

A GUIDE FOR DAILY PRAYER

Introduction

The 17th-century Anglican bishop Jeremy Taylor famously said, “Pray frequently and effectually; I had rather your prayers should be often than long.”

Devoted to Prayer is a devotional aid to help you build a habit of more regular and purposeful prayer, with daily Scripture readings and reflections from the lives of saints who have gone before. It is arranged in the Lutheran prayer tradition and suitable for all Christians seeking a deeper relationship with God.

This guide includes three times of prayer (Morning, Evening, Close of Day) for every day of the year.

Traditionally, these prayers were observed at set times:

Morning—upon waking, or with breakfast;

Evening—at end of work day, or with dinner;

Close of Day—before sleep, or when the family retires.

Using *Devoted to Prayer* does not require you to pray all three times a day. You should choose a frequency of prayer that is suitable to your growth as a disciple of Jesus. Many who use this book may only pray twice a day at times most convenient for them. Begin where you are.

As you strengthen your habit of prayer, we recommend the following practices:

For those BEGINNING a practice of daily prayer...

- Commit to pray at least once a day.
- Keep your prayers brisk so that you do not feel overburdened by the daily effort.
- Memorize THE LORD’S PRAYER and CONFESSION.
- Pray freely for your felt needs when prompted by PERSONAL PRAYER.
- Read simply the gospel passage from the LESSONS for the day.

For those GROWING into the rhythms of daily prayer...

- Commit to pray at least two times per day.
- Memorize each opening ANTIPHON.
- In your PERSONAL PRAYERS, pray in specific ways for the church, the world, your government, and your loved ones.
- Use the full Bible reading plan for the LESSONS.

For those with a MATURE habit of daily prayer...

- Commit to praying all three times per day. Vary the pace of your prayers as the Lord directs you. Use the prayers for festivals and commemorations and learn about the lives of the saints.

- Memorize the PSALMS and CANTICLES.
- Collect and track PERSONAL PRAYERS in a journal. Give thanks to God for answered prayer and pray for friends and family who do not know the Lord.
- Supplement the LESSONS with a Bible Study Guide or a commentary
- Learn how to sing or chant the prayer services. Visit thenalc.org/worship to find the music.

Why Pray At Set Times?

Building a habit of daily prayer ensures that a Christian’s relationship with God is not forgotten throughout the day. It reminds us that we are to “pray without ceasing” in every context of our lives.

Since the earliest days of the church, Christians have prayed at set times. This practice was the continuation of an older Jewish tradition attested in the Psalms: “Evening and morning and at noon I utter my complaint and moan, and he hears my voice” (Psalm 55:17).

Throughout the Middle Ages, monasteries and cathedral churches—inspired by Psalm 119:164—continued the practice by praying seven times a day. The frequency and complexity of the “Daily Office” gradually excluded the laity from the prayers of the church. By the eve of the Reformation, sadly, these prayers were almost the sole domain of the clergy and monks.

During the Reformation, leaders such as Martin Luther and Thomas Cranmer sought to recover the church’s ancient heritage of regular prayer by translating and simplifying medieval rites for ordinary Christians.

Since then, Lutheran churches, seminaries, and homes have recovered the Daily Office through the *Lutheran Book of Worship* and other Lutheran liturgical resources.

Today, many websites and apps exist to make the Daily Office available and convenient for the lay Christian. But for those without access to or looking to disconnect from a digital device during prayer, using the *Lutheran Book of Worship* to find all the Scripture readings and parts of daily prayer services can be confusing and cumbersome.

Devoted to Prayer adopts a middle road between these options, combining the user-friendliness of an app with the look and feel of paper. Here the Daily Office is presented in a way that renders instructions (also called “rubrics”) easy to follow.

Each time of prayer can be found on a single page and can be completed in as little as 8-10 minutes, depending on the length of the Scripture readings.

Prayers At A Glance

The vast majority of the Daily Office is taken from Holy Scripture. Each prayer includes the following elements:

Opening Antiphons: Prayer begins with a verse(s) from scripture suitable for the day of the week and time of day. Most of these verses come from the Psalms.

