

Night Prayer



Before you begin

- Find a quiet space. Adjust the lighting so it is low.
- Have some quiet music playing in the background.
- Think about how you are going to bring participants into the space.
- Take some time to settle the group and still the space.
- Light a candle (if in your own home, ask permission).
- In a large group setting give each person an unlit tea light.
- Something to play music on and a suitable prayer playlist



Ready to start

We take a moment before we settle down for the night to reflect on what we are about to do and how we are feeling. For those who feel comfortable we begin:

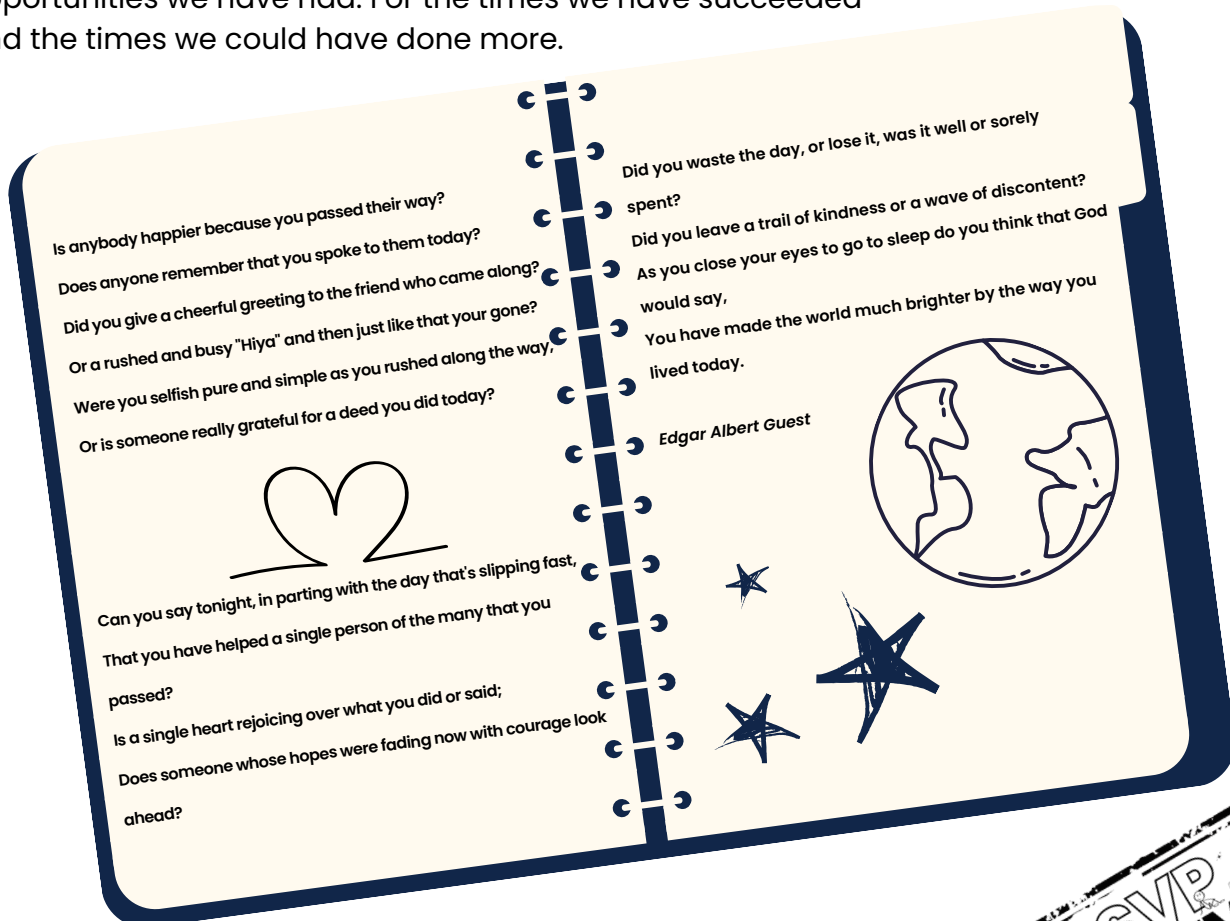


In the name of the Father, and of the Son and of the Holy Spirit.



Reflection

As we listen to, or read this reflection, let's take a moment to look back on our day at the opportunities we have had. For the times we have succeeded and the times we could have done more.





Post Reflection Questions

It is a rare gift to be able to stop and think back from start to finish about how our day went. It is a rare moment in a life that can be busy to just stop and be still.

It is an even rarer moment to be able to put ourselves into the experience of another, and for a few hours begin to feel aspects of that experience. So, as we prepare to take part in this SVP Summer Sleep, let us take a few moments in silence to bow our heads or close our eyes and think about how we are feeling about tonight. (Pause between questions for reflection, play some quiet music in the background)

- How are we feeling about the day that has passed?
- Where were the moments of blessing? – the enjoyable conversation, the funny joke, the sense of belonging and care?
- Where were the moments of difficulty? – the disagreements, the harsh words, the anxiety, the frustration?
- As we prepare to sleep, how are we feeling about this evening and the night ahead of us?

A suggested silence (try to hold for around 2 minutes)



Story

In the days before electricity....

Each evening, as dusk came, a man would make his rounds with his ladder and his light. He would put the ladder against the lamppost, climb up and light the lamp, step back down, pick up the ladder and proceed to the next lamp. After a while, he would be down the street and out of sight. But you could always tell which way he had gone from the lamps he had lit and the glow he left behind.

Each one of us leaves a trail wherever we go. The greatest success would be to live in a way which deserves these simple words, *"I could always tell which way they went by the light they left behind."*

This is what real discipleship is about. It is about bringing light to the darkest places and lighting a path that leads to the Father of all – through our words and actions people come to know something of Jesus.





Action

While the song plays (Pick a suitable song that fits with the mood of night prayer and talks about light) a couple at a time come forward and light a tealight and place it somewhere on the display. Offer a prayer for those tonight who are sleeping rough across the country, then return to your seat and watch as the room is transformed.



(Once the action is completed and everyone has placed a candle, continue with the prayer)



Scripture:

In the bible John tells us that...

"No one has ever seen God. But if we love each other, God lives in us. If we love each other, God's love has reached its goal. It is made perfect in us."

1 John 4:7



Final Prayer:

So, tonight loving God we pray.

We pray tonight for all those who we join in solidarity through our action.

We pray that our efforts may shine a light on the situation many find themselves in.

We pray that our world would be a more patient and kinder place, and that tonight you would guard and protect all who are afraid or alone.

For this, and all our prayers. Amen.

In the name of the Father and of the Son and of the Holy Spirit. Amen.