lord.

Psalms 112:4,6-7 (NIV UK)

Pause

Repent

A call to holiness

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

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

2 Corinthians 7:1 (NIV UK)

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

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

Refrain of the day

You, Lord, keep my lamp burning;

my God turns my darkness into light.

Psalms 18:28 (NIV UK)

I hear Your word eternal, spoken now to me:

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

2 Corinthians 12:9 (NIV UK)

Rest

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

Refrain of the day

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

Psalms 18:28 (NIV UK)

Night prayer of the Church

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

Lord our God, Father of all,

You guard us under the shadow of your wings

And search into the depths of our hearts.

Remove the blindness that cannot know you

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

We ask this through Christ our Lord.

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

Closing prayer

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

Amen.

April 06 2023 (click for audio)

Bright Sadness: Maundy Thursday Night Prayer for Lent

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

Reflect

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

Refrain of the day

*My soul clings to you;
your right hand upholds me.*

Psalm 63:8 (ESV)

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

Refrain of the day

*My soul clings to you;
your right hand upholds me.*

Psalm 63:8 (ESV)

I cried out to the Lord...

He heard me from his sanctuary;
my cry to him reached his ears.

Psalm 18:6 (NLY)

Rejoice

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

Night scripture

They went to a place called Gethsemane, and Jesus said to his disciples, 'Sit here while I pray.' He took Peter, James and John along with him, and he began to be deeply distressed and troubled. 'My soul is overwhelmed with sorrow to the point of death,' he said to them. 'Stay here and keep watch.' Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. 'Abba, Father,' he said, 'everything is possible for you. Take this cup from me. Yet not what I will, but what you will.'

Mark 14:32-36 (NIV UK)

Pause

Repent

A call to holiness

'Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.'
Mark 14:38 (NIV UK)

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

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

Refrain of the day

*My soul clings to you;
your right hand upholds me.*

Psalm 63:8 (ESV)

I hear Your word eternal, spoken now to me:

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

Ezekiel 36:26 (NLT)

Rest

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

Refrain of the day

*My soul clings to you;
your right hand upholds me.*

Psalm 63:8 (ESV)

Night prayer of the Church

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

O Lord, who hast mercy upon all,
take away from me my sins,
and mercifully kindle in me
the fire of thy Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore Thee,
a heart to delight in Thee,
to follow and enjoy Thee, for Christ's sake, Amen.

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

Closing prayer

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

Amen.

April 07 2023 (click for audio)

Bright Sadness: Good Friday Night Prayer for Lent

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

Reflect

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

Refrain of the day

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

1 John 3:16 (NIV UK)

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

Refrain of the day

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

1 John 3:16 (NIV UK)

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

With unfailing love I have drawn you to myself.

Jeremiah 31:3 (NLT)

Rejoice

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

Night scripture

He was despised and rejected—

a man of sorrows, acquainted with deepest grief.

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

He was despised, and we did not care.

Yet it was our weaknesses he carried;

it was our sorrows that weighed him down.

And we thought his troubles were a punishment from God,

a punishment for his own sins!

But he was pierced for our rebellion,

crushed for our sins.

He was beaten so we could be whole.
He was whipped so we could be healed.

Isaiah 53:3-5 (NLT)

Pause

Repent

A call to holiness

*We all, like sheep, have gone astray,
each of us has turned to our own way;
and the Lord has laid on him
the iniquity of us all.*

Isaiah 53:6 (NIV UK)

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

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

Refrain of the day

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

1 John 3:16 (NIV UK)

I hear Your word eternal, spoken now to me:

*He personally carried our sins
in his body on the cross
so that we can be dead to sin
and live for what is right.*

*By his wounds
you are healed.*

1 Peter 2:24 (NLT)

Rest

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

Refrain of the day

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

1 John 3:16 (NIV UK)

Night prayer of the Church

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

See from His head, His hands, His feet,
Sorrow and love flow mingled down!
Did e'er such love and sorrow meet?
Or thorns compose so rich a crown?

Were the whole realm of nature mine,
That were a present far too small;
Love so amazing, so divine,
Demands my soul, my life, my all.

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

Closing prayer

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

Amen.

April 08 2023 (click for audio)

Bright Sadness: Holy Saturday Night Prayer for Lent

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

Reflect

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

Refrain of the day

I watch in hope for the Lord,

I wait for God my Saviour.

