

## Night Prayer (from the New Zealand Prayer Book)

Robin: The angels of God guard us through the night,

**Everyone: and quieten the powers of darkness.**

Robin: The Spirit of God be our guide

**Everyone: to lead us to peace and to glory.**

Robin: It is but lost labour that we haste to rise up early,  
and so late take rest, and eat the bread of anxiety.  
For those beloved of God are given gifts even while they sleep.

*Silence*

Robin: our help is in the name of the eternal God,

**Everyone: who is making the heavens and the earth.**

**Volunteer1: Dear God,**

**thank you for all that is good,  
for our creation and for 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.  
O thou, most holy and beloved,  
my Companion, my Guide upon the way,  
my bright evening star.**

Robin: We repent the wrongs we have done:

*Silence*

Robin: We have wounded your love.

**Everyone: O God, heal us.**

Robin: We stumble in the darkness.

**Everyone: Light of the world transfigure us.**

Robin: We forget that we are your home.

**Everyone: Spirit of God, dwell in us.**

**Volunteer2: Eternal Spirit, living God,**  
in whom we live and move and have our being,  
all that we are, have been, and shall be is known to you,  
to the very secret of our hearts  
and all that rises to trouble us.  
Living flame burn into us,  
cleansing wind, blow through us,  
fountain of water, well up within us,  
that we may love and praise in deed and in truth.

### **Invocation**

Robin: Eternal Spirit, flow through our being and open our lips,

**Everyone: that our mouths may proclaim your praise.**

Robin: Let us worship the God of love.

**Volunteer 3: The Psalm (Choose One Per Night) (These versions are from the book: Psalms for Young Children by Marie-Helene Delval).**

Psalm 4

God, When I am in my bed at night, I think about you. And then I'm not scared of anything. I can fall asleep quietly and in peace.

Psalm 23

God is my shepherd. He leads me in the right direction. And even if I have to walk in a dark place, I am not scared. I know nothing will hurt me if I walk with God.

Psalm 91

When I trust in God, it's like being wrapped in a warm blanket. With God on my side, I am not scared of anything – not during the day, not during the night.

Psalm 139

God, you know me so well. You always know what I am thinking and feeling. You know what I am going to say before I say it! Even in the night, you can see me – you know my secrets, you know my fears. I praise you for making me who I am.

## A Reading

**Volunteer 4:** Do not ask anxiously, What are we to eat? What are we to drink? What shall we wear? The whole world runs after such things. Set your heart and mind on God's commonwealth and justice first, and all the rest will come to you as well. So do not be anxious about tomorrow. Today has enough problems of its own; tomorrow can look after itself.

**(PLEASE MUTE YOUR MICROPHONE BUT PRAY ALONG)**

**Volunteer 5 leads Everyone:**

God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at my end, and at my departing.

**(YOU CAN UNMUTE YOUR MICROPHONE NOW)**

## Prayers

Robin: Into your hands, O God, I commend my spirit,

**Everyone: for you have redeemed me, O God of truth and love.**

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

**Everyone: hide me under the shadow of your wings.**

**Everyone: 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.**

## Song of Simeon

**Volunteer 6: 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 God, sustaining, redeeming, sanctifying,**

**as in the beginning, so now, and for ever.**

**Amen.**

## The Lord's Prayer

**(PLEASE MUTE YOUR MICROPHONE FOR LORDS PRAYER)**

**Everyone: Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

**(YOU CAN UNMUTE YOUR MICROPHONE NOW)**

**Robin: I will lie down in peace and take my rest,**

**Everyone: for it is in God alone that I dwell unafraid.**

**Robin: Let us bless the Earth-maker, the Pain-bearer, the Life-giver,**

**Everyone: let us praise and exalt God above all for ever.**

Robin: May God's name be praised beyond the furthest star,  
**Everyone: glorified and exalted above all for ever.**

Robin: God our Creator, our centre, our friend,  
we thank you for our good life,  
for those who are dear to us,  
for our dead, and for all who have helped and influenced us.  
We thank you for the measure of freedom we have,  
and the extent to which we control our lives;  
and most of all we thank you for the faith that is in us,  
for our awareness of you and our hope in you.  
Keep us, we pray you, thankful and hopeful  
and useful until our lives shall end.

Everyone: **Amen.**

**(PLEASE MUTE YOUR MICROPHONE BUT PRAY ALONG)**

**Volunteer 7 leads Everyone:**

Lord,  
it is night.  
The night is for stillness.  
Let us be still in the  
presence of God.  
It is night after a long  
day.  
What has been done has  
been done;  
what has not been done  
has not been done;  
let it be.  
The night is dark.  
Let our fears of the  
darkness of the world  
and of our own lives  
rest in you.

The night is quiet.  
Let the quietness of  
your peace enfold us,  
all dear to us,  
and all who have no  
peace.  
The night heralds the  
dawn.  
Let us look expectantly  
to a new day,  
new joys,  
new possibilities.  
In your name we pray.  
  
Amen.

**(YOU CAN UNMUTE YOUR MICROPHONE NOW)**

Robin: 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.

Robin: The divine Spirit dwells in us.

**Everyone: Thanks be to God.**