

Compline – Monday, October 12, 2020

### **Opening Words**

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. *Philippians 4:6*

Eternal Spirit, flow through our being and open our lips,  
*that our mouths may proclaim your praise.*

Let us worship the God of love.  
*Alleluia, alleluia.*

### **Psalm 40:1-12 - St. Helena Psalter**

I waited patiently for you, O God; \*  
you stooped to me and heard my cry.

You lifted me out of the desolate pit, out of the mire and clay; \*  
you set my feet upon a high cliff and made my footing sure.

You put a new song in my mouth,  
a song of praise to our God; \*  
many shall see, and stand in awe,  
and put their trust in you.

Happy are they who trust in you; \*  
they do not resort to evil spirits or turn to false gods.

Great things are they that you have done, O God,  
how great your wonders and your plans for us; \*  
there is none who can be compared with you.

Oh, that I could make them known and tell them, \*  
but they are more than I can count.

In sacrifice and offering you take no pleasure \*  
(you have given me ears to hear you);

Burnt-offering and sin-offering you have not required, \*  
and so I said, "Behold, I come.

In the roll of the book it is written concerning me: \*  
'I love to do your will, O my God;  
your law is deep in my heart.' "

I proclaimed righteousness in the great congregation; \*  
behold, I did not restrain my lips,  
and that, O God, you know.

Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance; \*  
I have not concealed your love and faithfulness from the great congregation.

You are the Holy One;  
do not withhold your compassion from me; \*  
let your love and your faithfulness keep me safe for ever.

### **Scripture**

God has not given us a spirit of fear, but of power, and of love, and of a sound mind.

*2 Timothy 1:7*

### **Poem – “A Blessing” by James Wright**

“Just off the highway to Rochester, Minnesota,  
Twilight bounds softly forth on the grass.  
And the eyes of those two Indian ponies  
Darken with kindness.  
They have come gladly out of the willows  
To welcome my friend and me.  
We step over the barbed wire into the pasture  
Where they have been grazing all day, alone.  
They ripple tensely, they can hardly contain their happiness  
That we have come.  
They bow shyly as wet swans. They love each other.  
There is no loneliness like theirs.  
At home once more,  
They begin munching the young tufts of spring in the darkness.  
I would like to hold the slenderer one in my arms,  
For she has walked over to me  
And nuzzled my left hand.  
She is black and white,  
Her mane falls wild on her forehead,  
And the light breeze moves me to caress her long ear  
That is delicate as the skin over a girl’s wrist.  
Suddenly I realize  
That if I stepped out of my body I would break  
Into blossom.”

### **Prayers**

I will lie down in peace and take my rest,  
*for it is in God alone that I dwell unafraid.*

Let us bless the Earth-maker, the Pain-bearer, the Life-giver,  
*let us praise and exalt God above all for ever.*

May God's name be praised beyond the furthest star,  
*glorified and exalted above all for ever.*

### ***Personal Thanksgivings and Intercessions***

#### **Closing Prayers**

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.

God bless us and keep us,  
God's face shine on us and be gracious to us,  
and give us light and peace.  
Amen.

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