

# Christ the Saviour Ealing



Spiritual Resources  
Christ the King 2020



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## Introduction

The solemnity of Christ the King is the Feast of Title for our parish, and a day of particular celebration. As a result of the unprecedented crisis caused by the coronavirus epidemic, our celebration this year is somewhat muted. We are not able to gather physically in church to celebrate Mass together, however we pray in hope that before too long the restrictions will be lifted and we can gather once more around the altar of God.

I hope that the resources offered here will strengthen our faith through these days, and help keep us united in our commitment to one another, and to Christ our King.

With my love and prayers,



## Prayer for the Day

For this week we are providing a daily prayer which we hope will be helpful in sustaining our spiritual life. The prayers come from a wide variety of sources, some familiar and some new.

### **Sunday 22<sup>nd</sup> November**

Almighty God unto whom all hearts be open, all desires known and from whom no secrets are hid; cleanse the thoughts of our hearts by the inspiration of thy Holy Spirit, that we may perfectly love thee and worthily magnify thy Holy Name, through Christ our Lord. Amen

*Collect for Purity from the Book of Common Prayer.*

This is a prayer that encapsulates all that is necessary to underpin our relationship with God.

### **Monday 23<sup>rd</sup> November**

May the road rise to meet you  
And the wind be always at your back  
May the sun shine warm upon your face  
And the rains fall gently on you  
And until we meet again  
May God hold you in the hollow of His hand

*Celtic prayer of blessing on departing.*

This prayer is a strong reminder of God's guiding presence in our lives. We pray this for one another, for those who are far from us, and for ourselves.

### **Tuesday 24<sup>th</sup> November**

True healing is more than restoration  
of flesh and blood, or knitting of bone to bone.  
True healing is wholeness,  
where body, soul and spirit unite.  
True healing is peace,  
the knowledge of God's presence,  
a hope that knows no end.  
True healing knows love perfectly,  
a love that casts out fear.  
True healing overcomes,  
endures, for eternity.

*A prayer for Healing (Faith and Worship)*

A thought and prayer that is relevant to our current situation in what has been a dreadful year. We all need to be reminded of our need for wholeness and healing, not just now but at any point in our lives when it is needed.

### **Wednesday 25<sup>th</sup> November**

Let nothing disturb you,  
Let nothing dismay you,  
All things pass,  
God never changes.  
Patience obtains all things.  
Whoever has God lacks nothing;  
God alone suffices.

*A prayer of St Teresa of Avila.*

*A great prayer of inward peace from one of the great teachers of prayer.*

### **Thursday 26<sup>th</sup> November**

With the whole church  
I affirm that I am made in God's image,  
befriended by Christ, empowered by the Spirit.  
With people everywhere  
I affirm God's goodness at the heart of humanity, planted more deeply than all that is wrong.  
With all creation I celebrate the miracle and wonder of life,  
the unfolding purposes of God,  
forever at work in ourselves and the world.

*A prayer of Affirmation from the Iona Community*

*An uplifting prayer to assist us on our spiritual journey, with and towards God.*

### **Friday 27<sup>th</sup> November**

O Lord Jesus Christ, open the eyes,  
of my heart, that I may hear your Word,  
and understand and do your will,  
For I am a sojourner upon the Earth.

On you do I set my hope, O my God,  
that you shall enlighten my mind  
and understanding with the light of  
your knowledge; not only do I cherish  
those things which are written but  
to do them; for you are the  
enlightenment of those who lie in  
darkness and from you comes every  
good deed and every gift. Amen

*An ancient prayer of St. John Chrysostom for use before reading the Bible. Whilst it doesn't guarantee divine inspiration, it can help prepare the ground so that your soul is ready to receive what God wants to communicate to you.*

