

**Compline (Night Prayer)  
for  
Life Groups in Lent**



LOCKINGCASTLECHURCH

## **Guidance**

We hope you will be able to join your Life Group to share this Compline during Lent. It has been prepared drawing on the *Common Worship: Daily Prayers* for the Church of England.

The service takes less than 10 minutes and provides a wonderful way of bringing the day to a close in the presence of God.

## **Preparation**

Find a quiet, comfortable place to sit, free from interruption. As the service is about to begin, you might like to light a candle to help still your mind from the busyness and conversations of the day and focus on the Lord.

## **How to participate**

You can participate

- through Zoom with your Life Group towards the end of your normal meetings
- join in at a more suitable time with/without playing the audio recording

Your Life Group leader will provide the links for these options.

When participating through Zoom, it is advisable that one person leads Compline and another leads the responses (shown in bold font). Others may be invited to read the scripture and/or lead the Psalmody, which can be recited in a number of ways:

- One person could read the whole Psalm
- Alternative verses could be read with one person leading and another leading the responses
- The whole Psalm could be read together

Please note: Unless leading a section or leading the responses, you are invited to join in with the words in bold but please remain on *mute*, as this helps to minimise discordant voices and maintain a reflective tone.



## *Preparation*

*It is suggested that each participant lights a candle to mark the start of Compline*

The Lord almighty grant us a quiet night and a perfect end.

**All Amen.**

Our help is in the name of the Lord

**All who made heaven and earth.**

*A short period of silence for reflection on the past day*

**All Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.  
Forgive us our sins,  
heal us by your Spirit  
and raise us to new life in Christ. Amen.**

O God, make speed to save us.

**All O Lord, make haste to help us.**

**All 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.**

*Hymn of Praise (Psalm 150:1-6)*

**All Praise the LORD.  
Praise God in his sanctuary;  
praise him in his mighty heavens.  
Praise him for his acts of power;  
praise him for his surpassing greatness.  
Praise him with the sounding of the trumpet,  
praise him with the harp and lyre,  
praise him with tambourine and dancing,  
praise him with the strings and pipe,  
praise him with the clash of cymbals,  
praise him with resounding cymbals.  
Let everything that has breath praise the LORD. Praise the LORD.”**



***Psalmody***

*Psalm 139:1-18*

- 1 O Lord, you have searched me out and known me; ♦  
you know my sitting down and my rising up;  
you discern my thoughts from afar.
- 2 You mark out my journeys and my resting place ♦  
and are acquainted with all my ways.
- 3 For there is not a word on my tongue, ♦  
but you, O Lord, know it altogether.
- 4 You encompass me behind and before ♦  
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me, ♦  
so high that I cannot attain it.
- 6 Where can I go then from your spirit? ♦  
Or where can I flee from your presence?
- 7 If I climb up to heaven, you are there; ♦  
if I make the grave my bed, you are there also.
- 8 If I take the wings of the morning ♦  
and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me, ♦  
your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me ♦  
and the light around me turn to night,'
- 11 Even darkness is no darkness with you;  
the night is as clear as the day; ♦  
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts; ♦  
you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made; ♦  
marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you, ♦  
when I was made in secret  
and woven in the depths of the earth.
- 15 Your eyes beheld my form, as yet unfinished; ♦  
already in your book were all my members written,
- 16 As day by day they were fashioned ♦  
when as yet there was none of them.
- 17 How deep are your counsels to me, O God! ♦  
How great is the sum of them!
- 18 If I count them, they are more in number than the sand, ♦  
and at the end, I am still in your presence.

**All 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.**

### ***Scripture Reading***

In your relationships with one another, have the same mindset as Christ Jesus: who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death – even death on a cross!

Philippians 2:5-8

*A short silence to reflect, pray or meditate on the reading*

Into your hands, O Lord, I commend my spirit.

**All Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**All I commend my spirit.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**All Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.

**All Hide me under the shadow of your wings.**

### ***Gospel Cantic***

*The Nunc dimittis (The Song of Simeon)*

**All Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**

- 1 Now, Lord, you let your servant go in peace: ♦  
your word has been fulfilled.
- 2 My own eyes have seen the salvation ♦  
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations ♦  
and the glory of your people Israel.

*Luke 2.29-32*

**All 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.**

**All Christ died for us,  
so that, whether we wake or sleep,  
we might live with him.**



***The Collect***

*A moment of silence*

Let us pray

Almighty God,  
may we, by the prayer and discipline of Lent,  
enter into the mystery of Christ's sufferings;  
that by following in the Way,  
we may come to share in the glory;  
through Jesus Christ our Lord.

**All Amen.**

***The Lord's Prayer***

Rejoicing in the presence of God among us,  
as our Saviour taught us, so we pray

**All 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.**

***The Conclusion***

In peace we will lie down and sleep;

**All for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,

**All for the night is at hand and the day is now past.**

As the night watch looks for the morning,

**All so do we look for you, O Christ.**

May God bless us,  
that in us may be found love and humility,  
obedience and thanksgiving,  
discipline, gentleness and peace.

**All Amen.**

**Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death — even death on a cross!**

- Philippians 2:5-8 -

