

## **Sunday Compline**

### *Opening Prayer*

**In the Name of the Father, Son and Holy Spirit.**

**Blessed be the one holy and living God.**

**We worship you O Christ, here and at all your churches which are in all the world. We bless you, for, by your holy cross you have redeemed the world. Amen**

### *Our Vocational Prayer (required)*

**Most High Glorious God, enlighten the darkness in our hearts.**

**Create in us, genuine faith, certain hope and flawless love,**

**Lord, grant us wisdom and understanding, so that in all things, we may fulfil your holy and perfect will. Amen**

### *Praises said at all hours (required)*

Holy, Holy, Holy, Lord God Almighty, who is and who was and who is to come.

Worthy art Thou, O Lord, our God, to receive praise, glory and honour and benediction.

**Let us praise and exalt Him above all forever.**

The Lamb that was slain is worthy to receive power and divinity and wisdom and strength and honour and benediction.

Let us bless the Father and the Son with the Holy Spirit.

**Let us praise and exalt Him above all forever.**

All ye works of the Lord, bless ye the Lord.

Give praise to God all ye His servants and you that fear Him, little and great.

**Let us praise and exalt Him above all forever.**

Let the heavens and the earth praise Him, the Glorious, and let every creature which is in heaven and on earth and under the earth, in the seas and all that are in them praise and exalt Him.

Glory be to the Father, and to the Son, and to the Holy Spirit.

**Let us praise and exalt Him above all forever.**

### *Short period of silence*

*Nunc Dimittis (optional)*

**Lord, you let your servant leave here in peace.  
As you promised, I have seen your deliverance,  
Which you have readied in the company of all nations,  
A beacon to illumine the world, and the wonder of your people, Israel.**

*Francis' Psalm according to the hours. (required)*

<i>Season</i>	<i>Psalm</i>
Advent to Nativity	13
Nativity to Epiphany (Christmas Season)	15
Epiphany to Lent	8
Lent	8
Easter Day	8
Easter to Pentecost	8
Pentecost to Advent	8

*Biblical Psalms*

**Psalm 141**

- 1 Lord, I call upon thee, haste thee unto me \* and consider my voice when I cry unto thee.
- 2 Let my prayer be set forth in thy sight as the incense \* and let the lifting up of my hands be an evening sacrifice.
- 3 Set a watch, O Lord, before my mouth \* and keep the door of my lips.
- 4 O let not mine heart be inclined to any evil thing \* let me not be occupied in ungodly works with the men that work wickedness, lest I eat of such things as please them.
- 5 Let the righteous rather smite me friendly \* and reprove me.
- 6 But let not their precious balms break my head \* yea, I will pray yet against their wickedness.
- 7 Let their judges be overthrown in stony places \* that they may hear my words, for they are sweet.
- 8 Our bones lie scattered before the pit \* like as when one breaketh and heweth wood upon the earth.
- 9 But mine eyes look unto thee, O Lord God \* in thee is my trust , O cast not out my soul.
- 10 Keep me from the snare that they have laid for me \* and from the traps of the wicked doers.
- 11 Let the ungodly fall into their own nets together \* and let me ever escape them.

## Psalm 146

- 1 Praise the Lord, O my soul; while I live will I praise the Lord \* yea, as long as I have any being, I will sing praises unto my God.
- 2 O put not your trust in princes, nor in any child of man \* for there is no help in them.
- 3 For when the breath of man goeth forth he shall turn again to his earth \* and then all his thoughts perish.
- 4 Blessed is he that hath the God of Jacob for his help \* and whose hope is in the Lord his God;
- 5 Who made heaven and earth, the sea, and all that therein is \* who keepeth his promise for ever;
- 6 Who helpeth them to right that suffer wrong \* who feedeth the hungry.
- 7 The Lord looseth men out of prison \* the Lord giveth sight to the blind.
- 8 The Lord helpeth them that are fallen \* the Lord careth for the righteous.
- 9 The Lord careth for the strangers, he defendeth the fatherless and widow \* as for the way of the ungodly, he turneth it upside down.
- 10 The Lord thy God, O Sion, shall be King for evermore \* and throughout all generations.

*At the conclusion of the Psalm say:*

**Glory to God, Creator, Redeemer, Consoler and Our Saviour.**

**As it was in the beginning, is now and shall be forevermore. Amen.**

*Intercessions (required)*

*Francis' Exposition of the Our Father (required)*

**Our Father,**

most holy, our Creator, Redeemer, and Comforter.

**Who art in heaven,**

in the angels and in the saints illuminating them unto knowledge, for Thou, O Lord, art light; inflaming them unto love, for Thou, O Lord, art Love; dwelling in them and filling them with blessedness, for Thou, O Lord, art the highest Good, the eternal Good from whom is all good and without whom is no good.

**Hallowed be Thy Name:**

may Thy knowledge shine in us that we may know the breadth of Thy benefits, the length of Thy promises, the height of Thy majesty, and the depth of Thy judgments.

**Thy Kingdom come,**

that Thou mayest reign in us by grace and mayest make us come to Thy Kingdom, where there is the clear vision of Thee, the perfect love of Thee, the blessed company of Thee, the eternal enjoyment of Thee.

**Thy will be done on earth as it is in heaven,**

that we may love Thee with the whole heart by always thinking of Thee; with the whole soul by always desiring Thee; with the whole mind by directing all our intentions to Thee and seeking Thy honour in all things and with all our strength, by spending all the powers and senses of body and soul in the service of Thy love and not in anything else; and that we may love our neighbours even as ourselves, drawing to the best of our power all to Thy love; rejoicing in the good of others as in our own and compassionating [them] in troubles and giving offence to no one.

**Give us this day,**

through memory and understanding and reverence for the love which He had for us and for those things which He said, did, and suffered, for us, - our daily bread, Thy Beloved Son, our Lord Jesus Christ.

**And forgive us our trespasses,**

by Thy ineffable mercy in virtue of the Passion of Thy Beloved Son, our Lord Jesus Christ, and through the merits and intercession of the most Blessed Virgin Mary and of all Thy elect.

**As we forgive them that trespass against us,**

and what we do not fully forgive, do Thou, O Lord, make us fully forgive, that for Thy sake we may truly love our enemies and devoutly intercede for them with Thee; that we may render no evil for evil, but in Thee may strive to do good to all.

**And lead us not into temptation,**

hidden or visible, sudden or continuous.

**But deliver us from evil,**

past, present, and to come. Amen.

*Admonitions according to the date. (required if not said at Morning Prayer)*

*At the conclusion of the Admonition say*

**For the words of our Holy Father, St Francis of Assisi, we give thanks to God.**

*Prayer at end of office (required)*

Let us bless the Lord God, living and true; let us always return unto Him  
praise, glory, honour, blessing and all good things.

Amen. **Amen.**

Let it be. **Let it be.**