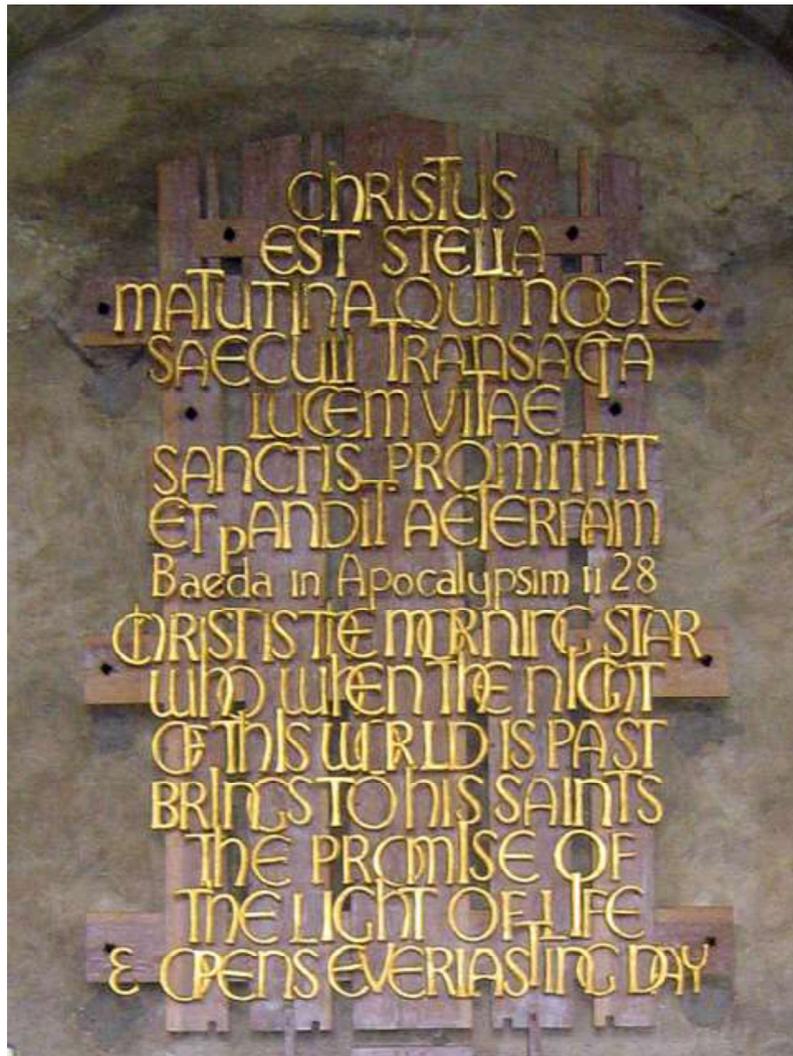
*A wonderful aid to using the Bible as prayer and not only as instruction.*

## Saturday 28<sup>th</sup> November

Almighty God, give us grace that we may cast away the works of darkness, and put upon us the armour of light, now in the time of this mortal life, in which thy Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in His glorious Majesty to judge both the quick and the dead, we may rise to the life immortal; through Him who liveth and reigneth with thee and the Holy Spirit, now and forever. Amen

*The Collect for the First Sunday in Advent - the Book of Common Prayer*

At the beginning of a new Church year, here is one of the great collects from the Book of Common Prayer, an inspiration to us to look forward in hope and leave the past behind us.



## Reading for the Day

### *Sunday*

A shoot shall come out from the stock of Jesse,  
and a branch shall grow out of his roots.  
The spirit of the Lord shall rest on him,  
the spirit of wisdom and understanding, the spirit of counsel and might,  
the spirit of knowledge and the fear of the Lord.  
His delight shall be in the fear of the Lord.

He shall not judge by what his eyes see,  
or decide by what his ears hear;  
but with righteousness he shall judge the poor,  
and decide with equity for the meek of the earth;  
he shall strike the earth with the rod of his mouth,  
and with the breath of his lips he shall kill the wicked.  
Righteousness shall be the belt around his waist,  
and faithfulness the belt around his loins.

*Isaiah 11. 1-5*

### *Monday*

The wolf shall live with the lamb,  
the leopard shall lie down with the kid,  
the calf and the lion and the fatling together,  
and a little child shall lead them.  
The cow and the bear shall graze,  
their young shall lie down together;  
and the lion shall eat straw like the ox.  
The nursing child shall play over the hole of the asp,  
and the weaned child shall put its hand on the adder's den.  
They will not hurt or destroy  
on all my holy mountain;  
for the earth will be full of the knowledge of the Lord  
as the waters cover the sea.