Psalm: Praying the Psalms is one of the oldest practices of Christian Prayer. *Devoted to Prayer* selects the “*Laudate*” psalms (145-150) on a rotation each morning, as well as other psalms for mornings and evening based on the *Lutheran Book of Worship*. Each appointed Psalm excerpt is about 10-15 verses.

The memorization of large portions of scripture, like the Psalms, is a practice all but lost to Christians today. Rather than appointing popular or random psalms, *Devoted to Prayer* invites users to meditate deeply on the *Laudate* psalms throughout the year.

Balanced by the other psalms appropriate to the church season, these selections will enable you to pray the entire Psalter several times throughout the year.

Praying the *Laudate* psalms may feel repetitive at first. Do not be discouraged! It takes discipline and patience to “read, mark, learn, and inwardly digest” the word of God so that it is “hidden deep within our hearts” (Psalm 119:11).

Remember, the Psalms are the ancient hymns of the church, and together they served as the hymnal for the ancient Israelites. Just as a hymnal today is not meant to be read like a book, the Psalms are meant to be prayed or sung; this is why they are present in each day’s devotional time, rather than treated as a book to read.

A Scripture Lesson: The regular study of Holy Scripture is an essential part of the Christian life. Depending on your level of discipline, each day, you are encouraged to either read lessons appointed by a lectionary or portions derived from your own regular study. Readings from scripture conclude with the prayer “The Word of the Lord; Thanks be to God.”

Canticle: This is a song from scripture that has been sung or said by the church for generations. Many canticles have Latin names derived from the song’s first couple of words. Canticles are often said after a scripture reading as a kind of “call and response.” Learning canticles is a great way to memorize scripture. We refer to seven canticles using their traditional Latin names, but three of the gospel canticles marked with an asterisk are found in our times of daily prayer:

Venite—"O Come": A Psalm of David (Psalm 95)

Gloria In Excelsis—"Glory In The Highest": The Hymn of the Angels (Luke 2:14)

***Magnificat**—"Magnify": The Song of Mary (Luke 1:46-55)

***Nunc Dimittis**—"Now Let": The Song of Simeon (Luke 2:29-32)

***Benedictus**—"Blessed Be": The Song of Zechariah (Luke 1:68-79)

Te Deum Laudamus—"You Are God We Praise You": Ambrosian Hymn (used by A.D. 387 at the latest)

Jubilate—"Be Joyful": A Psalm of Moses (Psalm 100)

The Lord's Prayer: A prompt for the Lord's Prayer is included in each time of prayer. Since the Lord's Prayer is commonly known and memorized, it is not printed in the daily liturgy.

For reference, the text of the Lord's Prayer is:

Our Father, who art in heaven, hallowed be thy name,
thy kingdom come, thy will be done, on earth as it is in
heaven.

Give us this day our daily bread; and forgive us our
trespasses, as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
forever and ever. Amen.

Seasonal Prayer: This is a short written prayer (sometimes called a "collect") that varies with the day and time and often focuses on a single theme. All collects include a declaration about God's character and a corresponding petition.

Personal Prayer: Each time of prayer includes a prompt for extemporaneous prayer. Here you may include your petitions, supplications, intercessions, and thanksgivings (1 Timothy 2:1). All Christians are encouraged to regularly pray for the world, the nation, the local community, the church, their neighbors, those who suffer, and those in any trouble.

Grace: Each time of prayer concludes with an invocation of God's blessing or a verse from Holy Scripture.

Confession

Confession of Sin has always been part of the Daily Office. We recommend that you confess your sins to God using this prayer at least once a day:

Most merciful God, we confess that we are in bondage to sin
and cannot free ourselves.

We have sinned against you in thought, word, and deed, by
what we have done and by what we have left undone.

We have not loved you with our whole heart; we have not
loved our neighbors as ourselves.

For the sake of your Son, Jesus Christ, have mercy on us.

Forgive us, renew us, and lead us, so that we may delight in
your will and walk in your ways, to the glory of your holy
name. Amen.

Grant your faithful people, merciful Lord, pardon and peace;
that we may be cleansed from all our sins, and serve you
with a quiet mind; through Jesus Christ our Lord. Amen.

Appendices

In addition to the three set times of prayer, *Devoted to Prayer* also includes the following supplementary material:

Seasonal Prayers: These are collects for each season and important feasts of the church year.

