

NIGHT PRAYER

THE PREPARATION

God grant us a quiet night and a perfect end. **Amen**

E te whānau / My brothers and sisters,
our help is in the name of the eternal God,
who is making the heavens and the earth.

A period of silence follows, for reflection on the past day.

Words of thanksgiving and / or penitence may be used; the following or some other.

Dear God,

**thank you for all that is good,
for our creation and our humanity,
for the stewardship you have given us of this planet earth,
for the gifts of life and of one another,
for your love which is unbounded and eternal.**

Or:

We repent the wrongs we have done:

Silence

We have wounded your love.

O God, heal us.

We stumble in the darkness.

Light of the world transfigure us.

We forget that we are your home.

Spirit of God, dwell in us.

Or:

Holy God,

holy and strong,

holy and immortal:

have mercy on us.

Eternal Spirit

flow through our being and open our lips,

that our mouths may proclaim your praise.

Let us worship the God of love.

Alleluia, alleluia.

A HYMN may be sung, the following or some other.

Before the ending of the day,

Creator of the world we pray,
that you, with love and lasting light,
would guard us through the hours of night.

From all ill dreams defend our eyes,
from nightly fears and fantasies;
redeem through us our evil foe,
that we no lasting harm may know.

O wisest Guide, grant all we ask,
fulfil in us your holy task,
surround us with your love and care,
and lead us on, your life to share.

The following, or the appropriate seasonal doxology:

All praise to God, sustaining us,
redeeming and transforming us,
thanksgiving in eternity,
all praise, beloved Trinity.

THE WORD OF GOD

THE PSALMODY

One or more of the following psalms may be used.

Psalm for Sundays.

Psalm 65

A Version for New Zealand

- 1 Praise is your due O God in the holy city;
promises made to you shall be fulfilled;
prayer you always listen to.
- 2 You accept all who come to you with shame;
sin would overwhelm us, but you wash it away.
- 3 Blest is anyone you choose to live with you;
your house is an inspiration, a hallowed place.
- 4 You spread your justice, God our Saviour,
across the world to the farthest oceans.
- 5 You have laid down the mountain ranges
and set them fast;
you make the seas calm
and the sounds peaceful;
you reconcile the peoples who dwell here.
- 6 So in this corner of the earth

- we wonder at your deeds;
at the meeting of east and west
we sing your praise.
- 7 You water the land and make it flourish,
from your own bursting river.
- 8 To provide our crops,
you plough and irrigate the land,
softening it with rain to make it fruitful;
a record harvest is achieved,
and the stores are overflowing,
- 9 The tussock land becomes pasture
and the brown hills turn green;
the paddocks are crowded with sheep
and the plains thick with wheat;
the world itself a canticle of praise.

Psalm for Mondays

Psalm 23

- 1 Dear God, you sustain me and feed me:
like a shepherd you guide me.
- 2 You lead me to an oasis of green,
to lie down by restful waters.
- 3 You refresh my soul for the journey,
and guide me along trusted roads.
- 4 The God of justice is your name.
Though I must enter the darkness of death,
I will fear no evil.
- 5 For you are with me,
your rod and staff comfort me.
- 6 You prepare a table before my very eyes,
in the presence of those who trouble me.
- 7 You anoint my head with oil,
and you fill my cup to the brim.
- 8 Your loving kindness and mercy will meet me
every day of my life,
and I will dwell in the house of my God for ever.

Psalm for Tuesdays

Psalm 143

- 1 Hear my prayer O Lord:

- in your faithfulness give heed to my pleading,
And answer me in your righteousness.
- 2 Do you put your servant on trial:
for in your sight no one living is innocent.
- 3 For my enemies have hunted me down,
and beaten me to the ground:
they have made me inhabit darkness,
like those who have long been dead.
- 4 Therefore my spirit faints within me:
and my heart is numb with grief.
- 5 Yet I remember times past,
I think about all you have done:
I meditate on the works of your hands.
- 6 I stretch out my hands to you:
I thirst for you as a parched land thirsts for rain.
- 7 Make haste to answer me Lord,
for my spirit is failing:
do not hide your face from me,
or I shall be like those who go down to the dead.
- 8 Let me hear of your steadfast love in the morning:
for in you I have put my trust.
- 9 Show me the way I should walk in:
for to you I lift up my soul.
- 10 Deliver me Lord from my enemies:
for I have fled to you for refuge.
- 11 Teach me to do your will for you are my God:
let your good spirit lead me on an even path.
- 12 Keep me safe O Lord for your name's sake:
and for your righteousness' sake
bring me out of trouble.