*Isaiah 11. 6-9*

### *Tuesday*

So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone.

*Ephesians 2. 19-22*

### *Wednesday*

How beautiful on the mountains  
are the feet of those who bring good news,  
who proclaim peace, who bring good tidings,  
who proclaim salvation, who say to Zion, "Your God reigns!"

*Isaiah 52. 7*

### *Thursday*

Lift up your heads, O gates!  
and be lifted up, O ancient doors!  
that the King of glory may come in.  
Who is the King of glory?  
The Lord, strong and mighty,  
the Lord, mighty in battle.  
Lift up your heads, O gates!  
and be lifted up, O ancient doors!  
that the King of glory may come in.  
Who is this King of glory?  
The Lord of hosts, he is the King of glory.

*Psalms 24. 7-10*

### *Friday*

Truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.'

*St John 3. 5-9*

### *Saturday*

'The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.  
'Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.

*St Matthew 13. 44-46*

## Spiritual Communion

During this second national lockdown all public acts of worship have been suspended. This means that many people who would have received Holy Communion each Sunday, and some of them every day, are not able to receive the comfort and benefits of the sacrament.

This is a huge loss. However, it is not the first time that the Church has been in such a position. Throughout Christian history some Christian people have found themselves isolated from the sacramental life of the Church for all sorts of reasons, and particularly in times of plague, famine and warfare.

At such times the Church has encouraged people to make what is called a Spiritual Communion. It is a way of uniting yourself with Jesus and entering into communion with him even though you are not able to receive the sacrament itself.

The prayer that follows draws on the story of the woman who comes to Jesus but only touches the hem of his garment. She still receives healing and blessing (See St Mark 5. 25-34). In a way, spiritual communion is like this. We are not able to receive the sacramental bread and wine. But in a spiritual communion we still come to Jesus and he still receives us.

### *Act of Spiritual Reception*

O loving God, in union with Christian people throughout the world and across the centuries gathered to make Eucharist, hearing your holy Word and receiving the Precious Body and Blood of your dear Son, I offer you praise and thanksgiving.

Even though I am exiled from tasting the Bread of Heaven and drinking the Cup of Life I pray that you will unite me with all the baptised and with your Son who gave his life for us.

Come Lord Jesus, dwell in me and send your Holy Spirit that I may be filled with your presence.

## The Angelus

This devotion is traditionally recited in the morning, at noon, and again in the evening. It reminds us of the centrality of the Incarnation in our lives and in our world. Wherever you may find yourself you are invited to join in its recitation.

The angel of the Lord brought tidings to Mary.  
And she conceived by the Holy Spirit.

Hail Mary, full of grace, the Lord is with thee.  
Blessed art thou among women,  
and blessed is the fruit of thy womb Jesus.  
Holy Mary, Mother of God, pray for us sinners now  
and at the hour of our death. Amen.

Behold, the handmaid of the Lord.  
Be it unto me according to thy word.

*Hail Mary ...*

And the word was made flesh.  
And dwelt among us.

*Hail Mary ...*

Pray for us, O Holy Mother of God:  
That we may be made worthy of the promises of Christ.

Almighty God, pour thy grace into our hearts, that as we have known  
the incarnation of thy Son Jesus Christ by the message of an angel,  
so by his ✕ Cross and Passion we may be brought unto the glory  
of his resurrection; through the same Christ our Lord. Amen.

## Daily Offices

### A Simple Form of Morning Prayer

#### *Opening Sentences*

O Lord, open thou our lips

**And our mouth shall shew forth thy praise.**

✠ O God, make speed to save us

**O Lord, make haste to help us.**

Glory be to the Father and to the Son, and to the Holy Ghost

**As it was in the beginning, is now, and ever shall be, world without end. Amen**

Praise ye the Lord.

