

# NIGHT PRAYER

## Pause

As I enter prayer now, I pause to be still; to breathe slowly; to re-centre my scattered senses upon the presence of God.

(Heb12:2) **'Let us fix our eyes on Jesus, the author and perfecter of our faith.'**

## Prayer of thanksgiving and reflection

Lord thank you for bringing me safely to the end of this day. In this time of silence I ask for your Holy Spirit to remind me of the times today for which I am **Thankful** and the times which stir up **Sorrow** in my heart....

Like the Psalmist I ask...

*Search me O God and know my heart today;*

*Try me O Lord and know my thoughts I pray;*

*See if there be some wicked way in me,*

*Cleanse me from every sin and set me free. Psalm 139:23-24*

**Spend time Thanking God for the things that have brought you joy** – the times you have let His 'glory' shine through you.

## Confession

**Spend time expressing your Sorrow to Him** for the things that have saddened your heart and His. Resist the temptation to judge yourself, remembering that...

(1 John 1:9)

**If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.**

(Psalm 51:1,10-12)

**Have mercy on me, O God,  
According to your unfailing love;  
According to your great compassion  
Blot out my transgressions.  
Create in me a pure heart, O God,**

**And renew a steadfast spirit within me.  
Do not cast me from your presence  
Or take your Holy Spirit from me.  
Restore to me the joy of your salvation  
And grant me a willing spirit, to sustain  
me.**

## **Confession of sin**

Merciful God, I confess that I have sinned against you  
In thought, word, and deed, by what I have done,  
And what I have not done.  
I have not loved you with all my heart;  
Or loved my neighbours as I love myself.

I am truly sorry and humbly repent of all my sins.

For the sake of your Son Jesus Christ,  
Have mercy on me and forgive me;  
That I may delight in your will, and walk in your ways,  
To the Glory of your Name. Amen

(Psalm 51:10)

**Create in me a pure heart, O God, and renew a steadfast spirit within me.**

## **God's faithfulness to us**

(Psalm 91:1-2 , 4, 14-16)

**Those who live in the shelter of the Most High  
will find rest in the shadow of the Almighty.**

**This I declare about the LORD:**

**He alone is my refuge, my place of safety;  
he is my God, and I trust him.**

**He will cover you with his feathers.**

**He will shelter you with his wings.**

**His faithful promises are your armor and protection.**

**The LORD says, "I will rescue those who love me.**

**I will protect those who trust in my name.**

**When they call on me, I will answer;**

**I will be with them in trouble.**

**I will rescue and honor them.**

**I will reward them with a long life  
and give them my salvation."**

(Psalm 4:8)

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

(Psalm 33:18-22)

**The eyes of the Lord are on those who fear him,  
on those whose hope is in his unfailing love,  
to deliver them from death  
and keep them alive in famine.**

**We wait in hope for the Lord;  
he is our help and our shield.**

**In him our hearts rejoice,  
for we trust in his holy name.**

**May your unfailing love be with us, Lord, even as we put our hope in you.**



## **The Serenity prayer**

God, give us grace to accept with serenity  
the things that cannot be changed,  
Courage to change the things  
which should be changed,  
and the Wisdom to distinguish  
the one from the other.

Living one day at a time,  
Enjoying one moment at a time,  
Accepting hardship as a pathway to peace,  
Taking, as Jesus did,  
This sinful world as it is,  
Not as I would have it,  
Trusting that You will make all things right,  
If I surrender to Your will,  
So that I may be reasonably happy in this  
life,  
And supremely happy with You forever in  
the next. Amen.

## **The Lord is with us**

The Lord is with us,  
with power to protect us.  
With strength to defend us.  
The Lord is with us.  
The Lord is with us,  
with wisdom to guide us.  
With peace to refresh us.  
The Lord is with us.  
The Lord is with us,  
with love to enfold us.  
With joy to crown us.  
The Lord is with us.  
The Lord is with us,  
this day and this night,  
Now and for ever.  
The Lord is with us.

# Prayers to end the day

1 Peter 5:6-7

**Humble yourselves, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.**

## A good night prayer

Heavenly Father, take from my mind this night all the worries and anxieties which would keep me from sleeping. Help me to make up my mind to bravely deal with the things which can be dealt with, and not to dwell on those things which I can do nothing about....but to leave them into your loving and capable hands.

Take from my body the tension which would keep me from relaxing; and help me to lean back in the clasp of the everlasting arms. (Deuteronomy 33:27)

Into your hands I commit all my loved ones and into your hands I commit myself, that in light and dark, in life and in death we may be safe.

Hear these prayers, I ask in Jesus name. Amen

(Psalm 16:1, 7-8)

**Keep me safe, O God,  
for I come to you for refuge.  
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.**

