Night Prayer

Thursday, October 22, 2026

Saint John Paul II, Pope

OPENING

O God, come to my assistance.

Lord, make haste to help me.

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

EXAMINATION OF CONSCIENCE

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

HYMN

Before the Ending of the Day

Before the ending of the day,
Creator of the world, we pray
that, with your wonted favor, you
would be our guard the whole night through.

From all ill dreams defend our eyes,
from nightly fears and fantasies;
tread underfoot our ghostly foe,
that no pollution we may know.

O Father, that we ask be done,
through Jesus Christ, your only Son;
who, with the Holy Spirit and thee,
shall live and reign eternally.

Psalm 4 *Evening Prayer of Trust*

> *Ant. In peace I will lie down and sleep.*

When I called upon him, the God of my justice heard me; in tribulation you have enlarged me. Have mercy on me, and hear my prayer.

O sons of men, how long will you be dull of heart? Why do you love vanity and seek out falsehood?

Know that the Lord has made his holy one wonderful; the Lord will hear me when I cry out to him.

Be angry, but do not sin; what you say in your hearts, regret it upon your beds.

Offer up a sacrifice of justice and trust in the Lord. Many say, "Who shows us good things?"

The light of your face, O Lord, has been impressed upon us; you have given joy to my heart.

By the fruit of their grain, their wine and oil, they are multiplied.

In peace, together in the selfsame, I will sleep and I will rest.

For you, O Lord, have singularly settled me in hope.

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

> *Ant. In peace I will lie down and sleep.*

Psalm 134 *Praise the Name of the Lord*

> *Ant. Come, bless the Lord, all you servants of the Lord.*

Praise the name of the Lord; praise him, O servants of the Lord.

You who stand in the house of the Lord, in the courts of the house of our God.

Praise the Lord, for the Lord is good; sing to his name, for it is sweet.

For the Lord has chosen Jacob for himself; Israel as his own possession.

For I have known that the Lord is great, and our Lord is before all gods.

Whatever pleased the Lord, he has done, in heaven and on earth, in the sea and in all the deeps.

He draws up the mists from the ends of the earth; he turns lightning into rain.

He draws forth the wind from his storehouses.

He struck the firstborn of Egypt, from man even to beast.

He sent signs and wonders in the midst of you, O Egypt; against Pharaoh and all his servants.

He struck down many nations and he killed powerful kings.

Sihon, king of the Amorites, and Og, king of Bashan, and all the kingdoms of Canaan.

And he gave their land as an inheritance, as an inheritance to his people Israel.

Lord, your name is forever; Lord, your remembrance from generation to generation.

For the Lord will judge his people and will be entreated concerning his servants.

The idols of the Gentiles are silver and gold, the works of human hands.

They have a mouth, and they do not speak; they have eyes, and they do not see.

They have ears, and they do not hear; neither is there any breath in their mouths.

Let those who make them become like them, and all who trust in them.

O house of Israel, bless the Lord; O house of Aaron, bless the Lord.

O house of Levi, bless the Lord; you who fear the Lord, bless the Lord.

Blessed is the Lord from Zion, he who dwells in Jerusalem.

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

> *Ant. Come, bless the Lord, all you servants of the Lord.*

SHORT READING

DEUTERONOMY 6:4

Hear, O Israel! The Lord is our God, the Lord alone! You shall love the Lord your God with all your heart, and with all your soul, and with all your strength.

RESPONSORY

V. Into your hands, O Lord, I commend my spirit.

R. You have redeemed us, O Lord, O faithful God.

GOSPEL CANTICLE: NUNC DIMITTIS (LUKE 2:29-32)

THE CANTICLE OF SIMEON (NUNC DIMITTIS) (LUKE 2:29–32)

> *Ant. Guard us, O Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.*

Now you release your servant, O Lord, according to your word, in peace.

Because my eyes have seen your salvation,

which you have prepared before the face of all peoples:

a light of revelation to the Gentiles, and a glory for 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 forever. Amen.

> *Ant. Guard us, O Lord, while we are awake; protect us while we sleep, that we may keep watch with Christ and rest with him in peace.*

THE LORD'S PRAYER

Let us pray as the Lord himself has taught us:

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.

For thine is the kingdom, and the power, and the glory,

forever and ever. Amen.

CONCLUDING PRAYER

Lighten our darkness, Lord, we pray; and in your mercy defend us from all perils and dangers of this night; through your great goodness in Jesus Christ our Lord. Amen.

BLESSING AND DISMISSAL

May the Lord grant us a restful night and a peaceful death. Amen.

The Lord grant us a restful night and a peaceful death.
Amen.

MARIAN ANTIPHON

SALVE REGINA

Hail, holy Queen, Mother of Mercy; our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, your eyes of mercy towards us; and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary.