**A screenshot of a cell phone

Description automatically generated**

**The parishes of St Hilda and St Columba, and St John**

**A picture containing text

Description automatically generatedJourneying With God In Isolation**

**Simple Night Prayer**

*Opening*

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

Amen.

Our help is in the name of the Lord

All who made heaven and earth.

*A period of silence for reflection on the past day may follow.*

*Penitence*

Most merciful God,

we confess to you,

before the whole company of heaven,

that we have sinned in thought, word and deed

and in what we have failed to do.

Forgive us our sins,

heal us by your Spirit

and raise us to new life in Christ. Amen.

O God, make speed to save us.

O Lord, make haste to help us.

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.

*Psalm 4*

Answer me when I call, O God of my righteousness;

you set me at liberty when I was in trouble;

have mercy on me and hear my prayer.

How long will you nobles dishonour my glory;

how long will you love vain things and seek after falsehood?

But know that the Lord has shown me his marvellous kindness;

when I call upon the Lord, he will hear me.

Stand in awe, and sin not;

commune with your own heart upon your bed, and be still.

Offer the sacrifices of righteousness

and put your trust in the Lord.

There are many that say, ‘Who will show us any good?’

Lord, lift up the light of your countenance upon us.

You have put gladness in my heart,

more than when their corn and wine and oil increase.

In peace I will lie down and sleep,

for it is you Lord, only, who make me dwell in safety.

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.

*A Passage of Scripture is read here*

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*

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

Glory to the Father and to the Son

and to the Holy Spirit.

Into your hands, O Lord, I commend my spirit.

*The Nunc dimittis (The Song of Simeon)*

Save us, O Lord, while waking,

and guard us while sleeping,

that awake we may watch with Christ

and asleep may rest in peace.

Now, Lord, 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.

*Luke 2.29-32*

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.

Save us, O Lord, while waking,

and guard us while sleeping,

that awake we may watch with Christ

and asleep may rest in peace.

Prayers - Intercessions and thanksgivings may be offered here.

*The Collect*

Visit this place, O Lord, we pray,

and drive far from it the snares of the enemy;

may your holy angels dwell with us and guard us in peace,

and may your blessing be always upon us;

through Jesus Christ our Lord.

Amen.

*The Lord’s Prayer.*

The Conclusion

In peace we will lie down and sleep;

The Lord bless us and watch over us;

the Lord make his face shine upon us and be gracious to us;

the Lord look kindly on us and give us peace. Amen.