**The Lord's name be praised.**

#### *Benedictus*

✠ Blessed be the Lord God of Israel :  
for he hath visited, and redeemed his people;  
And hath raised up a mighty salvation for us :  
in the house of his servant David;  
As he spake by the mouth of his holy Prophets :  
which have been since the world began;  
That we should be saved from our enemies :  
and from the hands of all that hate us;  
To perform the mercy promised to our forefathers :  
and to remember his holy covenant;  
To perform the oath which he sware to our forefather Abraham :  
that he would give us,  
That we being delivered out of the hands of our enemies :  
might serve him without fear,  
In holiness and righteousness before him :  
all the days of our life.  
And thou, child, shalt be called the Prophet of the Highest :  
for thou shalt go before the face of the Lord to prepare his ways;  
To give knowledge of salvation unto his people :  
for the remission of their sins;  
Through the tender mercy of our God :  
whereby the dayspring from on high hath visited us;  
To give light to them that sit in darkness,  
and in the shadow of death :  
and to guide our feet into the way of peace.

Glory be to the Father, and to the Son :  
and to the Holy Ghost;  
as it was in the beginning, is now, and ever shall be :  
world without end. Amen.

### *Prayers*

- ❖ Give thanks for a new day, for all God's blessings.
- ❖ Pray for those we will encounter today, and those far from us.
- ❖ Pray for the blessing of peace for all nations and people.
- ❖ Pray that our time may be consecrated by the presence of Christ.

### *Collects*

O God, who art the author of peace and lover of concord,  
in knowledge of whom standeth our eternal life,  
whose service is perfect freedom;  
defend us thy humble servants in all assaults of our enemies;  
that we, surely trusting in thy defence,  
may not fear the power of any adversaries;  
through the might of Jesus Christ our Lord. **Amen.**

O Lord, our heavenly Father,  
almighty and everlasting God,  
who hast safely brought us to the beginning of this day;  
defend us in the same with thy mighty power;  
and grant that this day we fall into no sin,  
neither run into any kind of danger,  
but that all our doings may be ordered by thy governance,  
to do always that is righteous in thy sight;  
through Jesus Christ our Lord. **Amen.**

### *Conclusion*

✠ The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Ghost,  
be with us all evermore. **Amen.**

## Prayer During the Day

### *Preparation*

✠ O God, make speed to save us.

**O Lord, make haste to help us.**

You have been my helper

**and under the shadow of your wings will I rejoice.**

### *Praise*

*A hymn, song, canticle, extempore praise or*

For the gift of his Spirit:

blessed be Christ.

For the catholic Church:

blessed be Christ.

For the means of grace:

blessed be Christ.

For the hope of glory:

blessed be Christ.

For the triumphs of his gospel:

blessed be Christ.

For the lives of his saints:

blessed be Christ.

In joy and in sorrow:

blessed be Christ.

In life and in death:

blessed be Christ.

Now and to the end of the ages:

blessed be Christ.

*from A Litany of the Resurrection*

## **The Word of God**

### *Psalmody*

#### **Sunday: Psalm 2**

Why are the nations in tumult,  
and why do the peoples devise a vain plot?

The kings of the earth rise up,  
and the rulers take counsel together,  
against the Lord and against his anointed:

'Let us break their bonds asunder  
and cast away their cords from us.'

He who dwells in heaven shall laugh them to scorn;

the Lord shall have them in derision.  
Then shall he speak to them in his wrath  
and terrify them in his fury:  
'Yet have I set my king  
upon my holy hill of Zion.'  
I will proclaim the decree of the Lord;  
he said to me: 'You are my Son; this day have I begotten you.  
Ask of me and I will give you the nations for your inheritance  
and the ends of the earth for your possession.  
You shall break them with a rod of iron  
and dash them in pieces like a potter's vessel.'  
Now therefore be wise, O kings;  
be prudent, you judges of the earth.  
Serve the Lord with fear, and with trembling kiss his feet,  
lest he be angry and you perish from the way,  
for his wrath is quickly kindled.  
Happy are all they  
who take refuge in him.

