**COMPLINE : SATURDAY**

**Preparation**
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.

A period of silence for reflection on the past day may follow.
The following or other suitable words of penitence may be used

*All* Most merciful God,
we confess to you,
before the whole company of heaven and one another,
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.
*All* O Lord, make haste to help us.
*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.
Alleluia.

The following or another suitable hymn may be sung

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.
From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Antiphon:
Preserve me, O Lord, for in you have I taken refuge.

Psalm 14 (15)
1 Lord, who may dwell in your tabernacle? *
Who may rest upon your holy hill?
2 Whoever leads an uncorrupt life *
and does the thing that is right;
3 Who speaks the truth from the heart *
and bears no deceit on the tongue;
4 Who does no evil to a friend *
and pours no scorn on a neighbour;
5 In whose sight the wicked are not esteemed, *
but who honours those who fear the Lord.
6 Whoever has sworn to a neighbour *
and never goes back on that word;
7 Who does not lend money in hope of gain, *
nor takes a bribe against the innocent;
8 Whoever does these things *
shall never fall.

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 16 (17)
1 Hear my just cause, O Lord; consider my complaint; *
listen to my prayer, which comes not from lying lips.
2 Let my vindication come forth from your presence; *
let your eyes behold what is right.
3 Weigh my heart, examine me by night, *
refine me, and you will find no impurity in me.
4 My mouth does not trespass for earthly rewards; *
I have heeded the words of your lips.
5 My footsteps hold fast in the ways of your commandments; *
my feet have not stumbled in your paths.
6 I call upon you, O God, for you will answer me; *
incline your ear to me, and listen to my words.
7 Show me your marvellous loving-kindness, *
O Saviour of those who take refuge at your right hand
from those who rise up against them.
8 Keep me as the apple of your eye; *
hide me under the shadow of your wings,
9 From the wicked who assault me, *
from my enemies who surround me to take away my life.
10 They have closed their heart to pity *
and their mouth speaks proud things.
11 They press me hard, they surround me on every side, *
watching how they may cast me to the ground,
12 Like a lion that is greedy for its prey, *
like a young lion lurking in secret places.
13 Arise, Lord; confront them and cast them down; *
deliver me from the wicked by your sword.
14 Deliver me, O Lord, by your hand *
from those whose portion in life is unending,
15 Whose bellies you fill with your treasure,
who are well supplied with children and leave their wealth to their little ones.

16 As for me, I shall see your face in righteousness; * when I awake and behold your likeness, I shall be satisfied.

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 15 (16)

1 Preserve me, O God, for in you have I taken refuge; * I have said to the Lord, ‘You are my lord, all my good depends on you.’

2 All my delight is upon the godly that are in the land, * upon those who are noble in heart.

3 Though the idols are legion that many run after, * their drink offerings of blood I will not offer,? neither make mention of their names upon my lips.

4 The Lord himself is my portion and my cup; * in your hands alone is my fortune.

5 My share has fallen in a fair land; * indeed, I have a goodly heritage.

6 I will bless the Lord who has given me counsel, * and in the night watches he instructs my heart.

7 I have set the Lord always before me; * he is at my right hand; I shall not fall.

8 Wherefore my heart is glad and my spirit rejoices; * my flesh also shall rest secure.

9 For you will not abandon my soul to Death, * nor suffer your faithful one to see the Pit.

10 You will show me the path of life; in your presence is the fullness of joy * and in your right hand are pleasures for evermore.
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.

Antiphon:
Preserve me, O Lord, for in you have I taken refuge.

Short Reading:
A sabbath rest still remains for the people of God; for those who enter God’s rest also cease from their labours as God did from his. Let us therefore make every effort to enter that rest.
Hebrews 4.9-11a

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. Luke 2.29-32

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.

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.

Collect
Stay with us, O God, this night,
so that by your strength
we may rise with the new day
to rejoice in the resurrection of your Son,
Jesus Christ our Saviour.

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.

COMPLINE : SUNDAY

Preparation
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.

