



## The Box River Benefice

*Boxford, Edwardstone, Groton,  
Little Waldingfield and Newton*



### **An Order of Compline** *(Night Prayer of the Church)*

A calming, meditative service with gentle chant and prayer. A perfect way to end the day.

# Compline

## Preparation

Kneel

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

**Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*A period of silence for reflection on the past day may follow.*

**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.**

Our help is in the name of the Lord.  
**Who has made heaven and earth.**

**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.  
Alleluia.**

## Hymn

Stand

### ***Through the year***

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

### ***Or in Lent and Passiontide...***

To you, before the end of day,  
Creator of the world we pray  
In love unfailing hear our prayer  
Enfold us in your watchful care

Keep all disturbing dreams away,  
And hold the evil foe at bay,  
Repose untroubled let us find  
For soul and body, heart and mind

Almighty Father, hear our cry  
Through Jesus Christ our Lord most high;  
Who reigns with you eternally  
In your blest Spirit's unity. Amen

## The Word of God

### Psalmody

#### Psalm 4

Sit

*Said antiphinally – leave a lengthy pause at the diamond.*

- 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.

**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.**

## **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.

**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.**

### **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.

**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**

### **Sunday**

Humble yourselves under the mighty hand of God, so  
that he may exalt you in due time. Cast all your anxiety  
on him, because he cares for you. *1 Peter 5.6,7*

Or

The servants of the Lamb shall see the face of their God, whose name will be on their foreheads. There will be no more night: they will not need the light of a lamp or the light of the sun, for God will give them light; and they will reign for ever and ever. *Rev'n 22.4,5*

Or

There remains a sabbath rest for the people of God; for those who enter his rest also cease from their labours, as he did. Let us, therefore, strive to enter that rest.

*Heb 4.9-11*

### **Monday**

In returning and rest you shall be saved; in quietness and trust shall be your strength. *Isa 30.15*

### **Tuesday**

Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. *Matt 11.28-30*

### **Wednesday**

Humble yourselves under the mighty hand of God, that in due time he may exalt you. Cast all your anxieties on him, for he cares about you. *1 Pet 5.6,7*

### **Thursday**

The Word was the source of life, and brought light to all. The light shines in the darkness, and the darkness has not overcome it. *John 1.4,5*

## Friday

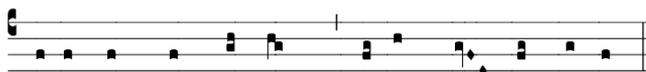
Lord, you are in the midst of us, and we are called by your name. Leave us not, O Lord our God. *Jer 14.9*

## Saturday

There remains a sabbath rest for the people of God; for those who enter his rest also cease from their labours, as he did. Let us, therefore, strive to enter that rest.

*Heb 4.9-11*

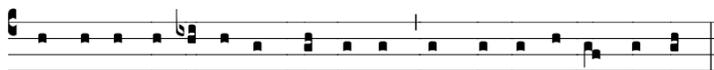
## Responsory



Into your hands, O Lord, \* I com-mend my spi - rit. R.



∇. For you have re-deemed me, O Lord God of truth.



Glo- ry to the Father, and to the Son, and to the Ho-ly Spi - rit.

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

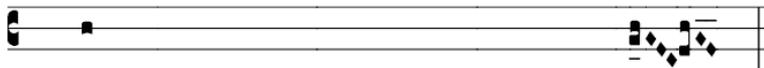
**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

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

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



Keep me, O Lord, as the apple of your eye

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

## Gospel Canticle

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

- 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*

**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.**

**Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

## Prayers

Kneel

*Silence may be kept.*

Lord have mercy

**Christ have mercy**

**Lord have mercy**

God raised him up from the dead and gave him glory

**That our faith and hope might be in God**

Father, we remember before you our absent sisters and brothers, our family, friends and relatives, members of our communities, our diocese and our church, religious communities, bishops, priests, deacons and all ministers of the Gospel; prosper them with your blessing, pour out your Spirit upon them and guide them to the path of eternal life, to the glory of your name; through Jesus Christ our Lord

**Amen**

Almighty God,

who formed your Church to be of one heart and soul in the power of the Resurrection and the unity of the Holy Spirit;

renew her evermore in her first love and grant such a measure thereof to the Brethren of the Resurrection, the Oblates, Associates, the Society of the Resurrection, the Companions, the members of the College, our benefice, our diocese and all for whom we ought to pray; that our life may be hallowed, our way directed and our work made fruitful for the good of your Church and the glory of your Holy Name

**Amen**

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**

**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.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
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.**

**To the only God, immortal, invisible,  
be glory in the Church and in Christ Jesus for ever  
and ever. Amen**

*Depart in silence.*

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