#### Monday: Psalm 15

Lord, who may dwell in your tabernacle?  
Who may rest upon your holy hill?  
Whoever leads an uncorrupt life  
and does the thing that is right;  
Who speaks the truth from the heart  
and bears no deceit on the tongue;  
Who does no evil to a friend  
and pours no scorn on a neighbour;  
In whose sight the wicked are not esteemed,  
but who honours those who fear the Lord.  
Whoever has sworn to a neighbour  
and never goes back on that word;  
Who does not lend money in hope of gain,  
nor takes a bribe against the innocent;  
Whoever does these things  
shall never fall.

#### Tuesday: Psalm 42.1-7

As the deer longs for the water brooks,  
so longs my soul for you, O God.  
My soul is athirst for God, even for the living God;  
when shall I come before the presence of God?  
My tears have been my bread day and night,

while all day long they say to me, 'Where is now your God?'  
Now when I think on these things, I pour out my soul:  
how I went with the multitude  
and led the procession to the house of God,  
With the voice of praise and thanksgiving,  
among those who kept holy day.  
Why are you so full of heaviness, O my soul,  
and why are you so disquieted within me?  
O put your trust in God;  
for I will yet give him thanks,  
who is the help of my countenance, and my God.

### Wednesday: Psalm 96

Sing to the Lord a new song;  
sing to the Lord, all the earth.  
Sing to the Lord and bless his name;  
tell out his salvation from day to day.  
Declare his glory among the nations  
and his wonders among all peoples.  
For great is the Lord and greatly to be praised;  
he is more to be feared than all gods.  
For all the gods of the nations are but idols;  
it is the Lord who made the heavens.  
Honour and majesty are before him;  
power and splendour are in his sanctuary.  
Ascribe to the Lord, you families of the peoples;  
ascribe to the Lord honour and strength.  
Ascribe to the Lord the honour due to his name;  
bring offerings and come into his courts.  
O worship the Lord in the beauty of holiness;  
let the whole earth tremble before him.  
Tell it out among the nations that the Lord is king.  
He has made the world so firm that it cannot be moved;  
he will judge the peoples with equity.  
Let the heavens rejoice and let the earth be glad;  
let the sea thunder and all that is in it;  
Let the fields be joyful and all that is in them;  
let all the trees of the wood shout for joy before the Lord.  
For he comes, he comes to judge the earth;  
with righteousness he will judge the world  
and the peoples with his truth.

**Thursday: Psalm 121**

I lift up my eyes to the hills; from where is my help to come?  
My help comes from the Lord, the maker of heaven and earth.  
He will not suffer your foot to stumble; he who watches over you will not sleep.  
Behold, he who keeps watch over Israel shall neither slumber nor sleep.  
The Lord himself watches over you;  
the Lord is your shade at your right hand,  
So that the sun shall not strike you by day, neither the moon by night.  
The Lord shall keep you from all evil; it is he who shall keep your soul.  
The Lord shall keep watch over your going out and your coming in,  
from this time forth for evermore.

**Friday: Psalm 125**

Those who trust in the Lord are like Mount Zion,  
which cannot be moved, but stands fast for ever.  
As the hills stand about Jerusalem,  
so the Lord stands round about his people,  
from this time forth for evermore.  
The sceptre of wickedness shall not hold sway  
over the land allotted to the righteous,  
lest the righteous turn their hands to evil.  
Do good, O Lord, to those who are good,  
and to those who are true of heart.  
Those who turn aside to crooked ways  
the Lord shall take away with the evildoers;  
but let there be peace upon Israel.

**Saturday: Psalm 133**

Behold how good and pleasant it is  
to dwell together in unity.  
It is like the precious oil upon the head,  
running down upon the beard,  
Even on Aaron's beard, running down upon the collar of his clothing.  
It is like the dew of Hermon running down upon the hills of Zion.  
For there the Lord has promised his blessing:  
even life for evermore.

*Each psalm ends with*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*Short readings – The reading for the day found on page [5](#)*

*Response*

Blessed are the poor in spirit,  
**for theirs is the kingdom of heaven.** *St Matthew 5.3*

*Prayers*

You might like to use and reflect on the prayers included in the daily prayers found on page [2](#).

