

## GATHERING

*Our help is in the name of the eternal God,*  
**Who is making the heavens and the earth.**

**Praise to the holy and undivided Trinity, one God: \***  
**as it was in the beginning, is now,**  
**and will be forever. Amen.**

*The Leader invites all present into a silent reflection on the day that is past.*

## PSALM

*The Psalm for the day is chanted together. Please use the psalms attached to this leaflet.*

## SCRIPTURE

*A short sentence of scripture is read, followed by silence.*

## HYMN

*A hymn for the evening is sung, following the direction of the cantor.*

## PRAYERS

*Into your hands, O God, I commend my spirit,*  
**For you have redeemed me,**  
**O God of truth and love.**

*Keep us, O God, as the apple of your eye.*  
**Hide us under the shadow of your wings.**

*Lord, have mercy.*  
**Christ, have mercy.**

*Lord, have mercy.*

*The Cantor prays the Collect for the evening, then invites the People's prayer. Then all pray the Lord's Prayer together, in whichever form or language is most familiar.*

**Our Father in heaven, hallowed be your name.**  
**Your kingdom come, your will be done,**  
**on earth as in heaven. Gives us today our daily bread,**  
**and 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 forever. Amen.**

## NUNC DIMITTIS

*Antiphon:*

**Guide us waking, O God, and guard us sleeping;**  
**that awake we may watch with Christ,**  
**and asleep we may rest in peace.**

**O God, you now have set your servant free**  
**to go in peace as you have promised;**

**For these eyes of mine have seen the Savior,**  
**whom you have prepared for all the world to see:**

**A Light to enlighten the nations,**  
**and the glory of your people Israel.**

**Praise to the holy and undivided Trinity, one God:**  
**as it was in the beginning, is now,**  
**and will be forever. Amen.**

*Antiphon:*

**Guide us waking, O God, and guard us sleeping;**  
**that awake we may watch with Christ,**  
**and asleep we may rest in peace.**

## BLESSING AND DISMISSAL

*The cantor concludes with a final blessing and dismissal:*

*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. Amen.*

*The divine Spirit dwells with us.*

**And with those absent from us.**

*God almighty grant us a peaceful night and a perfect*  
*end. Amen.*

*All are welcome to remain for another five minutes of private prayer.*



## The Psalms

### PSALM 4

- A Answer me when I call, O God, defender of  
my cause; \*  
you set me free when I am hard-pressed;  
have mercy on me and hear my prayer.
- B “You mortals, how long will you dishonor  
my glory; \*  
how long will you worship dumb idols  
and run after false gods?”
- A Know that God does wonders for the faithful; \*  
when I call, God will hear me.
- B Tremble, then, and do not sin; \*  
speak to your heart in silence upon your bed.
- A Offer the appointed sacrifices \*  
and put your trust in the Most High.
- B Many are saying, “Oh, that we might see better  
times!” \*  
Lift up the light of your countenance upon us,  
O God.
- A You have put gladness in my heart, \*  
more than when grain and wine and  
oil increase.
- B I lie down in peace; at once I fall asleep; \*  
for only you, God, make me dwell in safety
- Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

### PSALM 16

- A Protect me, O God, for I take refuge in you; \*  
I have said to the Holy One, “You are my  
Lord, my good above all other.”
- B O God, you are my portion and my cup; \*  
it is you who uphold my lot.
- A My boundaries enclose a pleasant land; \*  
indeed, I have a goodly heritage.
- B I will bless you, O God who gives me counsel; \*  
my heart teaches me, night after night.
- A I have set you always before me; \*  
because you are at my right hand I shall  
not fall.
- B My heart, therefore, is glad, and my spirit  
rejoices; \*  
my body also shall rest in hope.
- A For you will not abandon me to the grave, \*  
nor let your holy one see the Pit.
- B You will show me the path of life; \*  
in your presence there is fullness of joy,  
and in your right hand are pleasures for  
evermore.
- Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 30

- A I will exalt you, O God, because you have lifted me up \*  
and have not let my enemies triumph over me.
- B O my God, I cried out to you, \*  
and you restored me to health.
- A You brought me up, O God, from the dead; \*  
you restored my life as I was going down to the grave.
- B Sing to God, you servants of God; \*  
give thanks for the remembrance of God's holiness.
- A For the dark night endures but the twinkling of an eye, \*  
divine favor for a lifetime.
- B Weeping may spend the night, \*  
but joy comes in the morning.
- A You have turned my wailing into dancing; \*  
you have put off my sack-cloth and clothed me with joy.
- B Therefore my heart sings to you without ceasing; \*  
O my God, I will give you thanks for ever.

Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 31

- A In you, O God, have I taken refuge; let me never be put to shame; \*  
deliver me in your righteousness.
- B Incline your ear to me; \*  
make haste to deliver me.
- A Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold; \*  
for the sake of your Name, lead me and guide me.
- B Take me out of the net that they have secretly set for me, \*  
for you are my tower of strength.
- A Into your hands I commend my spirit, \*  
for you have redeemed me, O God of truth.
- B My times are in your hand; \*  
rescue me from the hand of my enemies,  
and from those who persecute me.
- A Make your face to shine upon your servant, \*  
and in your loving-kindness save me."
- B Be strong and let your heart take courage, \*  
all you who wait for God.

Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 42

- A As the deer longs for the water-brooks, \*  
so longs my soul for you, O God.
- B My soul is athirst for God, athirst for the  
living God; \*  
when shall I come to appear before the  
presence of God?
- A I pour out my soul when I think in these things: \*  
how I went with the multitude  
and led them into the house of God,
- B With the voice of praise and thanksgiving, \*  
among those who keep holy-day.
- A One deep calls to another in the noise of  
your cataracts; \*  
all your rapids and floods have gone over me.
- B You grant me your loving-kindness in the daytime; \*  
in the night season your song is with me,  
a prayer to the God of my life.
- A Why are you so full of heaviness, O my soul? \*  
and why are you so disquieted within me?
- B Put your trust in God; \*  
for I will yet give thanks to the Holy One,  
who is the help of my countenance, and  
my God.

Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 46

- A God is our refuge and strength, \*  
a very present help in trouble.
- B Therefore we will not fear, though the earth  
be moved, \*  
and though the mountains be toppled into  
the depths of the sea;
- A Though its waters rage and foam, \*  
and though the mountains tremble at  
its tumult.
- B The God of hosts is with us; \*  
the God of Jacob is our stronghold.
- A Come now and look upon the works of the  
Most High, \*  
who does awesome things on the earth.
- B It is God who makes war to cease in all  
the world; \*  
who breaks the bow, and shatters the spear,  
and burns the shields with fire.
- A “Be still, then, and know that I am God; \*  
I will be exalted among the nations;  
I will be exalted in the earth.”
- B The God of hosts is with us; \*  
the God of Jacob is our stronghold.

Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 65

- A You are to be praised, O God, in Zion; \*  
to you shall vows be performed in Jerusalem.
- B Happy are they whom you choose  
and draw to your courts to dwell there! \*  
they will be satisfied by the beauty of your  
house, by the holiness of your temple.
- A Awesome things will you show us in your  
righteousness, O God of our salvation, \*  
O Hope of all the ends of the earth  
and of the seas that are far away.
- B You make fast the mountains by your power; \*  
they are girded about with might.
- A You still the roaring of the seas, \*  
the roaring of their waves,  
and the clamor of the peoples.
- B Those who dwell at the ends of the earth will  
tremble at your marvelous signs; \*  
you make the dawn and the dusk to sing  
for joy.
- A You visit the earth and water it abundantly;  
you make it very plenteous; \*  
the river of God is full of water.
- B You crown the year with your goodness, \*  
and your paths overflow with plenty.
- Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 84

- A How dear to me is your dwelling, O God  
of hosts! \*  
My soul has a desire and longing for your  
courts; my heart and my flesh rejoice in  
the living God.
- B The sparrow has found her a house and the  
swallow a nest where she may lay her young; \*  
by the side of your altars, O God of hosts,  
my Ruler and my God.
- A Happy are they who dwell in your house! \*  
they will always be praising you.
- B Happy are the people whose strength is in you! \*  
whose hearts are set on the pilgrims' way.
- A Those who go through the desolate valley  
will find it a place of springs, \*  
for the early rains have covered it with pools  
of water.
- B They will climb from height to height, \*  
and the God of gods will be revealed in Zion.
- A No good thing will God withhold \*  
from those who walk with integrity.
- B O God of hosts, \*  
happy are they who put their trust in you!
- Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 90

- A O God, you have been our refuge \*  
from one generation to another.
- B Before the mountains were brought forth,  
or the land and the earth were born, \*  
from age to age you are God.
- A You turn us back to the dust and say, \*  
“Go back, O child of earth.”
- B For a thousand years in your sight are like  
yesterday when it is past \*  
and like a watch in the night.
- A You sweep us away like a dream; \*  
we fade away suddenly like the grass.
- B In the morning it is green and flourishes; \*  
in the evening it is dried up and withered.
- A So teach us to number our days, \*  
that we may apply our hearts to wisdom.
- B May the graciousness of our God be upon us; \*  
prosper the work of our hands; prosper our  
handiwork.

Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 91

- A They who dwells in the shelter of the Most High, \*  
abide under the shadow of the Almighty.
- B They shall say to God,  
“You are my refuge and my stronghold, \*  
my God in whom I put my trust.”
- A For God shall deliver you from the snare of  
the hunter \*  
and from the deadly pestilence.
- B God’s pinions shall cover you,  
and under God’s wings you shall find refuge; \*  
God’s faithfulness shall be a shield  
and buckler.
- A You shall not be afraid of any terror by night, \*  
nor of the arrow that flies by day;
- B Of the plague that stalks in the darkness, \*  
nor of the sickness that lays waste at mid-day.
- A For God shall give the angels charge over you, \*  
to keep you in all your ways.
- B They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- A You shall call upon me, and I will answer you; \*  
I am with you in trouble;  
I will rescue you and bring you to honor.
- B With long life will I satisfy you, \*  
and show you my salvation.

Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.

PSALM 121

- A I lift up my eyes to the hills; \*  
from where is my help to come?
- B My help comes from God, \*  
the maker of heaven and earth.
- A God will not let your foot be moved \*  
and One who watches over you will not  
fall asleep.
- B Behold, the One who keeps watch over Israel \*  
shall neither slumber nor sleep;
- A The Holy One watches over you; \*  
and is your shade at your right hand,
- B So that the sun shall not strike you by day, \*  
nor the moon by night.
- A God shall preserve you from all evil, \*  
and is the One who shall keep you safe.
- B God shall watch over your going out and your  
coming in, \*  
from this time forth for evermore.

Praise to the holy and undivided Trinity, one God: \*  
as it was in the beginning, is now,  
and will be forever. Amen.