A period of silence for reflection on the past day may follow. 
The following or other suitable words of penitence may be used

All Most merciful God, 
we confess to you, 
before the whole company of heaven and one another, 
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. 
All O Lord, make haste to help us. 
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. 
Alleluia.
The following or another suitable hymn may be sung

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Antiphon:
Have mercy on me, Lord, and hear my prayer.

Psalm 4
1 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.
2 How long will you nobles dishonour my glory; *
how long will you love vain things and seek after falsehood?
3 But know that the Lord has shown me his marvellous kindness; *
when I call upon the Lord, he will hear me.
4 Stand in awe, and sin not; *
commune with your own heart upon your bed, and be still.
5 Offer the sacrifices of righteousness *
and put your trust in the Lord.
6 There are many that say, ‘Who will show us any good?’ *
Lord, lift up the light of your countenance upon us.
7 You have put gladness in my heart, * 
more than when their corn and wine and oil increase. 
8 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.

Psalm 90 (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.

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 133 (134)
1 Come, bless the Lord, all you servants of the Lord, *
you that by night stand in the house of the Lord.
2 Lift up your hands towards the sanctuary *
and bless the Lord.
3 The Lord who made heaven and earth *
give you blessing out of Zion.

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.

Antiphon:
Have mercy on me, Lord, and hear my prayer.
**Short Reading**
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. *Luke 2.29-32*

*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.

**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.

**Collect**
Almighty God,
by triumphing over the powers of darkness Christ has prepared a place for us in the new Jerusalem: may we, who have this day given thanks for his resurrection, praise him in the eternal city of which he is the light; through Jesus Christ our Lord.

**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.

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.

**COMPLINE : MONDAY**

**Preparation**
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.

A period of silence for reflection on the past day may follow.
The following or other suitable words of penitence may be used

Most merciful God,
we confess to you,
before the whole company of heaven and one another,
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.

Alleluia.

The following or another suitable hymn may be sung

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Antiphon:
The angel of the Lord encamps around those who fear him and delivers them.

Psalm 33 (34)
1 I will bless the Lord at all times; *
his praise shall ever be in my mouth.
2 My soul shall glory in the Lord; *
let the humble hear and be glad.
3 O magnify the Lord with me; *
let us exalt his name together.
4 I sought the Lord and he answered me *
and delivered me from all my fears.
5 Look upon him and be radiant *
and your faces shall not be ashamed.
6 This poor soul cried, and the Lord heard me *
and saved me from all my troubles.
7 The angel of the Lord encamps around those who fear him *
and delivers them.
8 O taste and see that the Lord is gracious; *
blessed is the one who trusts in him.
9 Fear the Lord, all you his holy ones, *
for those who fear him lack nothing.
10 Lions may lack and suffer hunger, *
but those who seek the Lord lack nothing that is good.
11 Come, my children, and listen to me; *
I will teach you the fear of the Lord.
12 Who is there who delights in life *  
and longs for days to enjoy good things?  
13 Keep your tongue from evil *  
and your lips from lying words.  
14 Turn from evil and do good; *  
seek peace and pursue it.  
15 The eyes of the Lord are upon the righteous *  
and his ears are open to their cry.  
16 The face of the Lord is against those who do evil, *  
to root out the remembrance of them from the earth.  
17 The righteous cry and the Lord hears them *  
and delivers them out of all their troubles.  
18 The Lord is near to the brokenhearted *  
and will save those who are crushed in spirit.  
19 Many are the troubles of the righteous; *  
from them all will the Lord deliver them.  
20 He keeps all their bones, *  
so that not one of them is broken.  
21 But evil shall slay the wicked *  
and those who hate the righteous will be condemned.  
22 The Lord ransoms the life of his servants *  
and will condemn none who seek refuge in him.

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.

Antiphon:  
The angel of the Lord encamps around those who fear him and delivers them.

Short Reading  
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*

*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. *Luke 2.29-32*

**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.

*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.

*Collect*  
Look down, O God, from your heavenly throne,  
illuminate the darkness of this night with your celestial brightness,  
and from the children of light banish the deeds of darkness;  
through Jesus Christ our Saviour.

*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.