Psalm for Wednesdays

Psalm 91

- 1 Whoever dwells in the shelter of the Most High:
and passes the night
under the shadow of the Almighty,
- 2 will say to the Lord,
“You are my refuge and my stronghold:
my God in whom I trust.”
- 3 The Lord will free you

- from the snare of the hunter:
and from the destroying pestilence.
- 4 The wings of the Most High will cover you,
and you will be safe
under the feathers of the Almighty:
the faithfulness of the Lord will
be your shield and defence.
- 5 You will 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 plague that lays waste at noon.
- 7 A thousand may fall beside you,
ten thousand at your right hand:
but you will remain unscathed.
- 8 You have only to look with your eyes:
to see the reward of the wicked.
- 9 Because you have said, 'The Lord is my refuge':
and made the Most High your stronghold,
- 10 there shall no evil befall you:
no plague shall come near your dwelling.
- 11 For the angels of God have been charged:
To keep you in all your ways.
- 12 They shall bear you up in their hands:
lest you should strike your foot against a stone.
- 13 You shall tread on the asp and the adder:
The viper and the serpent
you shall trample under foot.
- 14 Because they have set their love upon me
I will deliver them:
I will uphold them because they know my name.
- 15 When they call to me I will answer:
I will be with them in trouble,
I will rescue them and bring them to honour.
- 16 With long life I will satisfy them:
And show them my saving power.

Psalm for Thursdays

Psalm 121

- 1 I will lift up my eyes to the mountains,
but where shall I find help?

- 2 From you alone, O God, does my help come,
creator of the ever changing hills.
- 3 You will not let me stumble
on the rough pathways,
you care for me and watch over me
without ceasing.
- 4 I am sure that the Guardian of my people
neither slumbers nor sleeps.
- 5 The God of all nations keeps watch,
like a shadow spread over me.
- 6 So the sun will not strike me by day,
nor the moon by night.
- 7 You will defend me in the presence of evil,
you will guard my life.
- 8 You will defend my going out and my coming in,
this night and always.

Psalm for Fridays

Psalm 88

- 1 O Lord my God, I call for help day by day:
and I cry out to you by night.
- 2 Let my prayer enter into your presence:
and turn your ear to my cry.
- 3 For my soul is full of trouble:
and my life is on the brink of the grave.
- 4 I am counted among those who go
down to the pit of death:
I am a person quite drained of strength,
5 like one forsaken among the dead,
like the slain in battle who lie in the grave:
whom you remember no more,
cut off as they are from your care.
- 6 You have put me in the lowest abyss:
In a place of darkness in the depths.
- 7 Your wrath lies heavy upon me:
you overwhelm me with all your waves.
- 8 You have taken away my friends,
and made me loathsome in their sight:
I am imprisoned and cannot escape.
- 9 My eyes grow dim with sorrow:

- Lord I have called to you every day,
and stretched out my hands in prayer.
- 10 Do you work wonders for the dead:
will the shades rise up to praise you?
- 11 Do they speak of your love in the grave:
or of your faithfulness
in the place of destruction?
- 12 Will your wonders be known in the darkness:
or your saving help in the land of oblivion?
- 13 Yet Lord I cry to you:
in the morning my prayer comes before you.
- 14 Lord why do you cast me off:
why do you hide your face from me?
- 15 From my childhood I have suffered,
and come near to death:
helpless I have borne your terrors.
- 16 Your fury has swept down upon me:
and your dread assaults have utterly crushed me.
- 17 They surround me like a flood all the day long:
they close in on me from every side.
- 18 Friend and acquaintance
you have taken away from me:
and my one companion is darkness.

