

## Compline (Night Prayer) Sundays

O God, come to our aid. *R.* O Lord, make haste to help us.

*together:* 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.

### *Examination of Conscience*

#### Hymn

Before the ending of the day,  
Creator of the world, we pray!  
Your grace and peace to us allow  
And be our guard and keeper now.

From evil dreams defend our sight,  
From all the terrors of the night,  
From all deluding thoughts that creep  
On heedless minds disarmed by sleep.

O Father, this we ask be done  
Through Jesus Christ, your only Son,  
Who with the Holy Ghost and you  
Shall live and reign all ages through.

#### **Psalm 90 (91)** *The protection of the Most High*

*You, Lord God, are slow to anger, abounding in love.*

1. Turn your ear, O Lord, and give answer  
for I am poor and needy.  
Preserve my life, for I am faithful;  
save the servant who trusts in you.
2. You are my God, have mercy on me, Lord,  
for I cry to you all the day long.  
Give joy to your servant, O Lord,  
for to you I lift up my soul.
3. O Lord, you are good and forgiving,  
full of love to all who call.  
Give heed, O Lord, to my prayer  
and attend to the sound of my voice.
4. In the day of distress I will call  
and surely you will reply.  
Among the gods there is none like you, O Lord;  
nor work to compare with yours.
5. All the nations shall come to adore you  
and glorify your name, O Lord:  
for you are great and do marvellous deeds,  
you who alone are God.
6. Show me, Lord, your way  
so that I may walk in your truth.  
Guide my heart to fear your name.
7. I will praise you, Lord my God, with all my heart  
and glorify your name for ever;  
for your love to me has been great:  
you have saved me from the depths of the grave.
8. The proud have risen against me;  
ruthless men seek my life;  
to you they pay no heed.
9. But you, God of mercy and compassion,  
slow to anger, O Lord,

abounding in love and truth,  
turn and take pity on me.

10. O give your strength to your servant  
and save your handmaid's son.  
Show me a sign of your favour  
that my foes may see to their shame  
that you console me and give me your help.

11. Glory be to the Father... Amen

*You, Lord God, are slow to anger, abounding in love.*

**Reading:** 1 Thessalonians 5:9-10

God chose us to possess salvation through our Lord Jesus Christ, who died for us in order that we might live together with him, whether we are alive or dead when he comes.

**Short Responsory**

Into your hands, Lord, I commend my spirit.

*R/ Into your hands, Lord, I commend my spirit.*

You have redeemed us, Lord God of truth. *R/*

*Glory be to the Father and to the Son and to the Holy Spirit. R/*

**Nunc Dimittis**

*together: Save us, Lord, while we are awake;  
protect us while we sleep; that we may keep watch with Christ  
and rest with him in peace.*

At last, all-powerful Master, you give leave to your servant  
to go in peace, according to your promise. For my eyes have seen your salvation  
which you have prepared for all nations, the light to enlighten the Gentiles  
and give glory to Israel, your people.

Glory be ....

Save us, Lord, while we are awake; protect us while we sleep;  
that we may keep watch with Christ and rest with him in peace.

**Let us pray.**

Lord, give our bodies restful sleep;  
and let the work we have done today  
be sown for an eternal harvest.  
Through Christ our Lord, Amen.

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

**Anthem to Our Lady — Ave Regina Caelorum / Hail Queen of Heaven**

Ave, Regina cælórum,  
ave, Dómina angelórum,  
salve, radix, salve, porta,  
ex qua mundo lux est orta.  
Gaude, Virgo gloriósa,  
super omnes speciósa;  
vale, o valde decóra,  
et pro nobis Christum exóra.

Hail, Queen of heaven, beyond compare,  
To whom the angels homage pay;  
Hail, Root of Jesse, Gate of Light,  
That opened for the world's new Day.  
Rejoice, O Virgin unsurpassed,  
In whom our ransom was begun,  
For all your loving children pray  
To Christ, our Saviour and your Son.