



*"In peace I will both lie down and sleep; for you alone,
O Lord, make me dwell in safety."*

Psalm 4:7-8

You may wish to light a candle and have some reflective music playing in the background.

The eternal God is your refuge, and underneath are the everlasting arms.

Deuteronomy 33.27

Opening Sentences

The Lord almighty grant us a quiet night and a perfect end.
Amen.

Our help is in the name of the Lord
who made heaven and earth.

Pause and reflect on the day that is past.

Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

Psalm 91

Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty
Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'
For he shall deliver you from the snare of the fowler
and from the deadly pestilence.

He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.

You shall not be afraid of any terror by night,
nor of the arrow that flies by day;

Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.

Though a thousand fall at your side
and ten thousand at your right hand,
yet it shall not come near you.

Your eyes have only to behold
to see the reward of the wicked.

Because you have made the Lord your refuge
and the Most High your stronghold,

There shall no evil happen to you,
neither shall any plague come near your tent.

For he shall give his angels charge over you,
to keep you in all your ways.

They shall bear you in their hands,
lest you dash your foot against a stone.

You shall tread upon the lion and adder;
the young lion and the serpent you shall trample underfoot.

Because they have set their love upon me,
therefore will I deliver them;
I will lift them up, because they know my name.

They will call upon me and I will answer them;
I am with them in trouble,
I will deliver them and bring them to honour.

With long life will I satisfy them
and show them my salvation.

*Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.*

You may wish to use the weekly pattern of short readings given below, or choose a passage of your own.

Sunday Evening

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God.

Jeremiah 14.9

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30.15

Tuesday Evening

Jesus said, '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 for your souls. For my yoke is easy, and my burden is light.

Matthew 11.28-end

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have

peace. In the world you face persecution. But take courage; I have conquered the world!

John 16.33

Friday Evening

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

John 8.12

Prayers

Merciful God,
we entrust to your unfailing and tender care this night
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold us safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord. Amen.

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied
by the changes and chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord. Amen.

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us in peace,

and may your blessing be always upon us;
through Jesus Christ our Lord. Amen.

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 for ever. Amen.

The Conclusion

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.
The Lord bless us and watch over us;
The Lord make his face to shine upon us and be gracious to
us;
The Lord look kindly upon us and give us peace. Amen.

