

TRADITIONAL COMPLINE

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

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.

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

Our help is in the name of the Lord
Who hath made heaven and earth.

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.

Almighty God have mercy upon us, forgive us all our sins and deliver us from all evil,
confirm and strengthen us in all goodness and bring us to life everlasting; through Jesus Christ our Lord **Amen**

May the almighty and merciful Lord, grant unto us pardon and remission of all our sins, time for amendment of life, and the grace and comfort of the Holy Spirit. **Amen**

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

Office Hymn - Said

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 our only Son
Who, with the Holy Ghost and thee, doth live and reign eternally.

The Psalm: Either Psalm 4 or Psalm 31:1-6 or Psalm 91 or Psalm 134

Passage from scripture

Thou, O lord art in the midst of us, and we are called by thy name
leave us not, O lord our God.

Or

Come unto me, all ye that labour and are heavy laden, and I will give you
rest. Take my yoke upon you; and learn of me; for I am meek and lowly
in heart; and ye shall find rest unto your souls. For my yoke is easy, and
my burden is light.

The Gospel for the day**Thanks be to God**

Into thy hands O lord, I comment my spirit.

Into thy hands O lord, I comment 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 Ghost.

Into thy hands O lord, I comment my spirit.

**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 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

**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.**

**Our Father, which 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 them that trespass against us.
And lead us not into temptation;
but deliver us from evil 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 Ghost
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.

Quiet Prayer

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**

We will lay us down in peace and take our rest
for it is thou, Lord, only that makes us dwell in safety

Abide with us O Lord
for it is towards evening, and the day is far spent.

As the watchmen look for the morning
so do we look for thee, O Christ

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 to the Holy
Ghost
bless us and preserve us. **Amen.**

Preserve a time of silence for a minute before bidding goodnight.

Appendix : Psalms for each day and the Readings.

Psalm 4 Monday

Refrain: *In peace I will lie down and sleep.*

- 1 Answer me when I call, O God of my righteousness;
you set me at liberty when I was in trouble;
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory;
how long will you love vain things and seek after falsehood?
- 3 But know that the Lord has shown me his marvellous kindness;
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not;
commune with your own heart upon your bed, and be still. **[R]**
- 5 Offer the sacrifices of righteousness

and put your trust in the Lord.

- 6 There are many that say, 'Who will show us any good?'
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart,
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep,
for it is you Lord, only, who make me dwell in safety.

Refrain: *In peace I will lie down and sleep.*

***Give us today, O God,
a glad heart and a clear conscience,
that when we come to this day's end
we may rest in peace with Christ our Lord***

or

Psalm 31 Tuesday

Refrain: *Into your hands I commend my spirit.*

- 1 In you, O Lord, have I taken refuge;
let me never be put to shame;
deliver me in your righteousness.
- 2 Incline your ear to me;
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me,
for you are my rock and my stronghold;
guide me, and lead me for your name's sake.
- 4 Take me out of the net
that they have laid secretly for me,
for you are my strength.
- 5 Into your hands I commend my spirit,
for you have redeemed me, O Lord God of truth. **[R]**
- 6 I hate those who cling to worthless idols;
I put my trust in the Lord.

Refrain: *Into your hands I commend my spirit.*

Lord Jesus Christ,

***when scorn and shame besiege us
and hope is veiled in grief,
hold us in your wounded hands
and make your face shine on us again,
for you are our Lord and God.***

Or

Psalm 91 Wednesday

- 1 Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold,
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler
and from the deadly pestilence.
- 4 He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night,
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.
- 7 Though a thousand fall at your side
and ten thousand at your right hand,
yet it shall not come near you.
- 8 Your eyes have only to behold
to see the reward of the wicked.
- 9 Because you have made the Lord your refuge
and the Most High your stronghold,
- 10 There shall no evil happen to you,
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you,
to keep you in all your ways.
- 12 They shall bear you in their hands,
lest you dash your foot against a stone.

- 13 You shall tread upon the lion and adder;
the young lion and the serpent you shall trample underfoot.
- 14 Because they have set their love upon me,
therefore will I deliver them;
I will lift them up, because they know my name.
- 15 They will call upon me and I will answer them;
I am with them in trouble,
I will deliver them and bring them to honour.
- 16 With long life will I satisfy them
and show them my salvation.

or

Psalm 134

Refrain: Bless the Lord, O my soul.

- 1 Come, bless the Lord, all you servants of the Lord,
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary
and bless the Lord.
- 3 The Lord who made heaven and earth
give you blessing out of Zion.

Refrain: Bless the Lord, O my soul.

***Guard all your household, Lord,
through the dark night of faith,
and purify the hearts of those who wait on you,
until your kingdom dawns with the
rising of your Son,
Christ, the morning star.***

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Reading: Monday John 12:1-11
Tuesday John 12:20-36
Wednesday John 13:21-32