

Compline from the Iona Community

Take a moment for silence.

Leader: O Christ, Son of the living God, may Your holy angels guard our sleep,
may they watch over us as we rest and hover around our beds.

People: **Let them reveal to us in our dreams, visions of Your glorious truth,
O High Prince of the universe, O High Priest of the mysteries.**

Leader: May no dreams disturb our rest and no nightmares darken our dreams.
May no fears or worries delay our willing, prompt repose.

People: **May the virtue of our daily work hallow our nightly prayers.
May our sleep be deep and soft so our work be fresh and hard.**

Together: **I will lie down and sleep in peace for You alone, Lord, make me dwell in safety.
My dear ones, O God, bless Thou and keep, in every place where they are.**
(Name your loved ones, either silently or aloud.)

Leader: Into Your hands I commit my spirit; I give it to You with all the love of my heart.

People: **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.**

Together: **I make the cross of Christ upon my breast, over the tablet of my hard heart,
and I beseech the Living God of the universe –
may the Light of Lights come to my dark heart from Thy place;
may the Spirit's wisdom come to my heart's tablet from my Savior.**

Leader: Christ without sin, Christ of wounds,
I am placing my soul and my body under Thy guarding this night,
Christ of the poor, Christ of tears.

People: **Thy cross be my shielding this night, O Thou Son of tears, of the wounds, of the piercing.**

Together: **I am going now into the sleep: O be it in Thy dear arm's keep,
O God of grace, that I shall awake.**

Leader: My Christ! My Christ! My shield, my encircler, each day, each night, each light, each dark.

People: **My Christ! My Christ! My shield, my encircler, each day, each night, each light, each dark.**

Together: **Be near me, uphold me, my treasure, my triumph.
Circle me, Lord, keep protection near and danger afar.**

Leader: Circle me, Lord, keep light near and darkness afar.

People: **Circle me, Lord, keep peace within; keep evil out.**

Together: **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.**