

*Leader:* The angels of God guard us through the night,  
***People:* and quieten the powers of darkness.**

*Leader:* The Spirit of God be our guide  
***People:* to lead us to peace and to glory.**

*Leader:* It is but lost labour that we haste to rise up early,  
and so late take rest, and eat the bread of anxiety.  
For those beloved of God are given gifts even while they sleep.

*Silence*

*Leader:* My brothers and sisters, our help is in the name of the eternal God,  
***People:* who is making the heavens and the earth.**

*Leader:* Dear God,  
thank you for all that is good,  
for our creation and for our humanity,  
for the stewardship you have given us of this planet earth,  
for the gifts of life and of one another,  
for your love which is unbounded and eternal.  
O thou, most holy and beloved,  
my Companion, my Guide upon the way,  
my bright evening star.  
We repent the wrongs we have done:

*Silence*

*Leader:* We have wounded your love.  
***People:* O God, heal us.**

*Leader:* We stumble in the darkness.  
***People:* Light of the world transfigure us.**

*Leader:* We forget that we are your home.  
***People:* Spirit of God, dwell in us.**

*Leader:* Eternal Spirit, living God,  
in whom we live and move and have our being,  
all that we are, have been, and shall be is known to you,  
to the very secret of our hearts and all that rises to trouble us.  
Living flame burn into us, cleansing wind, blow through us,  
fountain of water, well up within us,  
that we may love and praise in deed and in truth.

## Invocation

*Leader:* Eternal Spirit, flow through our being and open our lips,

***People:* that our mouths may proclaim your praise.**

*Leader:* Let us worship the God of love.

***People:* Alleluia, alleluia.**

## Psalm 4

Answer me when I call, O God, for you are the God of justice.

You set me free when I was hard-pressed: be gracious to me now and hear my prayers.

Men and women, how long will you turn my glory to my shame?

How long will you love what is worthless and run after lies?

Know that God has shown me such wonderful kindness:

when I call out in prayer, God hears me.

Tremble, admit defeat, and sin no more.

Look deep into your heart before you sleep and be still.

Bring your gifts, just as you are,

and put your trust in God.

Many are asking, Who can make us content?

The light of your countenance has gone from us, O God.

Yet you have given my heart more gladness

than those whose corn and wine and oil increase.

I lie down in peace and sleep comes at once,

for in you alone, O God, do I dwell unafraid.

## Mediation

### Prayers

*Leader:* Into your hands, O God, I commend my spirit,

***People:* for you have redeemed me, O God of truth and love.**

*Leader:* Keep me, O God, as the apple of an eye;

***People:* hide me under the shadow of your wings.**

**Preserve us, O God, while waking,**

**and guard us while sleeping,**

**that awake we may watch with Christ,**

**and asleep may rest in your peace.**

**Song of Simeon**

*Nunc Dimittis*

Praise be to God, I have lived to see this day.  
God’s promise is fulfilled, and my duty done. At  
last you have given me peace,  
for I have seen with my own eyes  
the salvation you have prepared for all nations - a  
light to the world in its darkness,  
and the glory of your people Israel.  
Glory be to God, sustaining, redeeming, sanctifying, as  
in the beginning, so now, and for ever. Amen.

*Leader:* Lord, have mercy.

***People:* Christ, have mercy.**

*Leader:* Lord have mercy.

**The Lord’s Prayer:**

Eternal Spirit,  
Earth-maker, Pain-bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:

The hallowing of your name echo through the universe!  
The way of your justice be followed by the peoples of the world!  
Your heavenly will be done by all created beings!  
Your commonwealth of peace and freedom  
sustain our hope and come on earth.  
With the bread we need for today, feed us.  
In the hurts we absorb from one another, forgive us. In  
times of temptation and test, strengthen us.  
From trials too great to endure, spare us.  
From the grip of all that is evil, free us.  
For you reign in the glory of the power that is love,  
now and for ever. Amen.

*Leader:* I will lie down in peace and take my rest,

***People:* for it is in God alone that I dwell unafraid.**

*Leader:* Let us bless the Earth-maker, the Pain-bearer, the Life-giver,

***People:* let us praise and exalt God above all for ever.**

*Leader:* May God’s name be praised beyond the furthest star,

***People:* glorified and exalted above all for ever.**

### **A General Thanksgiving**

Be present, Spirit of God,  
within us, your dwelling place and home,  
that this house may be one where  
all darkness is penetrated by your light, all  
troubles calmed by your peace,  
all evil redeemed by your love,  
all pain transformed in your suffering,  
and all dying glorified in your risen life. Amen.

*Leader:* Christ be within us to keep us, beside us to guard, before us to lead, behind us to protect,  
beneath us to support, above us to bless.

*Leader:* The divine Spirit dwells in us.

***People:* Thanks be to God.**