**Compline from the New Zealand Book of Common Prayer**

Officiant: The angels of God guard us through the night,

**People: and quieten the powers of darkness.**

Officiant: The Spirit of God be our guide

**People: to lead us to peace and to glory.**

It is but lost labour that we haste to rise up early, and so late take rest, and eat the bread of anxiety. For those beloved of God are given gifts even while they sleep.

*Silence*

My brothers and sisters, our help is in the name of the eternal God,

**People: who is making the heavens and the earth.**

Dear God,

thank you for all that is good,

for our creation and for our humanity,

for the stewardship you have given us of this planet earth,

for the gifts of life and of one another,

for your love which is unbounded and eternal.

O thou, most holy and beloved,

my Companion, my Guide upon the way,

my bright evening star.

We repent the wrongs we have done:

*Silence*

We have wounded your love.

**People: O God, heal us.**

We stumble in the darkness.

**Light of the world transfigure us.**

We forget that we are your home.

**Spirit of God, dwell in us.**

Eternal Spirit, living God,

in whom we live and move and have our being,

all that we are, have been, and shall be is known to you,

to the very secret of our hearts

and all that rises to trouble us.

Living flame burn into us,

cleansing wind, blow through us,

fountain of water, well up within us,

that we may love and praise in deed and in truth.

**Invocation**

Eternal Spirit, flow through our being and open our lips,

**People: that our mouths may proclaim your praise.**

Let us worship the God of love.

**People: Alleluia, alleluia.**

*One of the following is said*

**Psalm 16**

O God, I give you thanks for the wisdom of your counsel,

even at night you have instructed my heart.

I have set your face always before me,

you are at my right hand and I shall not fall.

Therefore my heart is glad and my spirit rejoices,

my flesh also shall rest secure.

For you will not give me over to the power of death,

nor let your faithful one see the Pit.

In your presence is the fullness of joy,

and from your right hand flow delights for evermore.

**Psalm 121**

I will lift up my eyes to the mountains,

but where shall I find help?

From you alone, O God, does my help come,

creator of the ever changing hills.

You will not let me stumble on the rough pathways,

you care for me and watch over me without ceasing.

I am sure that the Guardian of my people

neither slumbers nor sleeps.

The God of all nations keeps watch,

like a shadow spread over me.

So the sun will not strike me by day,

nor the moon by night.

You will defend me in the presence of evil,

you will guard my life.

You will defend my going out and my coming in,

this night and always.

*Depending on the day, one of these is read*

**Tuesday**

Love your enemies. Do good to those who hate you. Bless those who curse you. Pray for those who abuse you. Do good and lend, expecting nothing in return; for God is kind to the ungrateful and the selfish. Be merciful as your father is merciful. Judge not and you will not be judged. Condemn not and you will not be condemned. Forgive and you will be forgiven. Give and it will be given to you; for the measure you give will be the measure you receive. *Luke 6:27-38*

**Wednesday**

Do not ask anxiously, What are we to eat? What are we to drink? What shall we wear? The whole world runs after such things. Set your heart and mind on God’s commonwealth and justice first, and all the rest will come to you as well. So do not be anxious about tomorrow. Today has enough problems of its own; tomorrow can look after itself.

*Matthew 6:31-34*

**Thursday**

There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and those who are afraid are not perfected in love. We love because God first loved us. If anyone says, I love God, and hates his brother or sister, that person is a liar; for those who do not love their brothers and sisters whom they have seen, cannot love God whom they have not seen.

*1 John 4:18-20*

*One of these is said in unison*

God that madest earth and heaven,

Darkness and light;

Who the day for toil hast given,

For rest the night;

May thine angel guards defend us,

Slumber sweet thy mercy send us,

Holy dreams and hopes attend us,

This livelong night.

Guard us waking, guard us sleeping,

And, when we die,

May we in thy mighty keeping

All peaceful lie:

When the last dread call shall wake us,

Do not thou our God forsake us,

But to reign in glory take us

With thee on high.