Festival & Commemoration Prayers and Readings: These are prayers suitable for lesser festivals, particular persons, or situations worth reflecting on throughout the year. There are links provided for more biographical information and writings found on the NALC website. This in no way reflects any sort of official NALC endorsement of this particular list of saints, but is given here to provide a rich supplement to a congregation or individual's devotional life. Different levels of importance are given to each festival and commemoration, and are indicated by their font format:

- **GREATER FESTIVAL**
- **LESSER FESTIVAL**
- **Commemoration**
- *Optional Commemoration*

Recommended Practices

- Instead of reading the prayers in your head, involve your body by verbally saying each prayer aloud.
- Set daily reminders for times to pray using your phone, computer, or clock.
- Use this guide as a companion to your regular reading of Holy Scripture and to enhance your personal and group study.



DAILY PRAYER



MORNING PRAYER (Matins)

☞ O Lord, open my lips,
☞ and my mouth shall declare your praise.

☞ Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The **ALLELUIA** is omitted during Lent.

☞ Alleluia! Alleluia!

One of the following **ANTIPHONS** may be sung or said with the **INVITATORY PSALM**.

In Advent

☞ Give glory to the coming King.
☞ Oh, come, let us worship him.

On the Twelve Days of Christmas

☞ Alleluia. Unto us a child is born.
☞ Oh, come, let us worship him.

From the Epiphany through the Baptism of Christ, and on the Feast of the Transfiguration

☞ The Word was made flesh, and we beheld his glory.
☞ Oh, come, let us worship him.

During the weeks of Epiphany and the season after Pentecost

☞ Give glory to God, our light and our life.
☞ Oh, come, let us worship him.

In Lent

☞ The word is near to those who call on him.
☞ Oh, come, let us worship him.

From Easter Day until the Ascension

☞ Alleluia. The Lord is risen indeed.
☞ Oh, come, let us worship him.
Alleluia.

From Ascension Day until the Day of Pentecost

☞ Alleluia. Christ the Lord ascends into heaven.
☞ Oh, come, let us worship him.
Alleluia.

On All Saints and other Major Saints' Days

☞ The Lord is glorious in his saints.
☞ Oh, come, let us worship him.
Alleluia.

INVITATORY PSALM (PSALM 95)

☞ Oh, come, let us sing to the Lord; let us shout for joy to the rock of our salvation.

Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. For the Lord is a great God, and a great king above all gods.

In his hand are the caverns of the earth, the heights of the hills are also his;

The sea is his, for he made it, and his hands have molded the dry land.

Oh, come, let us bow down and bend the knee, and kneel before the Lord our maker.

For he is our God, and we are the people of his pasture and the sheep of his hand.

Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The **ANTIPHON** is repeated.

Additional PSALMODY from the calendar follows. Silence for meditation follows each psalm.

The psalm prayer appropriate to each psalm follows the silence.

A HYMN or SONG may be sung.

The SCRIPTURE LESSONS are read. Silence for meditation follows each reading. After the last reading and silence, the leader continues:

☞ In many and various ways God spoke to his people of old by the prophets.

☞ But now in these last days he has spoken to us by his Son.

One of the following ANTIPHONS may be sung or said with the GOSPEL CANTICLE.

In Advent

☞ Fear not, Mary, you have found favor with the Lord: Behold, you shall conceive and bear a Son.
Alleluia.

On the Twelve Days of Christmas

☞ Today Christ is born; today salvation has appeared. Today ths just exult and say, Glory to God in the highest.

In Epiphany

☞ Our Lord and Savior, begotten before all ages, revealed himself to the world. Alleluia.

In Lent

☞ Let justice roll down like water, and righteousness like an overflowing stream.

In Holy Week

☞ Glory to the cross of our Lord Jesus Christ, our salvation, life, and resurrection.

In Easter

☞ This is the day the Lord has made. Alleluia. Let us rejoice and be glad in it. Alleluia.

On All Saints and other Major Saints' Days

☞ The Lord is glorious in his saints.
☞ Oh, come, let us worship him.
Alleluia.

GOSPEL CANTICLE OF ZECHARIAH (LUKE 1:68-79)

☞ Blessed be the Lord, the God of Israel; he has come to his people and set them free.

