

(If you wish, make the sign of the cross silently)

* I will lie down and sleep in peace for You alone, Lord, make me dwell in safety.

**O God, and Spirit, and Jesu, the Three,
from the crown of my head, O Trinity,
to the soles of my feet mine offering be.
Come I unto Thee, O Jesu, my King –
O Jesu, do Thou be my sheltering.**

(we say in turn)

My dear ones, O God, bless Thou and keep, in every place where they are.

* Whoever has chosen to make the shelter of the Most High their dwelling place will stay in His over-shadowing.

* He alone is my refuge, my place of safety; He is my God, and I am trusting Him.

* He will rescue you from the traps laid for your feet, and save you from the destroying curse.

* His faithful promises are your armour.

You need no longer be afraid of any terror by night, or the death-arrow that flies by day.

* The Lord Himself is your refuge; you have made the Most High your stronghold.

* Be my strong rock, a castle to keep me safe, for You are my crag and my stronghold.

* How precious to me are Your thoughts, O God! How vast is the sum of them!

Were I to count them, they would outnumber the grains of sand. When I awake, I am still with You.

(we say in turn)

I will not lie down tonight with sin, nor shall sin, nor sin's shadow lie down with me.

**O God of life, this night, O darken not to me Thy light.
O God of life, this night, close not Thy gladness to my sight.
O God of life, this night, Thy door to me, O shut not tight,
O God of life, this night.**

Be it on Thine own beloved arm, O God of grace, that I in peace shall waken.

Jesu, Son of Mary! my helper, my encircler.

Jesu, Son of David! my strength everlasting.

Jesu, Son of Mary! my helper, my encircler.

**The peace of all peace
be mine this night**

**+ in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.**