

# Night Prayer

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

*The tradition of the Church has been to reflect on the day that has passed before we go to sleep. A chance to give thanks for the good things that have happened; but also a time to think over the times when we have failed God and to ask for his forgiveness and strength to start again tomorrow.*

*Look back over the past day:*

*Who have I wronged or hurt in any way? What have I thought that is wrong?*

*What have I said that is wrong? What have I done wrong? What have I failed to do?*

*After this time of reflection, you may say the [Act of Contrition](#) or another prayer for repentance and forgiveness.*

*Followed by,*

Holy God, holy and strong,  
holy and immortal, have mercy upon us.

*The Nunc dimittis (The Song of Simeon), Luke 2:29-32, is said.*

Now, Lord, you let your servant go in peace: ◆  
your word has been fulfilled.

My own eyes have seen the salvation ◆  
which you have prepared in the sight of every people;

A light to reveal you to the nations ◆  
and the glory of your people Israel.

Glory be to the Father etc...

Keep watch, dear Lord, with those who work,  
or watch, or weep this night,  
and give your angels charge over those who sleep.  
Lord Jesus, tend the sick, 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.

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. Amen.

*Night prayer ends with one of the [Marian Antiphon](#) such as the Salve Regina or a devotion to Our Lady.*

# Act of Spiritual Communion

*When **serious circumstances** prevent you from receiving Holy Communion, it is possible to make an Act of Spiritual Communion, which is a source of grace.*

*Spiritual Communion is an **ardent desire to receive Jesus in the Most Holy Sacrament** and lovingly **embrace him** at a time when you cannot receive him in Holy Communion. Spiritual Communion increases our desire to receive sacramental Communion as part of Mass and helps us avoid the sins that would make us unable to receive Holy Communion worthily.*

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

Almighty God, to whom all hearts are open,  
all desires known, and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.

## The Comfortable Words

*Read prayerfully the following words from the Lord Jesus Christ and meditate upon them.*

Come to me, all who labour and are heavy laden,  
and I will give you rest. (Matthew 11.28)

God so loved the world that he gave his only-begotten Son,  
that whoever believes in him should not perish  
but have eternal life. (John 3.16)

Those who eat my flesh and drink my blood have eternal life, and I will  
raise them up on the last day; for my flesh is true food and my blood is  
true drink. (John 6:54-55)

Listen! I am standing at the door, knocking;  
if you hear my voice and open the door,  
I will come in to you and eat with you,  
and you with me. (Revelation/Apocalypse 3:20)

*After the comfortable words (or instead of them) you could read the readings appointed for the Mass of the day in the lectionary.*

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. Amen.

### Act of Repentance

*Take a moment to think about any recent failings against God's love and against your neighbours; recall sins you have committed since your last Communion and ask God for forgiveness.*

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.  
Our Saviour, Jesus Christ, suffered and died for us. In his name, O Loving Father, have mercy on me. Amen.

Lord Jesus Christ, Son of the living God,  
who, by the will of the Father and the work of the Holy Spirit,  
through your Death gave life to the world,  
free me by this, your most holy Body and Blood,  
from all my sins and from every evil;  
keep me always faithful to your commandments,  
and never let me be parted from you. Amen.

*Keep a few moments of silence. Focus your mind on the Lord Jesus - on his desire to give us fullness of life, on his longing to be in our hearts, and on that divine love that prompts him to give himself so freely and completely to us in the Sacrament of the Eucharist.*

### Act of Reception

In union, dear Lord, with the faithful at every altar of your Church  
where your Blessed Body and Blood are being offered to the Father,  
I desire to offer you praise and thanksgiving.

My Jesus, I believe that you are present in the Most Holy Sacrament.  
I love you above all things, and I desire to receive you in my soul.  
Since I cannot at this moment receive you sacramentally,  
come at least spiritually into my heart.  
I embrace you as if you were already there  
and unite myself wholly to you.  
Never permit me to be separated from you. Amen.

### Thanksgiving

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, embolden me.  
Water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within your wounds hide me.  
Never permit me to be parted from you.  
From the evil Enemy defend me.  
At the hour of my death call me  
and bid me come to you,  
that with your Saints I may praise you  
for age upon age. Amen.

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

