



## 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. 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 some 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.

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

Know that the LORD does wonders for the faithful;\*  
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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 His 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.

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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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.

### Hymn: *At Close of Day* - PHL (AR HYD Y NOS)

Come now friends let’s sing our praises at close of day.  
Though it’s dark God’s love still blazes showing the way.  
Light of life through darkness shining, will and hope of God defining.  
May we rest of God reclining at close of day.

Gather up your dreams and visions worked on today.  
All the thorny, hard decisions come let us pray. Pray that God in all our labors, teaches us to love our neighbors, and we come to feel God’s favor at close of day.

Now the hour has come for sleeping, let us retire. Rest secure in God’s safe-keeping while dreams inspire.  
May our rest be so restoring that our lives with grace out-pouring show that we, our God adoring, to love aspire.

### Night Collect: (John 14:27)

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

Peaceful God, you say to me, “Peace I leave with you;  
my peace I give to you . . . Do not let your heart be troubled and do not be afraid.” Instill in me this hour such peacefulness that with ease I can commit to your care everything which would make me troubled and

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afraid. As I rest, may I come into that deeper communion with you which heals my wounds and encourages my faith — that I might arise from my rest eager to serve you in faithfulness. I ask this in the name of my risen Lord, the Prince of Peace. Amen.

### Final Blessing: (Philippians 2:5-8)

May I go now in peace to love and serve the Lord, who though he was equal to God did not consider his position as something to be exploited — but rather emptied himself in sacrificial service to all. May his peace enfold me. May his strength sustain me. May his Spirit befriend me. May his calling define me. 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. Used by Permission.

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