

**Night Prayer at Home,
All Saints' Cottenham with
Rampton
Sunday 8 August 2021**



Preparation

The eternal God is your refuge,
and underneath are the everlasting arms.

Deuteronomy 33.27

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.

***Take a moment to think about the day gone
by, giving thanks for what was good
and bringing to God those times that need His
forgiveness.***

**Lord God,
We have sinned against you;
We have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing
and cleanse us from our sin.
Renew a right spirit within us
and restore us to the joy of your salvation,
through Jesus Christ our Lord.
Amen.**

May the Father forgive us
by the death of his Son
and strengthen us
to live in the power of the Spirit
all of our days. **Amen**

Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

Psalm 90

¹²Teach us to number our days,
that we may gain a heart of wisdom.

¹³Relent, LORD! How long will it be?
Have compassion on your servants.

¹⁴Satisfy us in the morning with your unfailing
love,
that we may sing for joy and be glad all our
days.

¹⁵Make us glad for as many days as you have
afflicted us,
for as many years as we have seen trouble.

¹⁶May your deeds be shown to your servants,
your splendor to their children.

¹⁷May the favor^[a] of the Lord our God rest on
us;
establish the work of our hands for us—
yes, establish the work of our hands.

**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.**

Church of England Lectionary Bible reading for Sunday 8 August 2021

Ephesians 4:25-5:2

²⁵ So stop telling lies. Let us tell our neighbours the truth, for we are all parts of the same body. ²⁶ And “don’t sin by letting anger control you.” Don’t let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil.

²⁸ If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. ²⁹ Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.

³⁰ And do not bring sorrow to God’s Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption.

³¹ Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behaviour. ³² Instead, be kind to each other,

tenderhearted, forgiving one another, just as God through Christ has forgiven you.

5 Imitate God, therefore, in everything you do, because you are his dear children. ² Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

Here ends the reading.

Short talk

Returning to a place of peace in our hearts

Last week, after I had yet again told Francois off for some minor infringement, I sat feeling very sorry for myself. Hating myself to snapping and being sharp yet again. For those who don't know, Francois is my husband. Also known as WBH if you follow me on Facebook. That stands for World's Best Husband. And he really is. I sat there thinking about how he just quietly takes what I throw at him – words, not saucepans – and quietly does his thing. He doesn't deserve this! I was on my way to bed and I thought never mind it will all be better in the morning, it will all have blown over and I will be a happier person. But a little voice inside my head just said: No, don't go to bed on an argument and ill feeling. So I didn't. I went and asked for a cuddle and chat. And it was all better in the morning.

You might be wondering what my marriage has to do with evening prayer? It also occurred to me that I could have gone to bed fuming and simmering but it wouldn't have been okay in the morning if I had. The only thing that clears the air is ...well clearing the

air. I needed to say I was sorry and get rid of my irritation and anger and frustration and show my love and then it would be okay. It occurred to me when I read these passages that even when we can find fault with so many things in our lives, there is always something good about life that we can be grateful for. I stopped to think about all the things that I was grateful for in Francois, even if he didn't always do it my way. And that helped me return to a place of love and a place of peace.

Let us pray now.

Prayers

We pray to the Lord that this evening may be holy, peaceful and full of your presence:

Silence

Lord of Love and peace

ALL Hear our prayer

We pray to the Lord that the work we have done and the people we have met today may bring us closer to you

Silence

Lord of Love and peace

ALL Hear our prayer

We pray to the Lord that we may hear and respond to your call to peace and justice

Silence

Lord of Love and peace

ALL Hear our prayer

We pray to the Lord that you will sustain the faith and hope of those who are lonely, oppressed and anxious

Silence

Lord of Love and peace

ALL Hear our prayer

We to the Lord that you will strengthen us in your service, and fill our hearts with longing for your kingdom

Silence

Lord of Love and peace

ALL Hear our prayer

God of Mercy

ALL you know us all and love us

and hear our prayer:

keep us in the eternal fellowship of Jesus

Christ our Saviour

Amen

Final Prayer

In darkness and in light
In trouble and in joy,
Help us, heavenly Father
To trust your love,
To serve your purpose.
And to praise your name
Through Jesus Christ our Lord
Amen.

Be present, O merciful God,
and protect us
through the silent hours of this night,
so that we who are wearied
by the changes and chances
of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord.
Amen.

The Lord's Prayer

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.**

Collect for Night Prayer

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may Your holy angels dwell with us
and guard us in peace,
and may Your blessing be always upon us;
through Jesus Christ our Lord.
Amen.

The Conclusion

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

As the night watch looks for the morning,
so do we look for you, O Christ.

The Lord bless us and watch over us;
the Lord make His face shine upon us
and be gracious to us;
the Lord look kindly on us
and give us peace.

Amen.



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