

Matins (3am) (Ordinary Time)

○ God, make speed to save us.
○ **Lord, make haste to help us.**

*Those gathered stand in a circle facing one another.
Each person will read a verse in turn*

Psalm 91

1 He who dwells in the shelter of the Most High
will rest in the shadow of the Almighty.

2 I will say of the Lord, "He is my refuge and my fortress,
my God in whom I trust.

3 Surely he will save you from the hunters trap
and from the deadly disease.

4 He will cover you with his feathers and under his wings you will find
refuge;
his faithfulness will be your shield and castle wall.

5 You will not fear the terror of night,
nor the arrow that flies by day.

6 nor the disease that stalks in the darkness,
nor the plague that destroys at midnight.

7 A thousand may fall at your side, ten thousand at your right hand,
but you will remain unharmed.

8 You will only observe with your eyes
and see the punishment of the wicked.

9 If you make the Most High your dwelling -
even the Lord, who is my refuge -

10 then no harm will befall you,
no disaster will come near your home.

11 For he will command his angels concerning you
to guard you in all your ways;

12 they will lift you up in their hands,
so that you will not strike your foot against a stone.

13 You will tread upon the lion and the cobra;
you will trample the great lion and the serpent.

14 "Because he loves me," says the Lord, "I will rescue him;
I will protect him, for he acknowledges my name.

15 He will call upon me, and I will answer him;
I will be with him in trouble, I will deliver and honour him.

16 With long life will I satisfy him
and show him my salvation."

(Bow)

**Glory be to the Father, and to the Son, and to the Holy Spirit. As it
was in the beginning, is now and shall be forever.
Amen**

As our Saviour taught us so we pray'
**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**

May the Lord grant us rest and refreshment in sleep.
Amen.