



PRAYER FOR  
THE NATION

# COMPLINE



THE COMMUNITY OF THE  
**TREE OF LIFE**



*November 2020*

# COMPLINE

## WELCOME

*You are invited to light your own candle.*

At Compline we come to look back and let go

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

As we enter prayer now, we pause to be still, slow our breathing, and centre ourselves in the abiding presence of Christ.

*A minute of silence is held*

## DEDICATION

Jesus says, 'Abide in me as I abide in you',  
He invites us to come back home,  
to stay, rest, obey and be with him in his joy.

**Lord, the day you gave us is over,  
and now we come to rest,  
grounding ourselves once more in  
prayer, Scripture and solitude,  
that we may be rooted in Christ and know his joy.**

**I choose to abide in Christ; present to  
God's presence.  
I choose to dive deep into God's Word.  
I choose to make space to be alone with Jesus.**

**My sisters and brothers,  
I will pray for you,  
encourage you,  
and walk with you,  
as we seek to abide in Christ.**

## THE EXAMEN

*We allow 5 minutes for the Examen.*

In our Examen, we take a long, loving look back over our day with God.  
We notice and name God's presence.

*In your imagination go hour by hour through your day, revisit each significant moment.*

*Thank God for the gifts and graces both big and small.*

*Lean into the difficult moments, notice and name the movements of your heart.*

*Linger and let go to God*

*Look forward...who does God call you to be tomorrow?*

## CONFESSION

Let us confess our sins and seek the tender mercy of Christ.

Lord, have mercy.

**Lord, have mercy.**

Christ have mercy

**Christ, have mercy.**

Lord have mercy.

**Lord, have mercy.**

**I confess to almighty God  
and to you my sisters and brothers,  
that I have sinned through my own fault,  
in my thoughts and in my words,  
in what I have done,  
and what I have failed to do;  
and I ask you my sisters and brothers,  
to pray for me to the Lord our God.**

*Silence*

Create in me a clean heart, O God,  
**and renew a right spirit within me.**

Give us again the joy of your saving help,  
**and with your generous Spirit, sustain us.**

# PSALM

*The leader reads a psalm*

## *Psalm 4*

- 1 Answer me when I call, O God of my righteousness; ♦  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory; ♦  
how long will you love vain things and seek after falsehood?
- 3 But know that the Lord has shown me his marvellous kindness; ♦  
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not; ♦  
commune with your own heart upon your bed, and be still.
- 5 Offer the sacrifices of righteousness ♦  
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?' ♦  
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart, ♦  
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep, ♦  
for it is you Lord, only, who make me dwell in safety.

## *Psalm 16*

- 1 Preserve me, O God, for in you have I taken refuge; ♦  
I have said to the Lord, 'You are my lord,  
all my good depends on you.'
- 2 All my delight is upon the godly that are in the land, ♦  
upon those who are noble in heart.

- 3 Though the idols are legion that many run after, ♦  
their drink offerings of blood I will not offer,  
neither make mention of their names upon my lips.
- 4 The Lord himself is my portion and my cup; ♦  
in your hands alone is my fortune.
- 5 My share has fallen in a fair land; ♦  
indeed, I have a goodly heritage.
- 6 I will bless the Lord who has given me counsel, ♦  
and in the night watches he instructs my heart.
- 7 I have set the Lord always before me; ♦  
he is at my right hand; I shall not fall.
- 8 Wherefore my heart is glad and my spirit rejoices; ♦  
my flesh also shall rest secure.
- 9 For you will not abandon my soul to Death, ♦  
nor suffer your faithful one to see the Pit.
- 10 You will show me the path of life;  
in your presence is the fullness of joy ♦  
and in your right hand are pleasures for evermore.

*Psalm 31 :1-5, 19-end*

- 1 In you, O Lord, have I taken refuge;  
let me never be put to shame; ♦  
deliver me in your righteousness.
- 2 Incline your ear to me; ♦  
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me,  
for you are my rock and my stronghold; ♦  
guide me, and lead me for your name's sake.
- 4 Take me out of the net  
that they have laid secretly for me, ♦  
for you are my strength.