Micah 7:7 (NIV UK)

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

Refrain of the day

I watch in hope for the Lord,

I wait for God my Saviour.

Micah 7:7 (NIV UK)

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

Deuteronomy 31:6 (NIV UK)

Rejoice

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

Night scripture

I will bless the Lord who guides me;

even at night my heart instructs me.

I know the Lord is always with me.

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

No wonder my heart is glad, and I rejoice.

My body rests in safety.

For you will not leave my soul among the dead

or allow your holy one to rot in the grave.

You will show me the way of life,

*granting me the joy of your presence
and the pleasures of living with you forever.*

Psalm 16:7-11 (NLT)

Pause

Repent

A call to holiness

But just as he who called you is holy, so be holy in all you do.

1 Peter 1: 15 (NIV UK)

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

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

Refrain of the day

I watch in hope for the Lord,

I wait for God my Saviour.

Micah 7:7 (NIV UK)

I hear Your word eternal, spoken now to me:

As high as the heavens are above the earth,
so great is [my] love for those who fear [me];
as far as the east is from the west,
so far [have I] removed [your] transgressions from [you].

Psalm 103:11-12 (NIV UK)

Rest

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

Refrain of the day

I watch in hope for the Lord,

I wait for God my Saviour.

Micah 7:7 (NIV UK)

Night prayer of the Church

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

Come, my light, and illumine my darkness.

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

Come, my physician, and heal my wounds.

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

Kindle my heart with the fire of your love.

Come Christ my king, and reign in my heart.

For you alone are my salvation.

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

Closing prayer

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

Amen.

April 09 2023 (click for audio)

Easter Sunday Night Prayer

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

Reflect

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

Refrain of the day

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

1 Corinthians 15:57 (ESV)

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

Christ is risen, Hallelujah

*He is risen indeed, Hallelujah**

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

Refrain of the day

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

1 Corinthians 15:57 (ESV)

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

John 11:25 (NIV UK)

Rejoice

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

Night scripture

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

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

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

Pause

Repent

A call to holiness

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

Romans 4:25 (CEV)

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

I confess my sin before You now.

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

Refrain of the day

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

1 Corinthians 15:57 (ESV)

I hear Your word eternal, spoken now to me:

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

2 Corinthians 5:17 (ESV)

Rest

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

Refrain of the day

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

1 Corinthians 15:57 (ESV)

Easter Hymn of the Church

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

Lo! Jesus meets us, risen from the tomb;
Lovingly He greets us, scatters fear and gloom.
Let the church with gladness, hymns of triumph sing;
For her Lord now liveth, death hath lost its sting.
Thine be the glory, risen conqu'ring Son,
Endless is the vict'ry, Thou o'er death hast won.

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

Closing prayer

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

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April 10 2023 (click for audio)

Monday Night Prayer

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

Reflect

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

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

Breathing in slowly, I receive God's peace.

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

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

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

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?

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.

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.

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

I hear Your word eternal, spoken now to me:

Peace I leave with You;

my peace I give You.

John 14:27a(NIV UK)

Rest

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

Refrain of the Day

Return to your rest my soul.

For the Lord has been good to you.

Psalm 116:7 (NIV UK)

Night prayer of the Church

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

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

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

Closing Prayer

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

Amen.

April 11 2023 (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.

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.

*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?

Night Scripture

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

they comfort me.

*You prepare a table before me
in the presence of my enemies.*

*You anoint my head with oil;
my cup overflows.*

*Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.*

Psalms 23 (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 (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.

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.

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

I am the Lord your God who takes hold of your right hand and says to you,
Do not fear; I will help you.

Isaiah 41:13 (NIV UK)

Rest

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

Refrain of the Day

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

Night prayer of the Church

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

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

Closing Prayer

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

Amen.

April 12 2023 (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.

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.

*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?

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.

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.

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23

I hear Your word eternal, spoken now to me:

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

Isaiah 54:10 (NIV UK)

Rest

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

Refrain of the Day

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

They are new every morning...

Lamentations 3:22-23. (NIV UK)

Night prayer of the Church

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

'O God, you have let me pass this day in peace,

Let me pass the night in peace.

O Lord, who has no Lord,

There is no strength but in thee.

Thou alone hast no obligation.

Under thy hand I pass the night.

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

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

Closing Prayer

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

Amen.

April 13 2023 (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.*

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.*

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?