He has raised up for us a mighty Savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,

to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God, the dawn from on high shall break upon us,

to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

The **ANTIPHON** is repeated.

Other PERSONAL PRAYERS may be said here, beginning with the SEASONAL

PRAYER and any appropriate **PRAYERS FOR FESTIVALS AND COMMEMORATIONS**. In concluding the prayers, the leader says:

☞ O Lord, almighty and everlasting God, you have brought us in safety to this new day; preserve us with your mighty power, that we may not fall into sin, nor be overcome in adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord.

☞ Amen.

☞ Lord, remember us in your kingdom, and teach us to pray:

☞ Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

☞ Let us bless the Lord.

☞ Thanks be to God.

☞ The Lord almighty bless us, and direct our days and our deeds in his peace.

☞ Amen.



EVENING PRAYER (Vespers)

Begin with the lighting of a candle and the opening ANTIPHONS.

In Advent

☞ The Spirit and the Church cry out:
☞ Come, Lord Jesus.

☞ All those who await his appearance pray:
☞ Come, Lord Jesus.

℣ The whole creation pleads:

℟ Come, Lord Jesus.

During the Twelve Days of Christmas and the Epiphany

℣ The people who walked in darkness have seen a great light.

℟ The light shines in the darkness and the darkness has not overcome it.

℣ Those who dwelt in the land of deep darkness, on them has light shined.

℟ We have beheld Christ's glory, glory as of the only Son from the Father.

℣ For to us a child is born, to us a Son is given.

℟ In him was life, and the life was the light of man.

During the weeks of Epiphany and the season after Pentecost

℣ Jesus Christ is the Light of the world, ℟ the light no darkness can overcome.

℣ Stay with us, Lord, for it is evening, ℟ and the day is almost over.

℣ Let your light scatter the darkness, ℟ and illumine your Church.

In Lent

℣ Behold, now is the acceptable time; ℟ now is the day of salvation.

℣ Turn us again, O God of our salvation, ℟ that the light of your face may shine on us.

℣ May your justice shine like the sun; ℟ and may the poor be lifted up.

During the weeks of Easter

℣ Jesus Christ is risen from the dead. ℟ Alleluia, alleluia, alleluia!

℣ We are illumined by the brightness of his rising. ℟ Alleluia, alleluia, alleluia!

℣ Death has no more dominion over us. ℟ Alleluia, alleluia, alleluia!

Continue with the SERVICE OF LIGHT.

℣ Joyous light of glory:

℟ Of the immortal Father; heavenly, holy, blessed Jesus Christ. We have come to the setting of the sun, and we look to the evening light.

We sing to God, the Father, Son, and Holy Spirit: You are worthy of being praised with pure voices forever. O Son of God, O Giver of life: The universe proclaims your glory.

℣ The Lord be with you.

℟ And also with you.

℣ Let us give thanks to the Lord our God.

℟ It is right to give him thanks and praise.

℣ Blessed are you, O Lord our God, king of the universe, who led your people Israel by a pillar of cloud by day and a pillar of fire by night: Enlighten our darkness by the light of your Christ; may your Word be a lamp to our feet and a light to our path; for you are merciful, and you love your whole creation, and we, your creatures glorify you, Father, Son, and Holy Spirit.

℟ Amen.

PSALMODY (PSALM 141)

℟ Let my prayer rise before you as incense; the lifting up of my hands as the evening sacrifice. O Lord, I call to you; come to me quickly: hear my voice when I cry to you.

Let my prayer rise before you as incense; the lifting up of my hands as the evening sacrifice. Set a watch before my mouth, O Lord; and guard the door of my lips.

Let not my heart incline to any evil thing; let me not be occupied in wickedness with evildoers.

But my eyes are turned to you, Lord God; in you I take refuge. Strip me not of my life.

Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever.

Let my prayer rise before you as incense; the lifting up of my hands as the evening sacrifice.

Silence for meditation.

℣ Let the incense of our repentant prayer ascend before you, O Lord, and let your loving-kindness descend upon us, that with purified minds we may sing your praises with the Church on earth and the whole heavenly host, and may glorify you forever and ever.

℟ Amen.

The ANTIPHON is repeated.

