



st Andrew  
STAPLEFORD

## COMPLINE Lent

### Preparation

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.**

*Silence is kept*

Let us confess our sins to almighty God.

**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.**

May our almighty and most merciful God  
grant us pardon, absolution and remission of all our sins,  
time for repentance,  
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 to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be forever. Amen.**

*This or another suitable hymn is said or sung*

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

**The Word of God**  
**Psalmody**

*One of the following is said*

*Psalm 4*

- 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.
- 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.

*Psalm 91*

- 1 Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty.
- 2 I will say of the Lord, 'He is my refuge and my fortress,  
my God, in whom I trust.'
- 3 Surely he will save you  
from the fowler's snare  
and from the deadly pestilence.
- 4 He will cover you with his feathers,  
and under his wings you will find refuge;  
his faithfulness will be your shield and rampart.
- 5 You will not fear the terror of night,  
nor the arrow that flies by day,  
6 nor the pestilence that stalks in the darkness,  
nor the plague that destroys at midday.
- 7 A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.
- 8 You will only observe with your eyes  
and see the punishment of the wicked.
- 9 If you say, 'The Lord is my refuge,'  
and you make the Most High your dwelling,  
10 no harm will overtake you,  
no disaster will come near your tent.
- 11 For he will command his angels concerning you  
to guard you in all your ways;

- 12 they will lift you up in their hands,  
so that you will not strike your foot against a stone.
- 13 You will tread on the lion and the cobra;  
you will trample the great lion and the serpent.
- 14 'Because he loves me,' says the Lord, 'I will rescue him;  
I will protect him, for he acknowledges my name.
- 15 He will call on me, and I will answer him;  
I will be with him in trouble,  
I will deliver him and honour him.
- 16 With long life I will satisfy him  
and show him my salvation.'

*Psalm 139.1-18*

- 1 You have searched me, Lord,  
and you know me.
- 2 You know when I sit and when I rise;  
you perceive my thoughts from afar.
- 3 You discern my going out and my lying down;  
you are familiar with all my ways.
- 4 Before a word is on my tongue  
you, Lord, know it completely.
- 5 You hem me in behind and before,  
and you lay your hand upon me.
- 6 Such knowledge is too wonderful for me,  
too lofty for me to attain.
- 7 Where can I go from your Spirit?  
Where can I flee from your presence?
- 8 If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.
- 9 If I rise on the wings of the dawn,  
if I settle on the far side of the sea,

- 10 even there your hand will guide me,  
your right hand will hold me fast.
- 11 If I say, 'Surely the darkness will hide me  
and the light become night around me,'
- 12 even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.
- 13 For you created my inmost being;  
you knit me together in my mother's womb.
- 14 I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.
- 15 My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.
- 16 Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.
- 17 How precious to me are your thoughts, <sup>[a]</sup> God!  
How vast is the sum of them!
- 18 Were I to count them,  
they would outnumber the grains of sand –  
when I awake, I am still with you.

*The 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.**

## Scripture Reading

*One of the following or another suitable scripture is read*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

*Isaiah 58.6,7*

You, O Lord, are in the midst of us and we are called by your name; leave us not, O Lord our God.

*Jeremiah 14.9*

Be sober, be vigilant, because your adversary the devil is prowling round like a roaring lion, seeking for someone to devour. Resist him, strong in the faith.

*1 Peter 5.8, 9*

*At the end of the reading the reader says*

This is the word of the Lord.

**Thanks be to God.**

*Silence is kept*

*The following responsory is said*

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 (The Song of Simeon) is said*

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

- <sup>1</sup> Now, Lord, you let your servant go in peace:  
your word has been fulfilled.
- <sup>2</sup> My own eyes have seen the salvation  
which you have prepared in the sight of every people;
- <sup>3</sup> 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

*Thanksgivings and intercessions are offered  
This or another response may be used*

Lord, in your mercy  
**hear our prayer.**

*Silence may be kept  
This or the Collect for the day is said*

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;  
through Jesus Christ our Lord. **Amen.**

*The Lord's Prayer is said*

As our Saviour taught us, so we pray

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever. Amen.**

## **The Conclusion**

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.**

Let us bless the Lord.

**Thanks be to God.**

*We leave in silence*