

Add your own:

- Before the ending of the day
Great God of the world we pray
That you with steadfast love would keep
Your watch around us, as we sleep.
- Good night, my Father,
put thoughts of Jesus in my head.
Holy Spirit, comfort me;
put angels all around my bed.
- Peace of the running waves to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the shades of night to you,
Moon and stars always giving light to you,
Deep peace of Christ, the Son of Peace, to you.
Traditional Gaelic blessing
- Send your peace into my heart, O Lord,
that I may be contented
With your mercies of this day and confident
of your protection for this night;
and having forgiven others,
even as you forgive me,
may I go to my rest in peaceful trust
through Jesus Christ, our Lord, Amen.
by St. Francis of Assisi (1181-1226)
- All praise to thee, my God, this night,
For all the blessings of the light;
Keep me, O keep me, King of kings,
Beneath thine own almighty wings.
by Bishop Thomas Ken (1637-1711)



Gail M. Jackins, Family Formation Coordinator
St. Cuthbert Episcopal Church
17020 West Rd., Houston, TX 77095
281.463.7330
www.stcuthbert.org

Bed Time Prayers



For you and your family
From St. Cuthbert Church

● I travel this world by sunlight,
seeing the way I should go;
I travel this world by moonlight,
trusting its silvery glow;
I travel this world by starlight,
trusting in heaven above;
I walk through this old world's darkness,
safe in the light of God's love.

● Help us to do the things we should,
to be to others kind and good.
In all we do and all we say
to grow more loving every day. Amen

● Father, we thank thee for the night,
and for the pleasant morning light;
For rest and food and loving care,
and all that makes the day so fair.
Help us to do the things we should,
to be to others kind and good;
In all we do, in work or play,
to grow more loving every day.
Rebecca Weston – 1890

● Angel of God, my guardian dear,
to whom God's love commits me here.
Every this night be at my side
to light and guard to rule and guide. Amen.



● Guide us waking, O Lord,
and guard us sleeping:
that awake we may watch with Christ,
and asleep we may rest in peace.
(Book of Common Prayer. page 134)

● I hear no voice, I feel no touch,
I see no glory bright;
But yet I know God is near,
in darkness as in light.

● He watches ever by my side,
and hears my whispered prayer;
The Father for his little child
both night and day doth care.

● Jesus, tender Shepherd, hear me;
Bless thy little lamb tonight;
Through the darkness be thou near me,
Watch my sleep til morning light.

● All this day thy hand has led me,
And I thank thee for thy care;
Thou hast warmed and clothed and fed me;
Listen to my evening prayer.
Mary L. Duncan

● Now the day is over
night is drawing nigh,
shadows of the evening
steal across the sky

● Now the darkness gathers
stars begin to peep;
Birds and beasts and flowers
soon will be asleep
Sabine Baring-Gould "A Child's First Book of Prayers"

● Now I lay me down to sleep.
I pray the Lord my soul to keep.
Guard me safely through the night
and wake me with the morning light.

● May God support us all the day long
till the shadows lengthen
and the evening comes
and the busy world is hushed
and the fever of life is over
and our work is done -
then in mercy -
may God give us a safe lodging
and a holy rest
and peace at the last.
John Newman

● Day by day, dear Lord of you
Three things I pray:
To see you more clearly,
To love you more dearly,
To follow you more nearly,
Day by day
Saint Richard of Chichester (1197-1253)

● 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, for ever and ever. Amen.

