

Building Hope – Vulnerability vs. Defensiveness

The angels of God guard us through the night,
and quieten the powers of darkness.

The Spirit of God be our guide
to lead us to peace and to glory.

It is but lost labor that we haste to rise up early, and so late take rest, and eat the bread of anxiety.
For God gives gifts even while we sleep.

My brothers and sisters, our help is in the name of the eternal God,
who is making the heavens and the earth.

Spirit, living God, in whom we live and move and have our being,
**all that we are, have been, and shall be is known to you,
to the very secret of our hearts and all that rises to trouble us.**

Living flame, **burn into us,**
cleansing wind, blow through us,
fountain of water, well up within us,
that we may love and praise in deed and in truth. Amen.

A Short Reading 67

God is our refuge and strength,
a very present^[a] help in trouble.

²Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea,

³though its waters roar and foam,
though the mountains tremble with its tumult. *Selah*

⁴There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁵God is in the midst of the city;^[a] it shall not be moved;
God will help it when the morning dawns.

⁶The nations are in an uproar; the kingdoms totter;
he utters his voice; the earth melts.

⁷The LORD of hosts is with us;
the God of Jacob is our refuge.^[a] *Selah*

⁸Come, behold the works of the LORD;
see what desolations he has brought on the earth.

⁹He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the shields with fire.

¹⁰“Be still, and know that I am God!
I am exalted among the nations;
I am exalted in the earth.”

¹¹The LORD of hosts is with us;
the God of Jacob is our refuge.^[a] *Selah*

Discerning vulnerability vs. defensiveness

Labyrinth

The Lord's Prayer

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and for ever. Amen.**

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. **Amen.**

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. **Amen.**

Lord, it is night.

The night is for stillness.

Let us be still in the presence of God.

It is night after a long day.

**What has been done has been done;
what has not been done has not been done;
let it be.**

The night is dark.

**Let our fears of the darkness of the world
and of our own lives rest in you.**

The night is quiet.

**Let the quietness of your peace enfold us,
all dear to us, and all who have no peace.**

The night heralds the dawn.

Let us look expectantly to a new day, new joys, new possibilities.

In your name we pray. Amen.

The blessing of God, the eternal goodwill of God, the shalom of God, the wildness and the warmth of God, be among us and between us, now and always.

The divine Spirit dwells in us.

Thanks be to God.

This Compline service is taken from *The New Zealand Book of Common Prayer* and the *Episcopal Book of Common Prayer*.