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.

*COMPLINE : TUESDAY*

*Preparation*  
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.
A period of silence for reflection on the past day may follow. The following or other suitable words of penitence may be used

**All** Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
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.  
**All** O Lord, make haste to help us.  
**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.  
**Alleluia.**

The following or another suitable hymn may be sung

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Antiphon:
Marvellous are your works, my soul knows well.

Psalm 138 (139)
1 O Lord, you have searched me out and known me; *
you know my sitting down and my rising up;
you discern my thoughts from afar.
2 You mark out my journeys and my resting place *
and are acquainted with all my ways.
3 For there is not a word on my tongue, *
but you, O Lord, know it altogether.
4 You encompass me behind and before *
and lay your hand upon me.
5 Such knowledge is too wonderful for me, *
so high that I cannot attain it.
6 Where can I go then from your spirit? *
Or where can I flee from your presence?
7 If I climb up to heaven, you are there; *
if I make the grave my bed, you are there also.
8 If I take the wings of the morning *
and dwell in the uttermost parts of the sea,
9 Even there your hand shall lead me, *
your right hand hold me fast.
10 If I say, ‘Surely the darkness will cover me *
and the light around me turn to night,’
11 Even darkness is no darkness with you; the night is as clear as the day; *
darkness and light to you are both alike.
12 For you yourself created my inmost parts; *
you knit me together in my mother’s womb.
13 I thank you, for I am fearfully and wonderfully made; *
14 My frame was not hidden from you, *
when I was made in secret and woven in the depths of the earth.
15 Your eyes beheld my form, as yet unfinished; *
already in your book were all my members written,
16 As day by day they were fashioned *
when as yet there was none of them.
17 How deep are your counsels to me, O God! *
How great is the sum of them!
18 If I count them, they are more in number than the sand, *
and at the end, I am still in your presence.
19 O that you would slay the wicked, O God, *
that the bloodthirsty might depart from me!
20 They speak against you with wicked intent; *
your enemies take up your name for evil.
21 Do I not oppose those, O Lord, who oppose you? *
Do I not abhor those who rise up against you?
22 I hate them with a perfect hatred; *
they have become my own enemies also.
23 Search me out, O God, and know my heart; *
try me and examine my thoughts.
24 See if there is any way of wickedness in me *
and lead me in the way everlasting.

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.

Antiphon:
Marvellous are your works, my soul knows well.

Short Reading
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

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. Luke 2.29-32

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.

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.

Collect
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.

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.

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.

COMPLINE : WEDNESDAY

Preparation
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.

A period of silence for reflection on the past day may follow. The following or other suitable words of penitence may be used

Most merciful God,
we confess to you,
before the whole company of heaven and one another, 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.
Alleluia.

The following or another suitable hymn may be sung

Before the ending of the day, Creator of the world, we pray That you, with steadfast love, would keep Your watch around us while we sleep.

From evil dreams defend our sight, From fears and terrors of the night; Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

_Antiphon:_
_Be glad, you righteous, and rejoice in the Lord; shout for joy all who are true of heart._

_Psalm 31 (32)_

1 Happy the one whose transgression is forgiven, *
   and whose sin is covered.
2 Happy the one to whom the Lord imputes no guilt, *
   and in whose spirit there is no guile.
3 For I held my tongue; *
   my bones wasted away through my groaning all the day long.
4 Your hand was heavy upon me day and night; *
   my moisture was dried up like the drought in summer.
5 Then I acknowledged my sin to you *
   and my iniquity I did not hide.
6 I said, 'I will confess my transgressions to the Lord,' *
   and you forgave the guilt of my sin.
7 Therefore let all the faithful make their prayers to you in time of trouble; *
   in the great water flood, it shall not reach them.
8 You are a place for me to hide in; you preserve me from trouble; *
   you surround me with songs of deliverance.
9 'I will instruct you and teach you in the way that you should go; *
   I will guide you with my eye.
10 'Be not like horse and mule which have no understanding; *
   whose mouths must be held with bit and bridle, or else they will not stay near you.'
Great tribulations remain for the wicked, but mercy embraces those who trust in the Lord.