Prayers may include these concerns:

- ❖ The universal Church
- ❖ Bishops, synods and all who lead the Church
- ❖ The leaders of the nations
- ❖ The natural world and the resources of the earth
- ❖ All who are in any kind of need

Bring us, O Lord God, at our last awakening into the house and gate of heaven,  
to enter that gate and dwell in that house, where there shall be no darkness nor dazzling,  
but one equal light; no noise nor silence, but one equal music;  
no fears nor hopes, but one equal possession; no ends or beginnings, but one equal eternity;  
in the habitations of your glory and dominion, world without end. **Amen.**

*The Lord's Prayer*

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, the power and the glory,  
for ever and ever. Amen.

*The Conclusion*

May God give us grace to follow his saints in glory.  
**Amen**

## A Simple Form of Evening Prayer

### *Opening Sentences*

O Lord, open thou our lips.

**And our mouth shall shew forth thy praise.**

✠ O God, make speed to save us.

**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Ghost;

**As it was in the beginning, is now, and ever shall be, world without end. Amen.**

Praise ye the Lord.

**The Lord's Name be praised.**

### *Magnificat*

✠ My soul doth magnify the Lord :  
and my spirit hath rejoiced in God my Saviour.

For he hath regarded :

the lowliness of his hand-maiden.

For behold, from henceforth :

all generations shall call me blessed.

For he that is mighty hath magnified me :

and holy is his Name.

And his mercy is on them that fear him :

throughout all generations.

He hath shewed strength with his arm :

he hath scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seat :

and hath exalted the humble and meek.

He hath filled the hungry with good things :

and the rich he hath sent empty away.

He remembering his mercy hath holpen his servant Israel :

as he promised to our forefathers, Abraham and his seed, for ever.

Glory be to the Father, and to the Son :

and to the Holy Ghost;

**As it was in the beginning, is now, and ever shall be :**

**world without end. Amen.**

### *Nunc Dimittis*

✠ Lord, now lettest thou thy servant depart in peace :  
according to thy word.  
For mine eyes have seen :  
thy salvation;  
Which thou hast prepared :  
before the face of all people;  
To be a light to lighten the Gentiles :  
and to be the glory of thy people Israel.

Glory be to the Father, and to the Son :  
and to the Holy Ghost;  
**As it was in the beginning, is now, and ever shall be :  
world without end. Amen.**

### *Prayers*

- ❖ Give thanks for the day past, for the means of grace and the hope of glory.
- ❖ Pray for all who are in need, for those who are sick in body, mind or spirit.
- ❖ Pray for those who have died, those we have loved, those who have inspired us.
- ❖ As the day fades we commend ourselves to the love and mercy of God.

### *Collects*

O God, from whom all holy desires, all good counsels, and all just works do proceed:  
Give unto thy servants that peace which the world cannot give; that both our hearts may  
be set to obey thy commandments, and also that by thee we being defended from the  
fear of our enemies may pass our time in rest and quietness; through the merits of Jesus  
Christ our Saviour. **Amen.**

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from  
all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ.  
**Amen.**

### *Conclusion*

✠ The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy  
Ghost, be with us all evermore. Amen.

## Compline

✠ In the name of the Father, and of the Son,  
and of the Holy Spirit. **Amen.**

The Lord Almighty grant us a quiet night and a perfect end. **Amen.**

Brethren be sober, be vigilant; because your adversary the devil, as a roaring lion,  
walketh about, seeking whom he may devour: whom resist, steadfast in the faith.  
(1 Peter 5.8)

But thou, O Lord, have mercy upon us:  
**Thanks be to God.**

O God, make speed to save us:  
**O Lord, make haste to help us.**

Glory be to the Father, and to the Son, and to the Holy Spirit.  
**As it was in the beginning, is now and ever shall be,  
world without end. Amen.**

Praise ye the Lord:  
**The Lord's name be praised.**

*One or more of the following psalms is read:*

### *Psalm 4*

Hear me when I call, O God of my righteousness  
thou hast set me at liberty when I was in trouble;  
have mercy upon me and hearken unto my prayer.  
O ye sons of men, how long will ye blaspheme mine honour  
and have such pleasure in vanity, and seek after leasing?  
Know this also, that the Lord hath chosen to himself the man  
that is godly  
when I call upon the Lord, he will hear me.  
Stand in awe and sin not  
commune with your own heart, and in your chamber,  
and be still.  
Offer the sacrifice of righteousness:  
and put your trust in the Lord.  
There be many that say:  
Who will show us any good?  
Lord, lift thou up:  
the light of thy countenance upon us.

