

Emotional Wellness closing prayers

The God of peace grant us a quiet night and a perfect end.

Amen.

Our help is in the name of the Lord,

the maker of heaven and earth.

The angels of God guard us through the night,

and quiet the powers of darkness.

The Spirit of God be our guide,

to lead us to peace and to glory.

It is but lost labour that we haste to rise up early, and so late take our rest, and eat the bread of anxiety.

For those beloved of God are given gifts even while they sleep.

From Psalm 139

Lord, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar.

You trace my journeys and my resting-places, and are acquainted with all my ways.

Indeed, there is not a word on my lips, but you, O Lord, know it altogether.

You press upon me behind and before and lay your hand upon me.

Such knowledge is too wonderful for me; it is so high that I cannot attain to it.

Where can I go then from your Spirit? where can I flee from your presence?

If I climb up to heaven, you are there; if I make the grave my bed, you are there.

If I take the wings of the morning and dwell in the uttermost parts of the sea,

Even there your hand will lead me and your right hand hold me fast.

If I say, "Surely the darkness will cover me, and the light around me turn to night."

Darkness is not dark to you; the night is as bright as the day; darkness and light to you are both alike.

Amen.

Almighty God, who art afflicted in the afflictions of thy people: Regard with thy tender compassion those in anxiety and distress; bear their sorrows and their cares; supply all their manifold needs; and help both them and us to put our whole trust and confidence in thee; through Jesus Christ our Lord. **Amen.**

In peace we will lie down and sleep;

for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,

for the night is at hand and the day is now past.

As the night watch looks for the morning, **so do we look for you, O Christ.**

Let us bless the Lord.

Thanks be to God.