Additional PSALMODY from the calendar follows. Silence for meditation follows each psalm. The psalm prayer appropriate to each psalm follows the silence.

A HYMN or SONG may be sung.

The SCRIPTURE LESSONS are read. Silence for meditation follows each reading. After the last reading and silence, the leader continues:

℣ In many and various ways God spoke to his people of old by the prophets.

℟ But now in these last days he has spoken to us by his Son.

One of the following ANTIPHONS may be sung or said with the GOSPEL CANTICLE.

In Advent

℟ Fear not, Mary, you have found favor with the Lord: Behold, you shall conceive and bear a Son. Alleluia.

On the Twelve Days of Christmas

℟ Today Christ is born; today salvation has appeared. Today the

just exult and say, Glory to God in the highest.

In Epiphany

℟ Our Lord and Savior, begotten before all ages, revealed himself to the world. Alleluia.

In Lent

℟ Let justice roll down like water, and righteousness like an overflowing stream.

In Holy Week

℟ Glory to the cross of our Lord Jesus Christ, our salvation, life, and resurrection.

In Easter

℟ This is the day the Lord has made. Alleluia. Let us rejoice and be glad in it. Alleluia.

On All Saints and other Major Saints' Days

℣ The Lord is glorious in his saints.

℟ Oh, come, let us worship him. Alleluia.

GOSPEL CANTICLE OF MARY (LUKE 1:46-55)

℟ My soul proclaims the greatness of the Lord; my spirit rejoices in God my Savior, for he has looked with favor on his lowly servant.

From this day all generations will call me blessed.

The Almighty has done great things for me, and holy is his name.

He has mercy on those who fear him in every generation.

He has shown the strength of his arm; he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, and has lifted up the lowly.

He has filled the hungry with good things, and the rich he has sent away empty.

He has come to the help of his servant Israel, for he has remembered his promise of mercy,

the promise he made to our fathers, to Abraham and his children forever.

Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen

The ANTIPHON is repeated.

Other PERSONAL PRAYERS may be said here, beginning with the SEASONAL PRAYER and any appropriate PRAYERS FOR FESTIVALS AND COMMEMORATIONS. In concluding the prayers, the leader says:

℣ Rejoicing in the fellowship of all the saints, let us commend ourselves, one another, and our whole life to Christ, our Lord.

℟ To you, O Lord.

℣ O God, from whom come all holy desires, all good counsels, and all just works: Give to us, your servants, that peace which the world cannot give, that our hearts may be set to obey your commandments; and also that we, being defended from the fear of our enemies, may live in peace and quietness; through the merits of Jesus Christ our Savior, who lives and reigns with you and the Holy Spirit, God forever.

℟ Amen.

℣ Lord, remember us in your kingdom, and teach us to pray:

℟ Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

℣ Let us bless the Lord.

℟ Thanks be to God.

℣ The almighty and merciful Lord, the Father, the Son, and the Holy Spirit, bless and preserve us.

℟ Amen.



PRAYER AT THE CLOSE OF DAY (Compline)

- ☞ The Lord almighty grant us a quiet night and peace at the last.
- ☞ Amen.
- ☞ It is good to give thanks to the Lord,
- ☞ to sing praise to your name, O Most High;
- ☞ to herald your love in the morning,
- ☞ your truth at the close of the day.

A **HYMN** or **SONG** may be sung.

The **CONFESSION** follows.

- ☞ Let us confess our sin in the presence of God and of one another.

Silence for self-examination.

- ☞ Holy and gracious God,
- ☞ I confess that I have sinned against you this day. Some of my sin I know—the thoughts and words and deeds of which I am ashamed—but some is known only to you. In the name of Jesus Christ I ask forgiveness. Deliver and restore me, that I may rest in peace.
- ☞ By the mercy of God we are united with Jesus Christ, and in him we are forgiven. We rest now in his peace and rise in the morning to serve him.

or

- ☞ I confess to God Almighty, before the whole company of heaven, [and to you, my brothers and sisters,] that I have sinned in thought, word, and deed by my fault, by my own fault, by my own most grievous fault; wherefore I pray God Almighty to have mercy on me, forgive me all my sins, and bring me to everlasting life. Amen.

- ☞ The almighty and merciful Lord

grant you pardon, forgiveness, and remission of all your sins. Amen.

