

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

All Amen.

Our help is in the name of the Lord

All who made heaven and earth.

Ignatian Examen Reflection

Lord, I know that you **love me** and that you are with me right now.

Lord, **help me** to be aware of your presence in the people I've encountered and the experiences I've had this day.

Lord, **forgive me** for those moments when I have fallen short, times when I have not been the kind of person you want me to be.

Lord, **give me** a heart that is more like your own, so that I may be grateful for the many blessings of this day and in my life.

Lord, **grace me** with the strength to embrace what awaits in hopefulness, hands outstretched to whatever lies ahead.

Amen

OR this 24/7 reflection Pete Ward for 24/7 Prayer

Leader: Father, Son, Holy Spirit, I welcome you here.

The light is gone, the dark is here.

This night, each night, may I know the light of Your presence.

Thank you Father, that you have said you will never leave me or forsake me.

Leader: Where I have failed to walk in the path you have set before me.

All: Father, forgive.

Leader: When the world has worn me down.

All: Jesus, restore.

Leader: Where I have looked to my own strength rather than your strength.

All: Spirit, renew.

Lord, I surrender myself into your hands.

Leader: Those for whom I am praying, and the situations I am anxious for you to be at work in.

All: I release them into your hands.

Leader: Those whose lives I long to see transformed by the experience of your salvation,

All: I release them into your hands.

Leader: Those peoples and situations that urgently require your justice,

All: I release them into your hands.

Leader: Lord, all of my concerns I give to you.
Your yoke is easy and your burden is light.

All: Draw me near this night, Lord Jesus,

Leader: Your presence sustains me.
Hide me in the shadow of your wings,

All: Draw me near Lord Jesus.

Leader: May thoughts of your wonders fill my dreams,
Draw me near Lord Jesus.

All: Leader: That I might come to tomorrow refreshed,
Draw me near Lord Jesus.

Leader: Ready for the working or for the resting that you would put me to,

All: Draw me near this night, Lord Jesus.

Leader: Father, Son, Holy Spirit, be with me as I rest in You this night.

Amen

The Word of God

Psalmody

One or more of the following psalms may be used.

Psalm 91

- 1 Whoever dwells in the shelter of the Most High ♦
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold, ♦
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler ♦
and from the deadly pestilence.
- 4 He shall cover you with his wings
and you shall be safe under his feathers; ♦
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night, ♦
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness, ♦
nor of the sickness that destroys at noonday.
- 7 Though a thousand fall at your side
and ten thousand at your right hand, ♦
yet it shall not come near you.
- 8 Your eyes have only to behold ♦
to see the reward of the wicked.
- 9 Because you have made the Lord your refuge ♦
and the Most High your stronghold,
- 10 There shall no evil happen to you, ♦
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you, ♦
to keep you in all your ways.

12 They shall bear you in their hands, ♦
lest you dash your foot against a stone.
13 You shall tread upon the lion and adder; ♦
the young lion and the serpent you shall trample underfoot.
14 Because they have set their love upon me,
therefore will I deliver them; ♦
I will lift them up, because they know my name.
15 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.
16 With long life will I satisfy them ♦
and show them my salvation.

At the end of the psalmody, the following is said or sung

**All 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.**

Scripture Reading

One of the following short lessons or another suitable passage is read

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

The following responsory may be said

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

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

For you have redeemed me, Lord God of truth.

All I commend my spirit.

Glory to the Father and to the Son

and to the Holy Spirit.

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

Keep me as the apple of your eye.

All Hide me under the shadow of your wings.

Gospel Canticle

The Nunc dimittis (The Song of Simeon) is said or sung

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

1 Now, Lord, you let your servant go in peace: ♦
your word has been fulfilled.

2 My own eyes have seen the salvation ♦
which you have prepared in the sight of every people;

3 A light to reveal you to the nations ♦
and the glory of your people Israel.

**All 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. Amen.**

Intercessions and thanksgivings may be offered here.

The Collect

Lighten our darkness, Lord, we pray, and in your great mercy
defend us from all perils and dangers of this night,
for the love of your only Son, our Saviour Jesus Christ.

All Amen.

The Lord's Prayer (here) may be said.

**Our Father who art in heaven,
hallowed be thy name, thy kingdom come,
thy will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our trespasses
as we forgive those who trespass against us.
Lead us not into temptation but deliver us from evil.
For thine is the kingdom, the power, and the glory for ever and ever.
Amen.**

The Conclusion

In peace we will lie down and sleep;

All for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,

All for the night is at hand and the day is now past.

As the night watch looks for the morning,

All so do we look for you, O Christ.

[Come with the dawning of the day

All and make yourself known in the breaking of the bread.]

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. **All Amen.**