



# Compline Guide

## Lenten Daily Prayer

---

We encourage you to pray through Compline as a family, or on your own, each night through the season of Lent. You can listen to a guided recording of Compline at the link below.

[Compline Audio Guide](#)

## AN ORDER FOR COMPLINE

*If you're praying this in a group, choose a designated leader to read and have the group read the parts in bold.*

The Lord Almighty grant us a peaceful night and a perfect end. **Amen.**

Our help is in the Name of the Lord;  
**The maker of heaven and earth.**

Let us confess our sins to God.

**Almighty God, our heavenly Father:**  
**We have sinned against you,**  
**through our own fault,**  
**in thought, and word, and deed,**  
**and in what we have left undone.**  
**For the sake of your Son our Lord Jesus Christ,**  
**forgive us all our offenses;**  
**and grant that we may serve you**  
**in newness of life,**  
**to the glory of your Name. Amen.**

May the Almighty God grant us forgiveness of all our sins,  
and the grace and comfort of the Holy Spirit. Amen.

O God, make speed to save us.  
**O Lord, make haste to help us.**

**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.**

*One or more of the following Psalms are said.*

#### **Psalm 4**

- 1 Answer me when I call, O God, defender of my cause;  
**you set me free when I am hard-pressed;**  
**have mercy on me and hear my prayer.**
- 2 "You mortals, how long will you dishonor my glory;  
**how long will you worship dumb idols**  
**and run after false gods?"**
- 3 Know that the LORD does wonders for the faithful;  
**when I call upon the LORD, he will hear me.**
- 4 Tremble, then, and do not sin;  
**speak to your heart in silence upon your bed.**
- 5 Offer the appointed sacrifices  
**and put your trust in the LORD.**
- 6 Many are saying,  
"Oh, that we might see better times!"  
**Lift up the light of your countenance upon us, O LORD.**
- 7 You have put gladness in my heart,  
**more than when grain and wine and oil increase.**
- 8 I lie down in peace; at once I fall asleep;  
**for only you, LORD, make me dwell in safety.**

## Psalm 31

- 1 In you, O LORD, have I taken refuge;  
let me never be put to shame:  
**deliver me in your righteousness.**
- 2 Incline your ear to me;  
**make haste to deliver me.**
- 3 Be my strong rock, a castle to keep me safe,  
for you are my crag and my stronghold;  
**for the sake of your Name, lead me and guide me.**
- 4 Take me out of the net that they have secretly set for me,  
**for you are my tower of strength.**
- 5 Into your hands I commend my spirit,  
**for you have redeemed me,**  
**O LORD, O God of truth.**

*At the end of the Psalms is said*

**Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.**

*One of the following is read*

Lord, you are in the midst of us, and we are called by your Name: Do not forsake us, O Lord our God. Jeremiah 14:9,22

**Thanks be to God.**

*or this*

Come to me, all who labor 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.

Matthew 11:28-30

**Thanks be to God.**

*Then follows*

Into your hands, O Lord, I commend my spirit;  
**For you have redeemed me, O Lord, O God of truth.**  
Keep us, O Lord, as the apple of your eye;  
**Hide us under the shadow of your wings.**

Lord, have mercy.

**Christ, have mercy.**

Lord, have mercy.

**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.**

Lord, hear our prayer;  
**And let our cry come to you.**  
Let us pray.

*The leader then says one of the following Collects*

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.

*Or this*

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. Amen.

*The following prayer is then added*

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.

*Silence may be kept, and free intercessions and thanksgivings may be offered.*

*The service concludes with the Song of Simeon with this Antiphon*

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

Lord, you now have set your servant free  
**to go in peace as you have promised;**

For these eyes of mine have seen the Savior,  
**whom you have prepared for all the world to see:**

A Light to enlighten the nations,  
**and the glory of your people Israel.**

Glory to the Father, and to the Son, and to the Holy Spirit:  
**as it was in the beginning, is now, and will be for ever. Amen.**

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

Let us bless the Lord.  
**Thanks be to God.**

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and  
keep us. **Amen.**

## **Additional Lenten Events & Resources:**

- **Guided Prayer** | 7-8 am on Wednesdays in the Chapel
- **Stations of the Cross** | Available in the Chapel Sun (8 am-12 pm) & Mon-Thurs (9 am - 5 pm)