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.*

Psalms 131. (NIV UK)

Pause and pray

Repent

A call to holiness:

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

*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.*

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 14th century Italian author Catherine of Siena (1347 – 1386):

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

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

Closing Prayer

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

April 14 2023 (click for audio)

Friday Night Prayer

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

Reflect

Refrain of the Day

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

Show me the way I should go.

Psalms 143:8. (NIV UK)

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

Refrain of the Day

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

Show me the way I should go.

Psalms 143:8. (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.*

*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?

Night Scripture

You have searched me, Lord, and you know me.

You know when I sit and when I rise;

you perceive my thoughts from afar.

You discern my going out and my lying down;

you are familiar with all my ways.

Before a word is on my tongue you, Lord, know it completely.

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

Psalms 139:1-14. (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.

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.

Refrain of the Day

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

Show me the way I should go.

Psalms 143:8 (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 pray now with the 20th century Dutch priest and author Henri Nouwen (1932 – 1996):

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

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

Closing Prayer

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

April 15 2023 (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.

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.

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?

Night Scripture

Whoever dwells in the shelter of the Most High

will rest in the shadow of the Almighty.

I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."

Surely he will save you

from the fowler's snare

and from the deadly pestilence.

He will cover you with his feathers,

and under his wings you will find refuge;

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

Psalm 91:1-6 (NIV UK)

Pause and pray

Repent

A call to holiness:

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

2 Corinthians 7:1 (NIV UK)

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

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.

Refrain of the Day

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

Psalm 90:4 (NIV UK)

I hear Your word eternal, spoken now to me:

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

Isaiah 54:10 (NIV UK)

Rest

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

Refrain of the Day

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

Psalm 90:4 (NIV UK)

Night prayer of the Church

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

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

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

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

Closing Prayer

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

April 16 2023 (click for audio)

Sunday Night Prayer

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

Reflect

Refrain of the Day

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

John 1:5 (NLT)

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

Breathing in slowly, I receive God's peace.

Refrain of the Day

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

John 1:5 (NLT)

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

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

I remain confident of this:

I will see the goodness of the Lord

in the land of the living.

Wait for the Lord;

be strong and take heart

and wait for the Lord.

Psalms 27:13-14 (NIV UK)

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?

Night Scripture

I lift up my eyes to the mountains—

where does my help come from?

My help comes from the Lord,

the Maker of heaven and earth.

He will not let your foot slip—

he who watches over you will not slumber;

indeed, he who watches over Israel

will neither slumber nor sleep.

The Lord watches over you—

*the Lord is your shade at your right hand;
the sun will not harm you by day,
nor the moon by night.
The Lord will keep you from all harm—
he will watch over your life;
the Lord will watch over your coming and going
both now and for evermore.*

Psalm 121 (NIV UK)

Repent

A call to holiness:

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

Ephesians 4:22-24 (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.

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.

Refrain of the Day

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

John 1:5 (NLT)

I hear Your word eternal, spoken now to me:

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

Joshua 1: 9 (NIV UK)

Rest

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

Refrain of the Day

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

John 1:5 (NLT)

Night prayer of the Church

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

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

*Mountain of hope, from the midnight of desperation to the
Daybreak of joy; to him be power and authority, for ever
And ever.**

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

Closing Prayer

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

April 17 2023 (click for audio)

Monday Night Prayer

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

Reflect

Refrain of the Day

May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.

Psalm 141:2 (NIV UK)

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

Come Holy Spirit to my mind,

I receive Your comfort.

Come Holy Spirit to my heart,

I receive Your peace.

Come Holy Spirit to my soul,

I receive the Father's love for me.

When I thought, "My foot is slipping,"
your steadfast love, O Lord, held me up.

When the cares of my heart are many,
your consolations cheer my soul.

Psalm 94: 18-19 (NRSV)

Refrain of the Day

May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.

Psalm 141:2 (NIV UK)

Pause

Rejoice

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

Night Scripture

*You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,*

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

Pause and pray

Repent

A call to holiness:

Humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world.

James 4:7-8 (NLT)

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. I take a moment to confess my sins before You now.

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.

Refrain of the Day

May my prayer be set before you like incense;
may the lifting up of my hands be like the evening sacrifice.

Psalm 141:2 (NIV UK)

I hear Your word eternal, spoken now to me:

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

John 14:27a (NIV UK)

Rest

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

Refrain of the Day

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

Night prayer of the Church

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

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

*John Baillie, A Diary of Private Prayer, p5

Closing Prayer

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

Amen.

