

Building Hope – Gratitude

Opening Song: Our Testimony

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 Let God grant us grace and bless us;

let God make his face shine on us, *Selah*

² so that your way becomes known on earth,
so that your salvation becomes known among all the nations.

³ Let the people thank you, God!

Let all the people thank you!

⁴ Let the people celebrate
and shout with joy
because you judge the nations fairly
and guide all nations on the earth. *Selah*

⁵ Let the people thank you, God!

Let all the people thank you!

⁶ The earth has yielded its harvest.

God blesses us—our God blesses us!

⁷ Let God continue to bless us;

let the far ends of the earth honor him.

Practicing Gratitude

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 universel**

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*.