Thou hast put gladness in my heart:  
since the time that their corn, and wine, and oil, increased.  
I will lay me down in peace, and take my rest:  
for it is thou, Lord, only, that makest me dwell in safety.

**Glory be to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

### *Psalm 31*

In thee, O Lord, have I put my trust  
let me never be put to confusion, deliver me in thy righteousness.  
Bow down thine ear to me; make haste to deliver me  
and be thou my strong rock, and house of defence,  
that thou mayest save me.  
For thou art my strong rock, and my castle  
be thou also my guide, and lead me for thy name's sake.  
Draw me out of the net, that they have laid privily for me  
for thou art my strength.  
Into thy hands I commend my spirit  
for thou hast redeemed me, O Lord, thou God of truth.

**Glory be to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

### *Psalm 91*

Whoso dwelleth under the defence of the most High  
shall abide under the shadow of the Almighty.  
I will say unto the Lord, Thou art my hope, and my stronghold  
my God, in him will I trust.  
For he shall deliver thee from the snare of the hunter  
and from the noisome pestilence.  
He shall defend thee under his wings,  
and thou shalt be safe under his feathers  
his faithfulness and truth shall be thy shield and buckler.  
Thou shalt not be afraid for any terror by night  
nor for the arrow that flieth by day.  
For the pestilence that walketh in darkness  
nor for the sickness that destroyeth in the noon-day.  
A thousand shall fall beside thee, and ten thousand  
at thy right hand

but it shall not come nigh thee.  
Yea, with thine eyes shalt thou behold,  
and see the reward of the ungodly  
For thou, Lord, art my hope;  
thou hast set thine house of defence very high.  
There shall no evil happen unto thee  
neither shall any plague come nigh thy dwelling.  
For he shall give his angels charge over thee,  
to keep thee in all thy ways  
They shall bear thee in their hands;  
that thou hurt not thy foot against a stone.  
Thou shalt go upon the lion and adder  
the young lion and the dragon shalt thou tread under thy feet.  
Because he hath set his love upon me,  
therefore will I deliver him  
I will set him up, because he hath known my name.  
He shall call upon me, and I will hear him  
yea, I am with him in trouble; I will deliver him,  
and bring him to honour.  
With long life will I satisfy him  
and shew him my salvation.

**Glory be to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

*Psalm 134*

Behold now, praise the Lord  
all ye servants of the Lord.  
Ye that by night stand in the house of the Lord  
even in the courts of the house of our God.  
Lift up your hands in the sanctuary  
and praise the Lord.  
The Lord that made heaven and earth  
give thee blessing out of Sion.

**Glory be to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

*Reading: the following or some other*

The one who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world, as a testimony to all the nations.  
(St Matthew 24.13,14a)

*followed by short silence.*

Into thy hands, O Lord, I commend my spirit:  
**Into thy hands, O Lord, I commend my spirit.**

For thou hast redeemed me, O Lord, thou God of truth:  
**I commend my spirit.**

Glory be to the Father, and to the Son, and to the Holy Spirit:  
**Into thy hands, O Lord, I commend my spirit.**

*Te lucis ante terminum*

Before the ending of the day,  
Creator of the world, we pray,  
that with thy wonted favour thou  
wouldst be our guard and keeper now.

From all ill dreams defend our eyes,  
from nightly fears and fantasies;  
tread under foot our ghostly foe,  
that no pollution we may know.

O Father, that we ask be done,  
through Jesus Christ thine only Son,  
who, with the Holy Ghost and thee,  
doth live and reign eternally. Amen.

