



A Pilgrim’s Nighttime Praise

Opening: (Psalm 124:8)

My help is in the name of the Lord who made heaven and earth. The Lord grant me a restful night and peace at the last. Guard me, O Lord, as the apple of your eye. Alleluia! Hide me ‘neath the shelter of your wing. Amen.

Psalm 4 Night prayer †



Answer me when I call, O God, defender of my cause; you set me free when I was in distress;* have mercy on me and hear my prayer.

“You mortals, how long will you dishonor my glory;* how long will you love illusions and seek after lies?”



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“You mortals, how long will you dishonor my glory;* how long will you love illusions and seek after lies?”

Know that the LORD does wonders for the faithful;* the LORD will hear me when I call.

Tremble, then, and do not sin;* speak to your heart in silence upon your bed. Offer the appointed sacrifices,* and put your trust in the LORD.

Many are saying, “Who will show us any good?”* Let the light of your face shine upon us, O LORD. You have put gladness in my heart,* more than when grain and wine abound.

In peace, I will lie down and sleep; for you alone, O LORD, make me rest secure.

Praise the Father, the Son, and the Holy Spirit both now and forever.

The God who is, who was, and is to come at the end of the ages.

Psalm 91 Under the wing of God’s protection

You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty—

you will say to the LORD, “My refuge and my stronghold, my God in whom I put my trust.”

For God will rescue you from the snare of the hunter and from the deadly plague.

Know that the LORD does wonders for the faithful;* the LORD will hear me when I call.

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For God will rescue you from the snare of the hunter and from the deadly plague.

God’s wings will cover you,* and you will find refuge beneath them; God’s faithfulness will be your shield and defense.

You shall not fear any terror in the night, nor the arrow that flies by day;

nor the plague that stalks in the darkness, nor the sickness that lays waste at noon.

A thousand may fall at your side and ten thousand at your right hand,* but it will not come near you.

You will only have to look with your eyes, and you will see the reward of the wicked.

Because you have made the LORD your refuge, and the Most High your habitation,

no evil will befall you, nor shall affliction come near your dwelling.

For God will give the angels charge over you, to guard you in all your ways.

Upon their hands they will bear you up, lest you strike your foot against a stone.

You will tread upon the lion cub and viper; you will trample down the lion and the serpent.

I will deliver those who cling to me; I will uphold them, because they know my name.

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They will call me, and I will answer them; I will be with them in trouble; I will rescue and honor them.

With long life will I satisfy them, and show them my salvation.

Silence

We Sing To You At Close of Day - PHL [Tallis Canon]

We sing to you at close of day. Creator of the world we pray that you will stay throughout the night and guard us ‘gainst all nightly fright.

Our hearts with Christ their vigil keep, as we repose in peaceful sleep. May we in deep communion be united with the One-yet-Three.

The day now done our labors cease, we turn to you for promised peace, and give to you unfinished things and seek our shelter ‘neath your wings.

Night Collect (Psa. 127; Isa. 30:15; 1Tim. 6:19)

Lord have mercy.
Christ Have Mercy.
Lord have Mercy.

God of rest, you make your creatures not only for labor but for rest. You sent your prophet to remind me, “In returning and in rest is your salvation,” and again in the question of the Psalmist, “Why do you rise up early and go late to your rest, eating the bread of anxious toil —

They will call me, and I will answer them; I will be with them in trouble; I will rescue and honor them.

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when the Lord gives sleep to his beloved?” Grant me a night of restful slumber. As I slip beneath the surface of consciousness, immerse me again in your creative love and renew me — that I might rise again in you and live the life that really is life to the glory of God the Father, and the Son, and the Holy Spirit. Amen.

Final Blessing (Psa. 127; Luke 2:25-29; Rom. 12:1-2)

Go to your rest in the certain knowledge that, “God pours gifts on the beloved while they slumber.” May I be a faithful servant departing in peace and may the only thing which disturbs my slumber be the work of God’s Spirit calling me to a transformed life in Christ. May the all-powerful Lord, grant me a restful night and a peaceful death. Amen.

Salve Regina [Modeled after Monastery of the Holy Spirit, Conyers GA]

O Hail Holy Queen — Mother of Mercy!
Hail our life, our sweetness, and our hope!
To you do we cry, poor banished children of Eve!
To you do we send up our sighs, mourning and weeping, through this veil of tears.
Turn then, most gracious advocate, your eyes of mercy toward us!
And after this, our exile, show unto us the blessed fruit of your womb, Jesus.
O Clement! O Loving! O Sweet Virgin Mary!
Alleluia!

† *The Psalms are taken from The Book of Common Worship: Daily Prayer, Westminster John Knox Press.*

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