Psalm for Saturdays

Psalm 4

- 1 Answer me when I call, O God,
for you are the God of justice.
You set me free when I was hard-pressed:
be gracious to me now and hear my prayers.
- 2 Men and women,
how long will you turn my glory to my shame?
How long will you love what is worthless
and run after lies?
- 3 Know that God has shown me
such wonderful kindness:
when I call out in prayer, God hears me.
- 4 Tremble, admit defeat, and sin no more.
Look deep into your heart
before you sleep and be still.

- 5 Bring your gifts, just as you are,
and put your trust in God.
Many are asking, Who can make us content?
- 6 The light of your countenance has gone from us,
O God.
Yet you have given my heart more gladness
than those
whose corn and wine and oil increase.
- 7 I lie down in peace and sleep comes at once,
for in you alone, O God, do I dwell unafraid.

THE READING

You, Lord, are in the midst of us and we are called by your name; do not forsake us! *Jeremiah 14.9*

Or

Sundays:

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night; they need no light of lamp or sun, for God will be their light, and they will reign for ever and ever. *Revelation 22 4-5*

Mondays:

In returning and rest, you shall be saved; in quietness and trust shall be your strength. *Isaiah 30.15*

Tuesdays:

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 11.28-30

Wednesdays:

Humble yourselves under the mighty hand of God, so that in due time you may be exalted. Cast all your anxiety on God, who cares for you. *1 Peter 5.6-7*

Thursdays:

Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith.

1 Peter 5.8-9

Fridays:

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*

Saturdays:

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 4.9-11*

THE RESPONSORY may be said.

Into your hands, O God,

I commend my spirit. (Alleluia! Alleluia!)

Into your hands, O God,

I commend my spirit. (Alleluia! Alleluia!)

For you have redeemed me, O God of truth and love.

I commend my spirit. (Or Alleluia! Alleluia!)

Glory to the Father, and to the Son,
and to the Holy Spirit:

Into your hands, O God,

I commend my spirit. (Alleluia! Alleluia!)

Keep me, O God, as the apple of an eye;

Ko koe hei totara whakamarumarū mōku;

hide me under the shadow of your wings.

huna ahau ki raro i ōu parirau.

THE GOSPEL CANTICLE: THE NUNC DIMITTIS

Refrain:

ORDINARY DAYS

Preserve us, O God, while waking,

and guard us while sleeping,

that awake we may watch with Christ,

and asleep may rest in your peace.

Or ON HOLY DAYS

**Alleluia. The Lamb who was slain
has conquered. Alleluia.**

All who follow the Way will share in the victory. Alleluia, Alleluia.

SONG OF SIMEON *Nunc Dimittis*

**+Praise be to God, I have lived to see this day.
God's promise is fulfilled, and my duty done.**

**At last you have given me peace,
for I have seen with my own eyes
the salvation you have prepared for all nations -
a light to the world in its darkness,
and the glory of your people Israel.**

**Glory be to God, sustaining, redeeming, sanctifying,
as in the beginning, so now, and for ever. Amen.**

The refrain is repeated after the canticle.

THE PRAYERS

Intercessions and thanksgivings may be offered here, or at any point in this section.

THE COLLECT

Be our light in the 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. **Amen.**

Or

Sundays:

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. **Amen.**

Mondays:

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.**

Tuesdays:

Look down, Lord, from your heavenly throne.
Illuminate the darkness of this night
with your celestial brightness,
and from us, the children of light,
banish for ever the deeds of darkness;
through Jesus Christ our Saviour. **Amen.**

Wednesdays:

Visit this place, O Lord, we pray,
drive far from it all 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.**

Thursdays:

Dear Lord,
watch with those who wake or watch or weep tonight,
and give your angels charge over those who sleep;
tend your sick ones,
rest your afflicted ones, shield you joyous ones,
and all, for your loves sake. **Amen.**

Fridays:

O living God, in Jesus Christ you were laid in the tomb at this evening hour, and so sanctified the grave to be a bed of hope to your people. Give us courage and faith to die daily to our sin and pride, that even as this flesh and blood decays, our lives may grow in you, that at our last day our dying may be done so well that we live in you for ever. **Amen.**

Saturdays:

Come to visit 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. **Amen.**

THE LORD'S PRAYER *may be said*
[As we come to the ending of the day,
let us pray as our Redeemer has taught us:]

Our Father in heaven

A devotional ANTHEM may be sung here, or after the blessing.