*or*

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at my end, and at my departing.

**Prayers**

Into your hands, O God, I commend my spirit,

**People: for you have redeemed me, O God of truth and love.**

Keep me, O God, as the apple of an eye;

**People: hide me under the shadow of your wings.**

*The following antiphon is said together, before the Nunc Dimittis****.***

**Preserve us, O God, while waking,**

**and guard us while sleeping,**

**that awake we may watch with Christ,**

**and asleep may rest in your peace.**

**Song of Simeon** (*Nunc Dimittis)*

**Praise be to God, I have lived to see this day.**

**God’s promise is fulfilled, and my duty done.**

**At last you have given me peace,**

**for I have seen with my own eyes**

**the salvation you have prepared for all nations -**

**a light to the world in its darkness,**

**and the glory of your people Israel.**

**Glory be God, sustaining, redeeming, sanctifying,**

**as in the beginning, so now, and for ever.**

**Amen.**

*Repeat the antiphon*

**Preserve us, O God, while waking,**

**and guard us while sleeping,**

**that awake we may watch with Christ,**

**and asleep may rest in your peace.**

Officiant: Kyrie eleison.

**People: Christe eleison.**

Officiant: Kyrie eleison.

*The Lord’s Prayer or the alternative is said.*

**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.**

**Save us from the time of trial**

**and deliver us from evil.**

**For the kingdom, the power, and the glory are yours**

**now and for ever.    Amen.**

*Or*

**Eternal Spirit,**

**Earth-maker, Pain-bearer, Life-giver,**

**Source of all that is and that shall be,**

**Father and Mother of us all,**

**Loving God, in whom is heaven:**

**The hallowing of your name echo through the universe!**

**The way of your justice be followed by the peoples**

**of the world!**

**Your heavenly will be done by all created beings!**

**Your commonwealth of peace and freedom**

**sustain our hope and come on earth.**

**With the bread we need for today, feed us.**

**In the hurts we absorb from one another, forgive us.**

**In times of temptation and test, strengthen us.**

**From trials too great to endure, spare us.**

**From the grip of all that is evil, free us.**

**For you reign in the glory of the power that is love,**

**now and for ever. Amen.**

Officiant*:* I will lie down in peace and take my rest,

**People: for it is in God alone that I dwell unafraid.**

Officiant: Let us bless the Earth-maker, the Pain-bearer, the Life-giver,

**People:** **let us praise and exalt God above all for ever.**

Officiant**:** May God’s name be praised beyond the furthest star,

**People:** **glorified and exalted above all for ever.**

*One of the two is said in unison*

**Be present, Spirit of God,**

**within us, your dwelling place and home,**

**that this house may be one where**

**all darkness is penetrated by your light,**

**all troubles calmed by your peace,**

**all evil redeemed by your love,**

**all pain transformed in your suffering,**

**and all dying glorified in your risen life. Amen.**

or

**Lord,**

**it is night.**

**The night is for stillness.**

**Let us be still in the presence of God.**

**It is night after a long day.**

**What has been done has been done;**

**what has not been done has not been done;**

**let it be.**

**The night is dark.**

**Let our fears of the darkness of the world and of our own lives**

**rest in you.**

**The night is quiet.**

**Let the quietness of your peace enfold us,**

**all dear to us,**

**and all who have no peace.**

**The night heralds the dawn.**

**Let us look expectantly to a new day,**

**new joys,**

**new possibilities.**

**In your name we pray.**

**Amen.**

*Depending on the day, the Officiant says*

**TUESDAY**

To God the Creator,

who loved us first and gave this world to be our home,

to God the Redeemer,

who loves us and by dying and rising

pioneered the way of freedom,

to God the Sanctifier,

who spreads the divine love in our hearts,

be praise and glory for time and for eternity.

**THURSDAY**

Christ be within us to keep us,

beside us to guard,

before us to lead,

behind us to protect,

beneath us to support,

above us to bless.

*The service concludes*

Officiant: The divine Spirit dwells in us.

**People: Thanks be to God.**