Be glad, you righteous, and rejoice in the Lord; shout for joy, all who are true of heart.

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 61 (62)

1 On God alone my soul in stillness waits; from him comes my salvation.
2 He alone is my rock and my salvation, my stronghold, so that I shall never be shaken.
3 How long will all of you assail me to destroy me, as you would a tottering wall or a leaning fence?
4 They plot only to thrust me down from my place of honour; lies are their chief delight; they bless with their mouth, but in their heart they curse.
5 Wait on God alone in stillness, O my soul; for in him is my hope.
6 He alone is my rock and my salvation, my stronghold, so that I shall not be shaken.
7 In God is my strength and my glory; God is my strong rock; in him is my refuge.
8 Put your trust in him always, my people; pour out your hearts before him, for God is our refuge.
9 The peoples are but a breath, the whole human race a deceit; on the scales they are altogether lighter than air.
10 Put no trust in oppression; in robbery take no empty pride; though wealth increase, set not your heart upon it.
11 God spoke once, and twice have I heard the same, that power belongs to God.
12 Steadfast love belongs to you, O Lord, * for you repay everyone according to their deeds.

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 132 (133)
1 Behold how good and pleasant it is * to dwell together in unity.
2 It is like the precious oil upon the head, * running down upon the beard,
3 Even on Aaron’s beard, * running down upon the collar of his clothing.
4 It is like the dew of Hermon * running down upon the hills of Zion.
5 For there the Lord has promised his blessing: * even life for evermore.

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.

Antiphon:
Be glad, you righteous, and rejoice in the Lord; shout for joy all who are true of heart.

Short Reading
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
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. Luke 2.29-32

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.

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.

_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.

_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._

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.

_COMPLINE : THURSDAY_

_Preparation_
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._

_A period of silence for reflection on the past day may follow._
_The following or other suitable words of penitence may be used_
Most merciful God,
we confess to you,
before the whole company of heaven and one another,
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.

Alleluia.

The following or another suitable hymn may be sung

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.
Psalm 101 (102)

1 O Lord, hear my prayer *
   and let my crying come before you.
2 Hide not your face from me *
   in the day of my distress.
3 Incline your ear to me; *
   when I call, make haste to answer me,
4 For my days are consumed in smoke *
   and my bones burn away as in a furnace.
5 My heart is smitten down and withered like grass, *
   so that I forget to eat my bread.
6 From the sound of my groaning *
   my bones cleave fast to my skin.
7 I am become like a vulture in the wilderness, *
   like an owl that haunts the ruins.
8 I keep watch and am become like a sparrow *
   solitary upon the housetop.
9 My enemies revile me all the day long, *
   and those who rage at me have sworn together against me.
10 I have eaten ashes for bread *
   and mingled my drink with weeping,
11 Because of your indignation and wrath, *
   for you have taken me up and cast me down.
12 My days fade away like a shadow, *
   and I am withered like grass.
13 But you, O Lord, shall endure for ever *
   and your name through all generations.
14 You will arise and have pity on Zion; *
   it is time to have mercy upon her; surely the time has come.
15 For your servants love her very stones *
and feel compassion for her dust.
16 Then shall the nations fear your name, O Lord, *
and all the kings of the earth your glory,
17 When the Lord has built up Zion *
and shown himself in glory;
18 When he has turned to the prayer of the destitute *
and has not despised their plea.
19 This shall be written for those that come after, *
and a people yet unborn shall praise the Lord.
20 For he has looked down from his holy height; *
from the heavens he beheld the earth,
21 That he might hear the sighings of the prisoner *
and set free those condemned to die;
22 That the name of the Lord may be proclaimed in Zion *
and his praises in Jerusalem,
23 When peoples are gathered together *
and kingdoms also, to serve the Lord.
24 He has brought down my strength in my journey *
and has shortened my days.
25 I pray, 'O my God, do not take me in the midst of my days; *
your years endure throughout all generations.
26 'In the beginning you laid the foundations of the earth, *
and the heavens are the work of your hands;
27 'They shall perish, but you will endure; *
they all shall wear out like a garment.
28 'You change them like clothing, and they shall be changed; *
but you are the same, and your years will not fail.
29 'The children of your servants shall continue, *
and their descendants shall be established in your sight.