THE BLESSING

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.

[Come with the dawning of the day
**And make yourself known
in the breaking of the bread.]**

SUNDAY:

To God the Creator,
who loved us first and gave this world to be our home,
to God the Redeemer,
who loves us and by dying and rising
pioneered the way of freedom,
to God the Sanctifier,
who spreads the divine love in our hearts,
be praise and glory for time and for eternity. **Amen.**

MONDAY

O God,
strengthen your servants with your heavenly grace,
that we may continue yours for ever,
and daily increase in your Holy Spirit more and more,
until we come to your everlasting kingdom. **Amen.**

TUESDAY

Blessing, light, and glory surround us
and scatter the darkness of the long and lonely night. **Amen.**

WEDNESDAY

Christ be within us to keep us,
beside us to guard,
before us to lead,
behind us to protect,
beneath us to support,
above us to bless. **Amen.**

THURSDAY

God bless us and keep us,
God's face shine on us and be gracious to us,
and give us light and peace. **Amen.**

FRIDAY

O God of love and mercy,

grant us, with all your people, rest and peace. **Amen.**

SATURDAY

The blessing of God, the eternal goodwill of God, the shalom of God, the wildness and the warmth of God, be among us and between us, now and always. **Amen.**

The divine Spirit dwells in us,
Kia noho te Wairua o te Runga Rawa ki a tātou.

**Thanks be to God,
Whakamoemititia a Ihowa.**

ALTERNATIVES FOR THE SEASONS

Advent

Doxology

To you, O Christ, all glory be,
Whose advent sets your people free;
Whom, with the Father, we adore,
And Holy Spirit, evermore.

Reading

“Therefore keep awake — for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.” *Mark 13.35-end*

Refrain

**Come, O Lord,* and visit us in peace;
let us rejoice before you with a perfect heart.**

Collect

Stir up your power, O God,
and come among us.
Heal our wounds,
calm our fears
and give us peace;
through Jesus our Redeemer. **Amen**

Blessing

Restore us again, O God of hosts,
Show us the light of your countenance
and we shall be saved.
Bless and keep us, this night and always. **Amen**

Christmas

Doxology

Lord Jesus, King of heaven and earth:
We praise you for your virgin birth;
You are the Father's only Son,
With God the Spirit, ever one.

Reading

In him was life and the life was the light of all people. The light shines in the darkness and the darkness did not overcome it. *John 1.4-5*

Refrain

**Alleluia! * The Word was made flesh, alleluia!
And dwelt among us. Alleluia! Alleluia!**

Collect

We give you thanks, O God,
for the gift to the world of our Redeemer;
as we sing your glory at the close of this day,
so may we know his presence in our hearts,
who is our Saviour and our Lord,
now and for ever. **Amen**

Blessing

May the love of the Word made flesh enfold us,
his joy fill our lives,
his peace be in our hearts;
and the blessing of God be with us
this night and always. **Amen**

Epiphany

Doxology

Your glory, Christ, is manifest;
All peoples, Lord, by you are blest;
Whom, with the Father, we adore,

And Holy Spirit evermore.

Reading

The grace of God has appeared, bringing salvation to all. *Titus 2.11*

Refrain

**Alleluia!* Christ the light of the world, alleluia!
Has manifested his glory. Alleluia! Alleluia!**

Collect

Sovereign of sovereigns and Ruler of rulers,
making the true light to shine;
be our light in the darkness now and evermore
that with our lips and in our lives
we may praise you;
for you are our God, now and for ever. **Amen**

Blessing

May the living waters of Christ cleanse us,
may the Spirit descend upon us,
and the blessing of God be with us
this night and always. **Amen**

Lent

Doxology

Grant, ever blessèd Trinity,
and ever perfect Unity,
That this, our fast of forty days,
May work our profit and your praise.

