**Night Prayer**

Parish of St. Matthew

Abbotsford, BC.

**Join the Parish of St Matthew, Abbotsford in Daily Prayer. At present we pray together at the church on**

**Tuesday morning at 7:15 am**

**Wednesday morning at 9:30 am**

**Wednesday evening at 8:30 pm**

**We invite you to use this booklet for Daily Office, wherever you may be, to pray in community.**

***What is the Daily Office?***

*The Daily Office is an ancient way to pray. There are many ways to pray, including your own cries to God; cries of joy and sorrow and need. Such prayers are intensely personal, while the Office gathers up all our prayers so that we can pray together.*

*From monasteries to churches to private homes, people have been praying the Daily Office for thousands of years. Why? Because it brings us closer to God. Try it, see for yourself.*

The God of peace grant us a quiet night and a perfect end.

**Amen**

Our help is in the name of the Lord,

**the maker of heaven and earth.**

The angels of God guard us through the night.

**and quiet the powers of darkness.**

The Spirit of God be our guide,

**to lead us to peace and to glory**

As it was in the stillness of the morning

so may it be in the silence of the night.

As it was in the hidden vitality of the womb

so may it be at my birth into eternity.

As it was in the beginning, O God,

so in the end may your gift be born

so in the end may your gift of life be born.

**Silence** *(30-60 seconds)*

***Be still and aware of God's presence within and all around***

We thank you for all that is good,

for our creation and our humanity,

for the stewardship you have given us of the planet earth,

for the gifts of life and of one another,

for your love which is unbounded and eternal.

**Amen**

**Merciful God,**

**We have not loved you with our whole heart,**

**nor our neighbours as ourselves.**

**For the sake of your Son Jesus Christ,**

**forgive what we have been,**

**accept us as we are,**

**and guide what we shall be. Amen**

**Psalm 139:1-11**

Lord, you have searched me out and known me;

 you know my sitting down and my rising up;

 you discern my thoughts from afar.

You trace my journeys and my resting-places

 and are acquainted with all my ways.

Indeed, there is not a word on my lips,

 but you, O Lord, know it altogether.

You press upon me behind and before

 and lay your hand upon me.

Such knowledge is too wonderful for me;

 it is so high that I cannot attain to it.

Where can I go then from your Spirit?

 where can I flee from your presence?

If I climb up to heaven, you are there;

 if I make the grave my bed, you are there also.

If I take the wings of the morning

 and dwell in the uttermost parts of the sea,

Even there your hand will lead me

 and your right hand hold me fast.

If I say, “Surely the darkness will cover me,

 and the light around me turn to night,”

Darkness is not dark to you;

 the night is as bright as the day;

darkness and light to you are both alike.

**Glory to you, Source of all Being,**

**Eternal Word and Holy Spirit,**

**As it was in the beginning is now and will be forever. Amen.**

-Or-

**Glory to the Father, to the Son, and the Holy Spirit….**

**Scripture reading**

(Use the following or one of your own)

The Word of the Lord…

**Thanks be to God.**

**Sunday**

For god did not give us a spirit of cowardice, but rather a spirit of power and of love and of self-discipline. *2 Timothy 1:7*

**Monday**

Yet you, O Lord, are in the midst of us, and we are called by your name; do not forsake us! *Jeremiah 14:9*

**Tuesday**

Very truly, I tell you, unless a grain of what fall into the earth and dies it remains just a single grain; but if it dies, it bears much fruit.*John 12:24*

**Wednesday**

Come to me, all you that are weary and are carrying heavy burdens, 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 in your souls. *Matthew 11:28, 29*

**Thursday**

Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubles, and do not let them be afraid. *John 14:27*

**Friday**

In the beginning was the Word, and the Word was with God, and the Word was God…And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father’s only son, full of grace and truth. *John 1:1, 14*

**Saturday**

The steadfast love of the Lord never ceases, his mercies never come to an end: they are new every morning; great is your faithfulness. *Lamentations 3:22, 23*

Preserve us O God, Waking,

**And guard us sleeping:**

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

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

**The Song of Simeon (Luke 2:29-32)**

Lord, now you let your servant go in peace:

your word has been fulfilled.

My own eyes have seen the salvation

which you have prepared in the sight of every people;

A light to reveal you to the nations

and the glory of your people Israel

**Glory to you, Source of all Being,**

**Eternal Word and Holy Spirit,**

**As it was in the beginning is now and will be forever. Amen.**

-Or-

**Glory to the Father, to the Son, and the Holy Spirit….**

Preserve us O God, Waking,

**and guard us sleeping;**

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

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

Lord

it is night.

The night is for stillness.

Let us be still in the presence of God.

It is night after a long day.

What has been done has been done;

let it be.

The night is dark.

Let our fears of the darkness of the world and our own lives rest in you.

The night is quiet.

Let the quietness of your peace enfold us,

all dear to us,

and all who have no peace.

The night heralds the dawn.

Let us look expectantly to a new day,

new joys, new possibilities.

In your name we pray. **Amen**

**Prayers of Thanksgiving and Intercession**

For the darkness of the night

enveloping the earth

enclosing the day’s labour

thanks be to you, O God.

For the quiet that surrounds us

and your promise of peace deep within us

for the stillness of sleep for our bodies

and the hope of healing for our souls

thanks be to you.

We bring not only our own weariness

but the tiredness of people who struggle this night.

We bring not only our own pain

but the sufferings of those who cry out.

Hear our soul’s prayers for rest, O God,

hear our heart’s plea for healing

*Recall the events of the day*

*and pray for the life of the world*

The stillness of God be ours this night

that we may sleep in peace.

The awareness of the angles be ours this night

that we may be alert to unseen mysteries.

The company of the saints be ours this night

that we may dream of the river of love.

The life of Christ be ours this night

that we may be truly alive to the morning

that we may be truly alive

**The Lord's Prayer**

Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial,

and deliver us from evil.

For the kingdom, the power,

and the glory are yours,

now and forever. Amen

**The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen**

**Prayer Notes**

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