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.
Antiphon:
Let my crying come before you.

Short Reading
Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith. 1 Peter 5.8,9

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. *Luke 2.29-32*

*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.

*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.

*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.

*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.

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.
COMPLINE : FRIDAY

Preparation
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.

A period of silence for reflection on the past day may follow.
The following or other suitable words of penitence may be used

All Most merciful God,
we confess to you,
before the whole company of heaven and one another,
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.
All O Lord, make haste to help us.
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.
Alleluia.

The following or another suitable hymn may be sung

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.
From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

Antiphon:
Deliver me in your righteousness, O Lord.

Psalm 30 (31)
1 In you, O Lord, have I taken refuge; let me never be put to shame; *
deliver me in your righteousness.
2 Incline your ear to me; *
make haste to deliver me.
3 Be my strong rock, a fortress to save me, for you are my rock and my
stronghold; *
guide me, and lead me for your name’s sake.
4 Take me out of the net that they have laid secretly for me, *
for you are my strength.
5 Into your hands I commend my spirit, *
for you have redeemed me, O Lord God of truth.
6 I hate those who cling to worthless idols; *
I put my trust in the Lord.
7 I will be glad and rejoice in your mercy, *
for you have seen my affliction and known my soul in adversity.
8 You have not shut me up in the hand of the enemy; *
you have set my feet in an open place.
9 Have mercy on me, Lord, for I am in trouble; *
my eye is consumed with sorrow, my soul and my body also.
10 For my life is wasted with grief, and my years with sighing; *
my strength fails me because of my affliction, and my bones are consumed.
11 I have become a reproach to all my enemies
and even to my neighbours, an object of dread to my acquaintances; *
when they see me in the street they flee from me.
12 I am forgotten like one that is dead, out of mind; *
I have become like a broken vessel.
13 For I have heard the whispering of the crowd; fear is on every side; *
they scheme together against me, and plot to take my life.
14 But my trust is in you, O Lord. *
I have said, ‘You are my God.
15 ‘My times are in your hand; *
deliver me from the hand of my enemies, and from those who persecute me.
16 ‘Make your face to shine upon your servant, *
and save me for your mercy’s sake.’
17 Lord, let me not be confounded for I have called upon you; *
but let the wicked be put to shame; let them be silent in the grave.
18 Let the lying lips be put to silence *
that speak against the righteous with arrogance, disdain and contempt.
19 How abundant is your goodness, O Lord, which you have laid up for those who fear you; *
which you have prepared in the sight of all for those who put their trust in you.
20 You hide them in the shelter of your presence from those who slander them; *
you keep them safe in your refuge from the strife of tongues.
21 Blessed be the Lord! *
For he has shown me his steadfast love when I was as a city besieged.
22 I had said in my alarm, ‘I have been cut off from the sight of your eyes.’ *
Nevertheless, you heard the voice of my prayer when I cried out to you.
23 Love the Lord, all you his servants; *
for the Lord protects the faithful, but repays to the full the proud.
24 Be strong and let your heart take courage, *
al you who wait in hope for the Lord.

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.

Antiphon:
*Deliver me in your righteousness, O Lord.*

Short Reading
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

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
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Gospel Canticle
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and guard us while sleeping,
that awake we may watch with Christ
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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. Luke 2.29-32

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.

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.

Collect
Lord Jesus Christ, Son of the living God,
who at this evening hour lay in the tomb
and so hallowed the grave
to be a bed of hope for all who put their trust in you:
give us such sorrow for our sins,
which were the cause of your passion,
that when our bodies lie in the dust,
our souls may live with you for ever.

The Conclusion
In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.
Abide with us, Lord Jesus,
for the night is at hand and the day is now past.
As the night watch looks for the morning,
so do we look for you, O Christ.

The Lord bless us and watch over us;
the Lord make his face shine upon us and be gracious to us;
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