

NIGHT PRAYERS



As I lay me down to sleep....

WEEK 1

(FEB 26-4)

In peace I will lie down and sleep; for you alone, Lord, make me dwell in safety. Abide with me, Lord Jesus, for the night is at hand and the day is now past. As the night watch looks for the morning, so do I look for you, O Christ. The Lord bless me and watch over me; the Lord make his face shine upon me and be gracious to me; the Lord look kindly on me and give me peace. Amen.

WEEK 2

(MARCH 5-11)

Visit this bed, O Lord, I pray, and drive far from it the snares of the enemy; may your holy angels dwell with me and guard me in peace this night, and may your blessing wake me to a new day where once again I can serve you and bless your holy name. Amen.

WEEK 3

(MARCH 12-18)

Thank you, Lord, for the gift of life you gave me this day and for every blessing that filled it. Forgive me for anything I did that did not bring you glory and I pray for the grace to do better tomorrow. As I lay to sleep, keep your watchful eye over me and guard me through the night from any preying enemy. Protect my family and friends and grant us a peaceful sleep and blessed new day, tomorrow. In Jesus name. Amen.

WEEK 4

(MARCH 19-25)

O my God, at the end of this day I thank You most heartily for all the graces I have received from You. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against You. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under your protection. St. Joseph, my dear Guardian Angel, and all you saints of God, pray for me and all those I love. Amen.

WEEK 5

(MARCH 26-1)

Dear Jesus, as this day comes to an end, please help me to relax and let go of all my stress. I ask for your peace to overtake my heart and to embrace my dreams and sleep. May your words and promises quiet the worried and anxious thoughts that fill my head. I give you all the things that are beyond my control and trust them to your hands. I give you thanks in advance for all you will do. In Jesus' name I pray. Amen