

## **Alternative Prayer at Day's Ending**

### Becoming present to God

Loving God,  
From the moment of waking,  
through the varied contours of this day,  
you have been a constant presence.  
Now, as the day draws to its close,  
and evening/night settles,  
we quieten our minds and still our hearts.  
You are with us here  
and now  
and in your presence we rest.

*Pause*

***Under your loving gaze, O Christ,  
we reflect on the day that is past,  
and pray for the light and guidance of your Spirit.***

### Examen – Acknowledging our Humanity

We look back over the last twenty-four hours and reflect on events, encounters, experiences, the feelings these evoked in us and the attitudes that underlie them.

- What am I most grateful for?
- What warmed my heart?
- What made me more open to others, and to God?
- I savour the memory.

*Prayers of praise may be offered*

- What am I least grateful for?
- What closed me up to others, and to God?
- What do I regret?
- I express my feelings to God.

*Prayer for forgiveness*

Merciful Lord,  
Where we have denied you entry to our lives  
and lived this day for ourselves  
we are sorry and ask for your forgiveness.

***Grant to us your pardon and peace.***

***And in the day to come***

***help us by your Spirit***

***to be attentive to the rhythms of grace***

***that we might attune our lives***

***to your praise and service.***

Scripture - optional

Silence

Prayer

We bring to God the concerns of the day and entrust them to his safe-keeping.

We pray for an awareness of the grace we need for the coming day.

*Nunc Dimittis*

***Now, Lord, you let your servant go in peace:  
your word has been fulfilled.***

***My own eyes have seen the salvation  
which you have prepared in the sight of every people;  
a light to reveal you to the nations  
and the glory of your people Israel.***

*Luke 2.29-32*

Collect

***Lighten our darkness, Lord, we pray,  
and in your great mercy  
defend us from all perils and dangers of this night  
for the love of your only Son,  
our Saviour, Jesus Christ.  
Amen.***

*or*

***Stay with us, Lord,  
and watch over us  
through the hours of this night.  
When morning comes,  
may we wake, rested and restored,  
ready to embrace the promise of a new day.***

Blessing

***The Lord bless us and keep us;  
the Lord make his face to shine upon us and be gracious to us;  
the Lord lift up his countenance upon us and give us peace.  
Amen.***