

EVENING AND NIGHT PRAYER

I will lie down in peace and sleep comes at once, for you alone, Lord, make me dwell in safety.

1. END THE DAY WITH GOD

I end this day
in the name of the Father ✠ and of the Son
and of the Holy Spirit.
Everything that happened me today
was guided by your Providence, O Lord.
I offer it all to you as an evening sacrifice,
asking you to receive my efforts this day.
Thank you for the graces you bestowed on me.
Help me realise that the day that soon will end,
has brought me closer to Eternity.
Amen.

2. WORSHIP GOD FIRST

I adore you, my God,
and I love you with all my heart.
I thank you for creating me
and preserving me this day.
Forgive me for any evil I have done this day.
If I have done anything good,
be pleased to accept it.
Protect me while I take my rest
and deliver me from all dangers.
May your grace be always with me.
Amen.

3. EXAMINATION OF CONSCIENCE

Make a brief examination of conscience before going to bed at night. Two or three minutes will suffice.

- Did I offer God my work?
- Did I make good use of my time?
- Did I pray slowly and with attention?
- Did I try to make life pleasant for other people?
- Did I criticize anyone?
- Was I forgiving?
- Did I pray and offer some sacrifices for the Church, for the pope, and for those around me?
- Did I allow myself to be carried away by sensuality? By pride?

4. ACT OF CONTRITION

O my God, I am heartily sorry
for having offended you
and I detest all my sins
because I dread the loss of heaven
and the pains of hell,
but most of all because they offend you, my God,
who are all good and deserving of all my love.

I firmly resolve, with the help of your grace,
to sin no more and avoid the near occasions of sin.
Amen.

Make a specific resolution for tomorrow: To stay away from certain temptations, to avoid some specific faults.

5. THE LORD'S PRAYER

Our Father, who art in heaven,
hallowed be thy Name.
Thy Kingdom come.
Thy will be done on earth,
as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
But deliver us from evil.
Amen.

6. PRAYER FOR LOVED ONES

Heavenly Father,
please hold in your arms those I love, as they sleep.
Bless them with peace
that surpasses understanding,
plant in them hope that cannot be quenched,
sow in them dreams and visions for their future
and protect them with your unconditional love.
Amen.

7. BIBLE VERSE

If I say: "Let the darkness hide me and the light around me be night," even darkness is not dark for you and the night is as clear as the day. (Ps 139:11-12)

8. PRAYER TO MY GUARDIAN ANGEL

O Angel of God, my Guardian dear, to whom God's love commits me here, ever this night be at my side, to light and guard, to rule and guide. Amen.

9. BLESSING

Visit this home, O Lord, and drive from it all the snares of the enemy. Let your holy angels dwell in it to preserve us in peace; and let your blessing be always upon us. Through Christ our Lord.
Amen.