April 18 2023 (click for audio)

Tuesday Night Prayer

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

Reflect

Refrain of the Day

Let the faithful rejoice that he honors them.

Let them sing for joy as they lie on their beds.

Psalms 149:5 (NLT)

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

Come Holy Spirit to my mind,

I receive Your comfort.

Come Holy Spirit to my heart,

I receive Your peace.

Come Holy Spirit to my soul,

I receive the Father's love for me

Cast all your anxiety on him because he cares for you.

1 Peter 5: 7 (NIV UK)

Refrain of the Day

Let the faithful rejoice that he honors them.

Let them sing for joy as they lie on their beds.

Psalms 149:5 (NLT)

Pause

Rejoice

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

Night Scripture

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

I wait for the Lord

*more than watchmen wait for the morning,
more than watchmen wait for the morning.*

*Israel, put your hope in the Lord,
for with the Lord is unfailing love*

*and with him is full redemption.
He himself will redeem Israel
from all their sins.
Psalm 130:5-8 (NIV UK)*

Pause and pray

Repent

A call to holiness:

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

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

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.

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

‘I am the Lord your God who takes hold of your right hand and says to you,
Do not fear; I will help you.’

Isaiah 41:13 (NIV UK)

Rest

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

Refrain of the Day

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

Night prayer of the Church

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

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

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

Closing Prayer

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

Amen.

April 19 2023 (click for audio)

Wednesday Night Prayer

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

Reflect

Refrain of the Day

Lead me to the rock that is higher than I.

For you have been my refuge.

Psalms 61:2-3 (NIV UK)

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

Come Holy Spirit to my mind,

I receive Your comfort.

Come Holy Spirit to my heart,

I receive Your peace.

Come Holy Spirit to my soul,

I receive the Father's love for me.

Cast your cares on the Lord

and he will sustain you;

he will never let

the righteous be shaken.

Psalms 55: 22 (NIV UK)

Refrain of the Day

Lead me to the rock that is higher than I.

For you have been my refuge.

Psalms 61:2-3 (NIV UK)

Pause

Rejoice

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

Night Scripture

He made the moon to mark the seasons,

and the sun knows when to go down.

How many are your works, Lord!

In wisdom you made them all;

*May the glory of the Lord endure for ever;
may the Lord rejoice in his works...*

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

Pause and pray

Repent

A call to holiness:

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

*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.*

Refrain of the Day

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

I hear Your word eternal, spoken now to me:

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

Rest

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

Refrain of the Day

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

Night prayer of the Church

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

All shall be Amen and Alleluia.

We shall rest and we shall see,

We shall see and we shall know,

We shall know and we shall love,

We shall love and we shall praise.

Behold our end which is no end.*

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

Closing Prayer

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

Amen.

April 20 2023 (click for audio)

Thursday Night Prayer

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

Reflect

Refrain of the Day

*The day is yours, and yours also the night;
you established the sun and moon.*

Psalms 74: 16 (NIV UK)

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

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

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

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

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

Romans 8:15 (NLT)

Refrain of the Day

*The day is yours, and yours also the night;
you established the sun and moon.*

Psalms 74: 16 (NIV UK)

Pause

Rejoice

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

Night Scripture

*How good it is to sing praises to our God,
how pleasant and fitting to praise him!
The Lord builds up Jerusalem;
he gathers the exiles of Israel.
He heals the broken-hearted
and binds up their wounds.*

*He determines the number of the stars
and calls them each by name.*

*Great is our Lord and mighty in power;
his understanding has no limit...*

*His pleasure is not in the strength of the horse,
nor his delight in the legs of the warrior;
the Lord delights in those who fear him,
who put their hope in his unfailing love.*

Psalms 147: 1-5 & 10-11 (NIV UK)

Pause and pray

Repent

A call to holiness:

But just as he who called you is holy, so be holy in all you do.

1 Peter 1: 15 (NIV UK)

*Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my
deeds. I take a moment to confess my sins before You now.*

*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.*

Refrain of the Day

The day is yours, and yours also the night;
you established the sun and moon.

Psalms 74: 16 (NIV UK)

I hear Your word eternal, spoken now to me:

Do not fear for I have redeemed you;

I have summoned you by name;

you are mine

Isaiah 43:1 (NIV UK)

Rest

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

Refrain of the Day

The day is yours, and yours also the night;
you established the sun and moon.