Keep me as the apple of an eye:  
**Hide me under the shadow of thy wings.**

*Antiphon*

Preserve us, O Lord, while waking,  
**and guard us while sleeping, that awake we may watch with Christ, and asleep we may rest in peace.**

*Nunc Dimittis*

✠ **Lord, now lettest thou thy servant depart in peace:  
according to thy word.  
For mine eyes have seen thy salvation:  
which thou hast prepared before the face of all people.  
To be a light to lighten the Gentiles:  
and to be the glory of thy people Israel.  
Glory be to the Father, and to the Son,  
and to the Holy Spirit:  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.**

**Preserve us, O Lord, while waking,  
and guard us while sleeping, that awake we may watch with Christ, and asleep  
we may rest in peace.**

Lord, have mercy upon us.  
**Christ, have mercy upon us.**  
Lord, have mercy upon us.

**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, the power and the glory,  
for ever and ever. Amen.**

Blessed art thou, Lord God of our fathers:  
**To be praised and glorified above all for ever.**

Let us bless the Father, the Son, and the Holy Spirit:  
**Let us praise him and magnify him for ever.**

Blessed art thou, O Lord, in the firmament of heaven:  
**To be praised and glorified above all for ever.**

The Almighty and most merciful Lord guard us  
and give us his blessing.  
**Amen.**

*Silence for recollection*

**We confess to God Almighty, the Father, the Son,  
and the Holy Spirit, that we have sinned in thought, word,  
and deed, through our own grievous fault.  
Wherefore we pray God to have mercy upon us.**

Wilt thou not turn again and quicken us:  
**That thy people may rejoice in thee?**

O Lord, shew thy mercy upon us:  
**And grant us thy salvation.**

Vouchsafe, O Lord, to keep us this night without sin:  
**O Lord, have mercy upon us, have mercy upon us.**

O Lord, hear our prayer:  
**And let our cry come unto thee.**

*One or more of the following Collects is said:*

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ.  
**Amen.**

Be present, O merciful God, and protect us through the silent hours of this night, so that we, who are wearied by the changes and chances of this fleeting world, may repose upon thy eternal changelessness; through Jesus Christ our Lord. **Amen.**

Look down, O Lord, from thy heavenly throne, illuminate the darkness of this night with thy celestial brightness, and from the children of light banish the deeds of darkness; through Jesus Christ our Lord. **Amen.**

O Lord Jesus Christ, Son of the Living God, who at this evening hour didst rest in the sepulchre, and didst thereby sanctify the grave to be a bed of hope to thy people: make us so to abound in sorrow for our sins, which were the cause of thy passion, that when our bodies lie in the dust, our souls may live with thee: who livest and reignest with the Father and the Holy Spirit, one God world without end. **Amen.**

Visit, we beseech thee, O Lord, this place and drive away all the snares of the enemy; let thy holy angels dwell herein to preserve us in peace; and may thy blessing be upon us evermore; through Jesus Christ our Lord.  
**Amen.**

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for thy love's sake. **Amen.**

We will lay us down in peace and take our rest:  
**For it is thou, Lord, only that makest us dwell in safety.**

The Lord be with you:  
**And with thy spirit.**

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.**

May the divine assistance remain with us always,  
✠ and may the faithful departed, through the mercy of God,  
rest in peace:  
**and rise in glory. Amen.**



*The Office may conclude with the Salve Regina:*

Salve, Regina, Mater misericordiae;  
vita, dulcedo, et spes nostra, salve.  
Ad te clamamus, exsules filii Hevae,  
ad te suspiramus, gementes et flentes  
in hac lacrimarum valle.  
Eia, ergo, advocata nostra, illos tuos  
misericordes oculos ad nos converte;  
et Iesum, benedictum fructum ventris tui,  
nobis post hoc exilium ostende.  
O clemens, O pia, O dulcis Virgo Maria.

*Hail, O Queen, mother of mercy;  
our life, our sweetness and our hope, hail.  
To you do we cry, the banished, children of Eve;  
to you do we sigh, lamenting and weeping in this vale of tears; therefore, our  
advocate, your eyes of mercy turn towards us,  
And Jesus, the blessed fruit of your womb, to us, after this exile, reveal.  
O clement, O devoted, O sweet Virgin Mary.*