

They shall bear you upon their hands,
lest you strike your foot against a stone.
On the lion and the viper you will tread,
and trample the young lion and the serpent.

Since he clings to me in love, I will free him,
protect him, for he knows my name.
When he calls on me, I will answer him;
I will be with him in distress;
I will deliver him, and give him glory.

With length of days I will content him;
I will show him my saving power.

Glory...

READING

Weekdays: 1 Peter 5:8-9

Be sober, be watchful. Your adversary the devil prowls
around like a roaring lion, seeking someone to devour.
Resist him, firm in your faith.

Sundays & Solemnities: Revelation 22:4-5

They shall see the Lord face to face and bear his name on
their foreheads. The night shall be no more. They will
need no light from lamps or the sun, for the Lord God
shall give them light, and they shall reign forever.

RESPONSORY

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

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

You have redeemed us, Lord God of truth.

– I commend my spirit.

Glory to the Father...

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

CANTICLE OF SIMEON [Lk 2:29-32]

Ant: Protect us, Lord, as we stay awake; watch over us as
we sleep, that awake we may keep watch with Christ, and
asleep rest in his peace.

Now you dismiss your servant in peace,
according to your word, O Master;

For my eyes have seen your salvation,
which you prepared in the sight of all the peoples:

A light for revelation to the nations,
and the glory of your people Israel.

Glory...

The antiphon is repeated.

CONCLUDING PRAYER

Weekdays:

Lord, fill this night with your radiance. May we sleep in
peace and rise with joy to welcome the light of a new day
in your name. We ask this through Christ our Lord. Amen.

Sundays & Solemnities:

Lord, we beg you to visit this house and banish from it all
the deadly power of the enemy. May your holy angels dwell
here to keep us in peace, and may your blessing be upon us
always. We ask this through Christ our Lord. Amen.

Let us bless the Lord.

– Thanks be to God.

Blessing

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

Marian Antiphon

*Hail, holy Queen
or Hail Mary.*

COMPLINE IN YOUR POCKET

A Benedictine Night Prayer



Nothing is to be preferred to the Work of God.

Rule of St. Benedict 43:3

Is God calling you to monastic life?

Contact Fr. Paul Sheller, OSB, Vocation Director

(660) 944-2857 | monks@conception.edu



CONCEPTION
Living the Benedictine Tradition
ABBAY

O God, come to my assistance.
—O 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. (Alleluia).

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, blessed Michael the
Archangel, blessed John the Baptist, the holy Apostles Peter
and Paul, our blessed Father Benedict, all the saints, and you,
my brothers and sisters, to pray for me to the Lord our God.

May Almighty God have mercy on us, forgive us our sins,
and bring us to everlasting life. Amen.

HYMN

We praise you, Father, for your gifts
Of dusk and nightfall over earth,
Foreshadowing the mystery
Of death that leads to endless day.

Within your hands we rest secure;
In quiet sleep our strength renew;
Yet give your people hearts that wake
In love to you, unsleeping Lord.

Your glory may we ever seek
In rest, as in activity,
Until its fullness is revealed,
O source of life, O Trinity.

Text: West Mailing Abbey; Suggested tune: Praise God, From Whom All Blessings Flow

Monday, Thursday, Saturday

PSALM 4

Security under God's Protection

O God of justice, give answer when I call;
from anguish you released me, have mercy and hear me!

O you people, how long will my glory be dishonored,
will you love what is futile and seek what is false?

Know that the LORD works wonders for his faithful one;
the LORD will hear me whenever I call him.

Tremble, do not sin: ponder on your bed and be still.
Offer right sacrifice, and trust in the LORD.

“O that we might see better times,” many say.
Lift up the light of your face on us, O LORD.

You have put into my heart a greater joy
than abundance of grain and new wine can provide.

In peace I will lie down and fall asleep,
for you alone, O LORD, make me dwell in safety.

PSALM 134

Night Prayer in the Temple

O come and bless the LORD,
all you servants of the LORD,
who stand by night in the house of the Lord.

Lift up your hands to the holy place,
and bless the Lord.

May the Lord bless you from Zion,
he who made both heaven and earth.

Glory...

Sunday, Tuesday, Wednesday, Friday

PSALM 91

Security under God's Protection

He who dwells in the shelter of the Most High,
and abides in the shade of the Almighty,
says to the LORD, “My refuge,
my stronghold, my God in whom I trust!”

He will free you from the snare of the fowler,
from the destructive plague;
he will conceal you with his pinions,
and under his wings you will find refuge.
His faithfulness is buckler and shield.

You will not fear the terror of the night,
nor the arrow that flies by day,
nor the plague that prowls in the darkness,
nor the scourge that lays waste at noon.

A thousand may fall at your side,
ten thousand fall at your right:
you it will never approach.

Your eyes have only to look
to see how the wicked are repaid.
For you, O LORD, are my refuge.
You have made the Most High your dwelling.

Upon you no evil shall fall,
no plague approach your tent.
For you has he commanded his angels
to keep you in all your ways.

Translation: *The Abbey Psalms and Canticles*, prepared by the monks of Conception Abbey
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