- ☞ I confess to God Almighty, before the whole company of heaven, [and to you, my brothers and sisters,] that I have sinned in thought, word, and deed by my fault, by my own fault, by my own most grievous fault; wherefore I pray God Almighty to have mercy on me, forgive me all my sins, and bring me to everlasting life. Amen.

- ☞ The almighty and merciful Lord grant you pardon, forgiveness, and remission of all your sins. Amen.

The **PSALMODY** follows. One or more psalms (4, 33, 34, 91, 134, 136) are sung or said. Silence for meditation follows each psalm.

The psalm prayer appropriate to each psalm is said following the silence.

- ☞ Amen.

As a **BRIEF LESSON**, one or more of the following are read.

You are in our midst, O Lord, and you have named us yours; do not forsake us, O Lord our God. *Jeremiah 14:9*

Come to me, all whose work is hard, whose load is heavy, and I will give you rest. Bend your necks to my yoke, and learn from me, for I am gentle and humble-hearted; and you will find rest. For my yoke is good to bear, my load is light. *Matthew 11:28-30*

Peace is my parting gift to you, my own peace, such as the world cannot give. Set your troubled hearts at rest, and banish your fears. *John 14:27*

I am convinced that there is nothing in death or life, in the realm of spirits or super-human powers, in the world as it is or the world as it shall be, in the forces of the universe, in heights or depths—nothing in all creation that can separate us from the love of God in Christ Jesus our Lord.

Romans 8:38-39

Humble yourselves under God's mighty hand and he will lift you up in due time. Cast all your cares on him, for you are his charge. Be sober, be watchful. Your adversary the devil prowls around like a roaring lion seeking someone to devour. Resist him, firm in your faith. *1 Peter 5:6-9a*

- ☞ Into your hands, O Lord, I commend my spirit.
- ☞ Into your hands I commend my spirit.

- ☞ You have redeemed me, O Lord, God of truth.
- ☞ Into your hands I commend my spirit.

- ☞ Glory to the Father, and to the Son, and to the Holy Spirit,
- ☞ Into your hands I commend my spirit.

A **HYMN** or **SONG** may be sung.

- ☞ Hear my prayer, O Lord;
- ☞ listen to my cry.

- ☞ Keep me as the apple of your eye;
- ☞ hide me in the shadow of your wings.

- ☞ In righteousness I shall see you;
- ☞ when I awake, your presence will give me joy.

One of the following **PRAYERS** are sung or said.

- ☞ Be present, merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of life may find our rest in you; through Jesus Christ our Lord.

or

- ☞ O Lord, support us all the day long of this troubled life, until the shadows lengthen and the evening comes and the busy world is hushed, the fever of life is over, and our work is done. Then, Lord, in your mercy, grant us a safe lodging, and a holy rest, and peace at the last; through Jesus Christ our Lord.

or

- ☞ Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ.

or

- ☞ Visit our dwellings, O Lord, and drive from them all the snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always, through Jesus Christ our Lord.

or

- ☞ Eternal God, the hours both of day and night are yours, and to you the darkness is no threat. Be present, we pray, with those who labor in these hours of night, especially those who watch and work on behalf of others. Grant them diligence in their service, courage in danger, and competence in emergencies. Help them to meet the needs of others with confidence and compassion; through Jesus Christ our Lord.

or

- ☞ Gracious Lord, we give you thanks for the day, especially for the good we were permitted to give and to receive; the day is now past and we commit it to you. We entrust to you the night; we rest in surety, for you are our help, and you neither slumber nor sleep.
- ☞ Amen.

- ☞ Our Father, who art in heaven, hallowed be thy name, thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory, forever and ever. Amen.

GOSPEL CANTICLE OF SIMEON (LUKE 2:29-32)

- ☞ Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ and asleep we may rest in peace.
- ☞ Lord, now you let your servant go in peace; your word has been fulfilled. My own eyes have seen the salvation which you have prepared in the sight of every people: a light to reveal you to the nations and the glory of your people Israel. Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen. Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ and asleep we may rest in peace.

- ☞ The almighty and merciful Lord, the Father, the Son, and the Holy Spirit, bless us and keep us.
- ☞ Amen.