



# Night Prayer

A Compline based prayer activity

Go Team

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[www.bathandwells.org.uk/children-young-people](http://www.bathandwells.org.uk/children-young-people)



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**Bath & Wells**

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# Night prayer for all ages

## Based on Compline

### Preparation

Set out a space with the cross in the centre

Give a pebble, tea light and thank you prayer card to each participant

Ask 2 people to read the Bible readings from the cards included

### Start

Invite those present to sit in a circle, or around a table with the cross in the centre.

### Explain

This is a quiet prayer activity, which will help us to reflect on today, and offer it up to God, as we prepare for this evening, and later for sleep. You can join in with as much or as little as you want to, and use the words I say as your own prayer.

### Leader says

As we prepare for this evening, and later for sleep, we say together the thank you prayer:

### All say together

Thank you God for the day that has passed, help us to prepare for a peaceful night. Amen.



### Activity One

#### Leader explains

Hold your stone in the palm of your hand, and take a moment to reflect on your day. Think about anything that has troubled or worried you.

#### Allow time for reflection, or a short discussion if appropriate

Now take your stone and place it next to the cross, as a way of offering up your worries to Jesus.

### Invite your first reader to read the first Bible reading from Matthew 11:28-29

Come to me, all of you who are tired and have heavy loads. I will give you rest. Accept my work and learn from me. I am gentle and humble in spirit. And you will find rest for your souls.

### Allow a few moments of silence

#### Leader says

As we prepare for this evening, and later for sleep, we say together the thank you prayer:

### All say together

Thank you God for the day that has passed, help us to prepare for a peaceful night. Amen

## Activity Two

### Leader explains

The next activity is about reflecting and thinking about ourselves and others. We'll do this with help from our left hands.

(you can use the words below or make it your own)

Allow 10-20 seconds for silent prayer/reflection before moving to the next one.



### Leader says

Look at your little finger, and think about those who have less than you

Look at your ring finger and think about those you love and who love you

Look at your middle finger and think about places where there is conflict

Look at your pointer finger and think about your future, and the type of person you would like to be

Look at your thumb and thank God for all the good things in your life

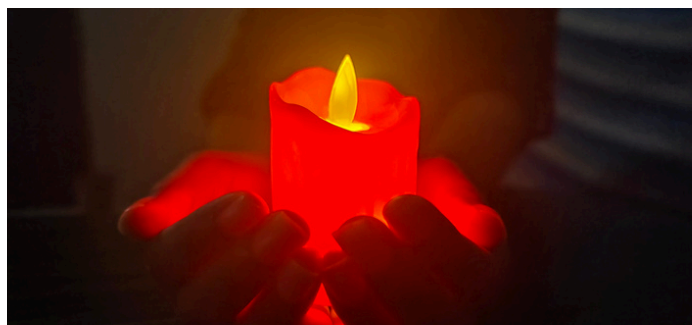
Allow a few moments of silence

### Leader says

As we prepare for this evening, and later for sleep, we say together the thank you prayer:

### All say together

Thank you God for the day that has passed, help us to prepare for a peaceful night. Amen



## Activity Three

### Leader explains

For our final activity we are going to invite God's light to be with you as you prepare for the evening and to sleep - pick up your tea light and switch it on. Hold it in front of you and watch the light flicker, as you listen to the words of the Bible reading:

Invite the second person to read the Bible passage from John 8:12 (CEV)

Once again, Jesus spoke to the people. This time he said, "I am the light for the world! Follow me, and you won't be walking in the dark. You will have the light that gives life."

After a moment of silence, leader says

As we prepare for this evening, and later for sleep. We say together the thank you prayer:

### All say together

Thank you God for the day that has passed, help us to prepare for a peaceful night. Amen



## Bible Reading 1: Matthew 11:28-19

(International Children's Bible)

Come to me, all of you who are tired and have heavy loads. I will give you rest. Accept my work and learn from me. I am gentle and humble in spirit. And you will find rest for your souls.



## Bible Reading 2: John 8:12

(Contemporary English Version)

Once again, Jesus spoke to the people. This time he said, "I am the light for the world! Follow me, and you won't be walking in the dark. You will have the light that gives life."



Thank you prayer:

Thank you God for the day that has passed, help us now to prepare for a peaceful night. Amen



## Go Team contact information

Tony Cook  
Head of Go Team  
Bath Archdeaconry  
T: 07922576757  
E: [tony.cook@bathwells.anglican.org](mailto:tony.cook@bathwells.anglican.org)



Andy Levett  
Go Team Training Lead  
Taunton Archdeaconry  
T: 07922576756  
E: [andy.levett@bathwells.anglican.org](mailto:andy.levett@bathwells.anglican.org)



Ruth Slade  
Go Team Digital Media Lead  
Wells Archdeaconry  
T:  
E: [ruth.slade@bathwells.anglican.org](mailto:ruth.slade@bathwells.anglican.org)



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