Psalms 74: 16 (NIV UK)

Night prayer of the Church

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

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

* Phyllis Tickle, The Night Offices: Prayers for the Hours from Sunset to Sunrise. (United States, Oxford University Press, USA, 2006) p.35

Closing Prayer

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

Amen.

April 21 2023 (click for audio)

Friday Night Prayer

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

Reflect

Refrain of the Day

My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever

Psalms 73: 26 (NLT)

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

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

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

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

Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

Deuteronomy 7:9 (NIV UK)

Refrain of the Day

My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever

Psalms 73: 26 (NLT)

Pause

Rejoice

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

Night Scripture

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

Even in darkness light dawns for the upright,
for those who are gracious and compassionate and righteous.
Good will come to those who are generous and lend freely,
who conduct their affairs with justice.
Surely the righteous will never be shaken;
they will be remembered for ever.
They will have no fear of bad news;
their hearts are steadfast, trusting in the Lord.
Their hearts are secure, they will have no fear.

Psalm 112: 1b-8a (NIV UK)

Pause and pray

Repent

A call to holiness:

You are to be holy... because I, the Lord, am holy, and I have set you apart.

Leviticus 20:26 (NIV UK)

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

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.

Refrain of the Day

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever*

Psalm 73: 26 (NLT)

I hear Your word eternal, spoken now to me:

'I am he who will sustain you.

I have made you and I will carry you

I will sustain you and I will rescue you.'

Isaiah 46:4 (NIV UK)

Rest

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

Refrain of the Day

*My health may fail, and my spirit may grow weak,
but God remains the strength of my heart; He is mine forever*

Psalm 73: 26 (NLT)

Night prayer of the Church

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

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

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

Closing Prayer

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

Amen.

April 22 2023 (click for audio)

Saturday Night Prayer

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

Reflect

Refrain of the Day

I'm in the very presence of God—

oh, how refreshing it is!

I've made Lord God my home.

Psalms 73: 28 (MSG)

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

Come Holy Spirit to my mind,

I receive Your comfort.

Come Holy Spirit to my heart,

I receive Your peace.

Come Holy Spirit to my soul,

I receive the Father's love for me.

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)

Refrain of the Day

I'm in the very presence of God—

oh, how refreshing it is!

I've made Lord God my home.

Psalms 73: 28 (MSG)

Pause

Rejoice

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

Night Scripture

I call with all my heart; answer me, Lord,
and I will obey your decrees.

I call out to you; save me
and I will keep your statutes.

I rise before dawn and cry for help;
I have put my hope in your word.
My eyes stay open through the watches of the night,
that I may meditate on your promises.
Hear my voice in accordance with your love;
preserve my life, Lord, according to your laws.

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

Pause and pray

Repent

A call to holiness:

For everyone has sinned; we all fall short of God's glorious standard. Yet God, in his grace, freely makes us right in his sight.

Romans 3:23-24a (NLT)

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

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.

Refrain of the Day

I'm in the very presence of God—
oh, how refreshing it is!
I've made Lord God my home.

Psalm 73: 28 (MSG)

I hear Your word eternal, spoken now to me:

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

Isaiah 54:10 (NIV UK)

Rest

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

Refrain of the Day

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

Night prayer of the Church

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

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

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

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

Closing Prayer

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

April 23 2023 (click for audio)

Sunday Night Prayer

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

Reflect

Refrain of the Day

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

Psalms 92:2 (NLT)

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

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

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

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

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

Refrain of the Day

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

Psalms 92:2 (NIV UK)

Pause

Rejoice

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

Night Scripture

*Praise the Lord, all you servants of the Lord
who minister by night in the house of the Lord.
Lift up your hands in the sanctuary
and praise the Lord.
May the Lord bless you from Zion,*

he who is the Maker of heaven and earth.

Psalm 134 (NIV UK)

Pause and pray

Repent

A call to holiness:

*Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.*

*Wash away all my iniquity
and cleanse me from my sin.*

Psalm 51:1-2 (NIV UK)

Father God, would You shine a spotlight now on the shadows of my motivation and the darkness of my deeds. I take a moment to confess my sins before You now.

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.

Refrain of the Day

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

Psalm 92:2 (NLT)

I hear Your word eternal, spoken now to me:

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

Joshua 1:9 (NIV UK)

Rest

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

Refrain of the Day

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

Psalm 92:2 (NLT)

Night prayer of the Church

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

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

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

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

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

Closing Prayer

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

Amen.