

## Compline in Lent

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

Our help is in the name of the Lord  
**who made heaven and earth.**

**Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.  
Forgive us our sins,  
heal us by your Spirit  
and raise us to new life in Christ. Amen.**

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

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.**

Psalm 91

- 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.

**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.**

Scripture Reading

Into your hands, O Lord, I commend my spirit.  
**Into your hands, O Lord, I commend my spirit.**  
For you have redeemed me, Lord God of truth.  
**I commend my spirit.**  
Glory to the Father and to the Son  
and to the Holy Spirit.  
**Into your hands, O Lord, I commend my spirit.**  
Keep me as the apple of your eye  
**Hide me under the shadow of your wings.**

The Nunc Dimittis

**Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**

- 1 Now, Lord, you let your servant go in peace:  
your word has been fulfilled.
- 2 My own eyes have seen the salvation  
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations  
and the glory of your people Israel.

*Luke 2.29-32*

**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.**

**Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**

Prayers

The Collect

Almighty God,  
may we, by the prayer and discipline of Lent,  
enter into the mystery of Christ's sufferings;  
that by following in the Way,  
we may come to share in the glory;  
though Jesus Christ our Lord. **Amen**

The Lord's Prayer

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**  
Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**  
As the night watch looks for the morning,  
**so do we look for you, O Christ.**

May God bless us  
that in us may be found love and humility,  
obedience and thanksgiving,  
discipline, gentleness and peace. **Amen.**