- 5 Into your hands I commend my spirit,   
for you have redeemed me, O Lord God of truth.
- 19 How abundant is your goodness, O Lord,  
which you have laid up for those who fear you;   
which you have prepared in the sight of all  
for those who put their trust in you.
- 20 You hide them in the shelter of your presence  
from those who slander them;   
you keep them safe in your refuge from the strife of tongues.
- 21 Blessed be the Lord!   
For he has shown me his steadfast love  
when I was as a city besieged.
- 22 I had said in my alarm,  
'I have been cut off from the sight of your eyes.'   
Nevertheless, you heard the voice of my prayer  
when I cried out to you.
- 23 Love the Lord, all you his servants;   
for the Lord protects the faithful,  
but repays to the full the proud.
- 24 Be strong and let your heart take courage,   
all you who wait in hope for the Lord.

### *Psalm 91*

- 1 Whoever dwells in the shelter of the Most High   
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold,   
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler   
and from the deadly pestilence.

- 4 He shall cover you with his wings  
and you shall be safe under his feathers;   
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night,   
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness,   
nor of the sickness that destroys at noonday.
- 7 Though a thousand fall at your side  
and ten thousand at your right hand,   
yet it shall not come near you.
- 8 Your eyes have only to behold   
to see the reward of the wicked.
- 9 Because you have made the Lord your refuge   
and the Most High your stronghold,
- 10 There shall no evil happen to you,   
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you,   
to keep you in all your ways.
- 12 They shall bear you in their hands,   
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder;   
the young lion and the serpent you shall trample underfoot.
- 14 Because they have set their love upon me,  
therefore will I deliver them;   
I will lift them up, because they know my name.
- 15 They will call upon me and I will answer them;   
I am with them in trouble,  
I will deliver them and bring them to honour.
- 16 With long life will I satisfy them   
and show them my salvation.

### *Psalm 121*

- 1 I lift up my eyes to the hills; ♦  
from where is my help to come?
- 2 My help comes from the Lord, ♦  
the maker of heaven and earth.
- 3 He will not suffer your foot to stumble; ♦  
he who watches over you will not sleep.
- 4 Behold, he who keeps watch over Israel ♦  
shall neither slumber nor sleep.
- 5 The Lord himself watches over you; ♦  
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, ♦  
neither the moon by night.
- 7 The Lord shall keep you from all evil; ♦  
it is he who shall keep your soul.
- 8 The Lord shall keep watch over your going out  
and your coming in, ♦  
from this time forth for evermore.

### *Psalm 134*

- 1 Come, bless the Lord, all you servants of the Lord, ♦  
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary ♦  
and bless the Lord.
- 3 The Lord who made heaven and earth ♦  
give you blessing out of Zion.

## SHORT SCRIPTURE READING

### *Monday*

All of you must clothe yourselves with humility in your dealings with one another, for

“God opposes the proud,  
but gives grace to the humble.”

Humble yourselves therefore under the mighty hand of God, so that he may exalt you  
in due time.

I Peter 5: 5-6

### *Tuesday*

Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep  
alert.

I Peter 5:7-8

### *Wednesday*

Like a roaring lion your adversary the devil prowls around, looking for someone to  
devour. Resist him, steadfast in your faith, for you know that your brothers and sisters  
in all the world are undergoing the same kinds of suffering.

I Peter 5:8-9

### *Thursday*

Do not worry about anything, but in everything by prayer and supplication with  
thanksgiving let your requests be made known to God. And the peace of God, which  
surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

### *Friday*

I pray that, according to the riches of his glory, the Father may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Ephesians 3:16-19

### *Saturday*

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Philippians 4:8-9

### *Sunday*

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near.

Philippians 4:4-5

*A short silence to reflect on the reading.*

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

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

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

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

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

Keep me as the apple of your eye.

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

## PRAYERS

*Personal intercessions and thanksgivings are offered here in silence.*

*Each person says the following in turn:*

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

*We say together:*

**Our dear ones, O Lord, Companions and friends,  
bless and keep, in every place where they are.**

## COLLECT

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us and guard us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord.

**Amen.**

*or*

Be present, O merciful God,  
and protect us through the silent hours of this night,  
so that we who are wearied  
by the changes and chances of this fleeting world,  
may rest upon your eternal changelessness;  
through Jesus Christ our Lord.

**Amen.**

*or*

Keep watch, dear Lord,  
with those who wake, or watch, or weep this night,  
and give your angels charge over those who sleep.  
Tend the sick,  
give rest to the weary,  
sustain the dying,  
calm the suffering,  
and pity the distressed;  
all for your love's sake, O Christ our Redeemer.

**Amen.**

## **THE CONCLUSION**

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace.

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

*We extinguish our candles.*

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