Reading

Is not this the fast that I choose; to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them and not to hide yourself from your own kin? *Isaiah 58 6-7*

Refrain

Christ died for us,* so that, whether we wake or sleep, we might live with him.

Collect

Almighty God,
may we, by the prayer and discipline of Lent,
enter into the mystery of Christ's sufferings;
that by following in the Way,
we may come to share in the glory;
through Jesus Christ our Lord. **Amen**

Blessing

May God bless us,
that in us may be found love and humility
obedience and thanksgiving,
discipline, gentleness and peace. **Amen**

Passiontide

Doxology

To you, O saving Three in One,
Let homage due by all be done;
And grant us, by the cross restored,
To share the Victor's great reward.

Reading

On that day, I will pour out on my people a spirit of compassion so that, when they look on the one whom they have pierced, they shall mourn for him, as one mourns for an only child, and weep bitterly over him, as one weeps over a first-born.

Zechariah 12. 8,10

Refrain

**Christ himself bore our sins
in his body on the tree,*
that we might die to sin
and live to righteousness.**

Collect

Almighty God,
as we stand at the foot of the cross of your Son,
help us to see and know your love for us,
so that in humility, love and joy
we may place at his feet
all that we have and all that we are;

through Jesus Christ our Saviour. **Amen**

Blessing

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**

Easter

Doxology

All praise be yours, O risen Lord,
From death to endless life restored;
Whom, with the Father, we adore
And Holy Spirit evermore.

Reading

The servants of the Lamb shall see the face of God, whose name will be on their foreheads. There will be no more night; they need no light of lamp or sun, for God will be their light, and they will reign for ever and ever. *Revelation 22. 4-5*

Refrain

**Alleluia!* The Lord is risen, alleluia!
as he promised to you. Alleluia! Alleluia!**

Collect

God, through the mighty resurrection
of your Son, Jesus Christ,
you have delivered us from the power of darkness
and brought us into the kingdom of your love:
grant that as he was raised from the dead
so we may walk in newness of life
and seek those things which are above;
where with you, Father, and the Holy Spirit,
he is alive and reigns,
now and for ever. **Amen.**

Blessing

May the risen Lord Jesus watch over us and renew us
as he renews the whole of creation.
May our hearts and lives echo his love. **Amen.**

Pentecost

Doxology

To God the Father, God the Son,
And God the Spirit praise be done:
May Christ the Lord upon us pour
The Spirit's gift for evermore.

Reading

I will pour out my spirit on all flesh; your sons and your daughters shall prophesy.
The old shall dream dreams and the young see visions. *Joel 2.28*

Refrain

**Alleluia!* The Holy Spirit, the Advocate, alleluia!
shall teach you all things. Alleluia! Alleluia!**

Collect

Be present, Spirit of God, within us,
your dwelling place and home,
that this place may be one where all darkness
 is penetrated by your light,
all troubles calmed by your peace,
all evil redeemed by your love,
all pain transformed in your suffering
and all dying glorified in the risen life
of our Saviour, Jesus Christ. **Amen**

Blessing

May the Holy Spirit of God bless and sanctify us
so that we may be consecrated in the truth. **Amen.**

All Saints' to Advent

Doxology

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.

Reading

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and the God of peace will be with you. *Philippians 4. 8*

Refrain

**O King most blessed,*
on the day of judgement
number us among your chosen.**

Collect

O God,
who in the work of creation
commanded the light to shine out of darkness:
we pray that the light of the glorious gospel of Christ
may shine into the hearts of all your people,
dispelling the darkness of ignorance and unbelief
and revealing to them the knowledge of your glory
in the face of Jesus Christ our Lord. **Amen**

Blessing

May God's love surround us,
God's joy fill our lives,
God's peace be in our hearts,
and God's blessing be with us
this night and always. **Amen.**