**Thursday – The Ebba Compline**

+ (silently)

* Find rest, O my soul, in God alone:
  my hope comes from God.

_Come I this night to the Father,_
_comine I this night to the Son,_
_comine I to the Holy Spirit powerful:_
_come I this night to God._
_Come I this night with Christ,_
_comine I with the Spirit of kindness._
_Come I to Thee, Jesus._
_Jesus, shelter me._

* I will lie down and sleep.
  I wake again,
  because the Lord sustains me.

* By day the Lord directs His love;
  at night His song is with me –
  a prayer to the God of my life.

* Be strong and take heart,
  all you who hope in the Lord.

* This dwelling, O God, by Thee be blest;
  and each one who here this night does rest.

* May God be in my sleep;
  may Christ be in my dreams.
  May the Spirit be in my repose,
  in my thoughts, in my heart.
  In my soul always
  may the Sacred Three dwell.

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_May the Father of heaven_
_have care of my soul,_
_His loving arm about my body,_
_through each slumber_
_and sleep of my life._

_The Son of God be shielding me from harm,_
_the Son of God be shielding me from ill,_
_the Son of God be shielding me with power._
_The Son of God be shielding me this night._

* Sleep, O sleep in the calm of each calm.
  Sleep, O sleep in the guidance of all guidance.
  Sleep, O sleep in the love of all loves.
  Sleep, O beloved, in the Lord of life.
  Sleep, O beloved, in the God of life.

_The peace of all peace_
_be mine this night_
+_ in the name of the Father,_
_and of the Son,_
_and of the Holy Spirit._
_Amen._

(From Celtic Daily Prayer - The Northumbria Community)