

# Night Prayer

Wednesday

**from the Liturgy of the Hours**



**CATHOLIC PARISHES OF BOREHAMWOOD**

## About Night Prayer (Compline)

**84.** Night prayer is the last prayer of the day, said before retiring, even if that is after midnight.

**85.** Night prayer begins like the other hours, with the verse, O God, come to our aid, the Glory to the Father, As it was in the beginning, and the Alleluia (omitted in Lent).

**86.** It is a laudable practice to have next an examination of conscience; in a celebration in common this takes place in silence or as part of a penitential rite based on the formularies in the Roman Missal.

**87.** The appropriate hymn follows.

**88.** After evening prayer I of Sunday the psalmody consists of Ps 4 and Ps 134; after evening prayer II of Sunday it consists of Ps 91.

On the other days psalms are chosen that are full of confidence in the Lord; it is permissible to use the Sunday psalms instead, especially for the convenience of those who may wish to pray night prayer from memory.

**89.** After the psalmody there is a reading, followed by the responsory, Into your hands. Then, as a climax to the whole hour, the Canticle of Simeon, Lord, now you let your servant go in peace follows, with its antiphon.

**90.** The concluding prayer then follows, as it appears in the psalter.

**91.** After the prayer the blessing, May the all-powerful Lord is used, even in private recitation.

**92.** Finally, one of the antiphons in honour of the Blessed Virgin Mary is said. In the Easter season this is always to be the *Regina caeli*. In addition to the antiphons given in The Liturgy of the Hours, others may be approved by the conferences of bishops.

# Night Prayer

**Leader:** [All make sign of the cross.] O God, come to our aid.

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

**Leader:** Glory be to the Father and to the Son  
and to the Holy Spirit,

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

## Examination of Conscience

This is an excellent moment for an examination of conscience. In a communal celebration of Compline, one of the penitential acts given in the Missal may be recited.

**All:** I confess to almighty God  
and to you,  
my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done and in what I have failed to do,  
[Striking breast] through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

**Leader:** May almighty God have mercy on us, forgive us our sins, and  
bring us to everlasting life.

**All:** Amen.

## Hymn

The hymn may be sung or recited.

**All:** Now that the daylight dies away,  
By all thy grace and love,  
Thee, Maker of the world, we pray  
To watch our bed above.

Let dreams depart and phantoms fly,  
The offspring of the night,  
Keep us, like shrines, beneath thine eye,  
Pure in our foe's despite.

This grace on thy redeemed confer,  
Father, co-equal Son,  
And Holy Ghost, the Comforter,  
Eternal Three in One.

## Psalm 30 (31)

**Leader:** O God, be my protector and my refuge.

**Left:** In you, O Lord, I take refuge.  
Let me never be put to shame.  
In your justice, set me free,  
hear me and speedily rescue me.

**Right:** Be a rock of refuge for me,  
a mighty stronghold to save me,  
for you are my rock, my stronghold.  
For your name's sake, lead me and guide me.

**Left:** Release me from the snares they have hidden  
for you are my refuge, Lord.  
Into your hands I commend my spirit.  
It is you who will redeem me, Lord.

**Right:** Glory be to the Father and to the Son  
and to the Holy Spirit,

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

**All:** O God, be my protector and my refuge.

## **Psalm 129 (130)**

**Leader:** Out of the depths I cry to you, O Lord.

**Left:** Lord, hear my voice!  
O let your ears be attentive  
to the voice of my pleading.

**Right:** If you, O Lord, should mark our guilt,  
Lord, who would survive?  
But with you is found forgiveness:  
for this we revere you.

**Left:** My soul is waiting for the Lord.  
I count on his word.  
My soul is longing for the Lord  
more than watchman for daybreak.  
Let the watchman count on daybreak  
and Israel on the Lord.

**Right:** Because with the Lord there is mercy  
and fullness of redemption,  
Israel indeed he will redeem  
from all its iniquity.

**Left:** Glory be to the Father and to the Son  
and to the Holy Spirit,

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

**All:** Out of the depths I cry to you, O Lord.

## Reading: Ephesians 4:26-27

Do not let resentment lead you into sin; the sunset must not find you still angry. Do not give the devil his opportunity.

### Short Responsory

**Leader:** Into your hands, Lord, I commend my spirit.

**All:** Into your hands, Lord, I commend my spirit.

**Leader:** You have redeemed us, Lord God of truth.

**All:** Into your hands, Lord, I commend my spirit.

**Leader:** Glory be to the Father and to the Son and to the Holy Spirit.

**All:** Into your hands, Lord, I commend my spirit.

### Canticle

**Leader:** 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.

**Left:** [All make sign of the cross.] At last, all-powerful Master, you give leave to your servant to go in peace, according to your promise.

**Right:** 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.

**Left:** Glory be to the Father and to the Son and to the Holy Spirit,

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

**All:** 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.

## Closing Prayer

**Leader:** Lord Jesus Christ,  
meek and humble of heart,  
you offer to those who follow you  
a yoke that is good to bear,  
a burden that is light.  
Accept, we beg you, our prayer and work of this day,  
and grant us the rest we need  
that we may be ever more willing to serve you,  
who live and reign for ever and ever.

**All:** Amen.

**Leader:** The Lord grant us a quiet night and a perfect end.

**All:** Amen.

## Marian Anthem

All sing:

*Ave, Regina cælorum,  
ave, Dómina angelórum,  
salve, radix, salve, porta,  
ex qua mundo lux est orta.*

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.

*Gaude, Virgo gloriósa,  
super omnes speciósa;  
vale, o valde decóra,  
et pro nobis Christum exóra.*

Rejoice, O Virgin unsurpassed,  
In whom our ransom was begun,  
For all your loving children pray  
To Christ, our Saviour and your Son.

