

A Celtic Night Prayer

I lie down this night with God
And God will lie down with me.
I lie down this night with Christ
And Christ will lie down with me.
I lie down this night with Spirit
And Spirit will lie down with me.
The Three of my love
will be lying down with me.
I shall not lie down with sin
Nor shall sin or sin's shadow
lie down with me.
I lie down this night with God
And God will lie down with me.
Amen.

River Sleeping

As I lay me down to sleep
I pray my God my soul to keep
I feel the love around me deep
I feel your love into me seep
As river flows through valley steep
as tui sings and fantails peep
Sigh, my heart, no need to weep
for love is poured upon me, heaped
as love is sown and love is reaped
in wide arc love in glory sweep
So as you lay me down to sleep
soft and safe, in love you keep

Psalm 4: I rest in you

**I rest in you, O God,
I am in your safe keeping,
body and soul held in peace.**

My heart cries out to you, my God.
All that upsets me you see,
all that disturbs me you understand.
Only here in your presence
am I fully known.

I am wrapped in grace.

**I rest in you, O God,
I am in your safe keeping,
body and soul held in peace.**

My mind is tossed and taunted
Why do people reject you?
Why do lies hold sway?
I feel so helpless,
I get so frustrated!
Hear me, Lord, when I call to you!

**I rest in you, O God,
I am in your safe keeping,
body and soul held in peace.**

I try to relax but anger rattles me
I try to relax but my failings niggle at me.
Be still, be silent.

Put your trust in the Lord.

**I rest in you, O God,
I am in your safe keeping,
body and soul held in peace.**

In the stillness the light of your face
shines.

My heart turns to gratitude and is glad.

I have more than enough.

You, Lord, are more than enough.

I lie down to sleep, safe and sound.

**I rest in you, O God,
I am in your safe keeping,
body and soul held in peace.**

I lie down to rest

I lie down to rest,
and Father Almighty rests within me.
I lie down in peace, and Friend Jesus
stills all fear and holds all pain.
I lie down to sleep, and Gentle Spirit watches
over me and mine,
while stars and cloud, wind or rain,
pass me by,
till morning light and tomorrow day
bring troubles and joys enough.
So here and now I simply breathe
'Thank you'.

Blessing

(NZ Anglican Prayer Book p.185)

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

A Sleepy Night Prayer

"Goodnight Mum. Love you."
as I close the bedroom door
breathe in and out
aware of so much blessing
love, kids, family.
Hugs & kisses
erase the grumpy words
then most blessed of all – silence!

Goodnight friend Jesus - love you! -
as my eyes droop, muscles ache
heart catches a twinge of pain
then the softness of my bed
eases me and I breathe in
and out.

Goodnight Lord, my Love
you've walked each step
shared each moment.
Now we settle, you and I,
and the cat by my feet
and those I love, far and near.
Breathe peace in and around.
Sing tender over me.
Quiet
Good
night

Lord, it is night

(NZ Anglican Prayer Book p.184)

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.

Christ within us

(NZ Anglican Prayer Book p.186)

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.

Night Prayers

(mostly written by Silvia Purdie)

Psalm 131: Calm and Quiet

Shush, my heart –
rest in the Lord.
Close, my eyes –
rest in the Lord.
Thoughts – stop rushing.
Body – relax!
Oh my soul – be calm and quiet.
Breathe in and out
and be still.

Big ideas and important jobs
can wait.
Yesterday's hurts
and tomorrow's worries
can drift off,
for here and now
I am held
in the arms of God
like a little child
half asleep in her mother's arms.

Trust in the Lord
in this moment
and for ever more.
Amen.

A Night Prayer

Heavenly Father, loving Jesus,
be my friend tonight
draw me deeper into your love, your
purpose
sustain me in my work, my calling
each day, every hour
to love and serve
those whom you have given me to love
and serve
at home, in church, out and about,
those I love wherever they are
I give into your heart my emotions
and needs
that you might shape them
shape me through them
only make me more like Jesus
I would hold nothing back,
I am yours