

## Prayers for Bedtime 6-22

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*\*A great friend of the podcast, Laura Ulickey, has graciously written a beautiful outline for a special episode of Prayers for Bedtime.\**

### **Keep Watch, Dear Lord Ben Ward**

Keep watch, dear Lord,  
with those  
who work, or watch,  
or weep this night,  
and give your  
angels charge  
over those who sleep.  
Tend the sick, Lord Christ;  
give rest to the weary,  
bless the dying,  
soothe the suffering,  
pity the afflicted,  
shield the joyous;  
and all for your love's sake.  
and all for your love's sake.  
and all for your love's sake.  
Amen.

### **New evening confession:**

Like King David, let us confess our sins (Psalm 51:17):

“My sacrifice to you, O God, is a broken spirit; for a broken and contrite heart, O God, you will not despise.”

Therefore, with a contrite heart, let us take our sins and lay them at the foot of the cross—knowing that by your grace, through faith, our sins have been forgiven.

***Keep Watch, Dear Lord***

**From Psalm chapter 4...(4:1,7a-8)**

Answer me when I call to you, my righteous God.  
Give me relief from my distress; have mercy on me and hear my prayer.  
Fill my heart with Joy... (then) in peace I will lie down and sleep;  
For you alone, O Lord, make me lie down in safety.

***Keep Watch, Dear Lord***

**From Psalm 16....(Verses 7-8)**

I will praise the Lord who counsels me; even at night  
my heart instructs me.  
I keep my eyes always on the Lord.  
With him at my right hand I will not be shaken.

***Keep Watch, Dear Lord***

**From Psalm 62....(1-2, 7-8)**

Truly my soul finds rest in God; my salvation comes from Him.  
Truly He is my rock and my salvation.  
He is my fortress - I will never be shaken.  
My salvation and my honor come from God;  
He is my mighty rock and refuge.  
Trust in God at all times... pour out your hearts to Him,  
for in the care of God we will remain safe.

***Keep Watch, Dear Lord***

## **Psalm 121 (NKJV)**

I will lift up my eyes to the hills - where does my help come from?  
My help comes from the Lord, who made heaven and earth.  
He will not allow your foot to be moved;  
He who keeps you will not slumber.  
Behold, He who keeps Israel will neither slumber or sleep.

The Lord is your keeper; the Lord is your shade at your right hand.  
The sun shall not strike you by day or the moon by night.  
The Lord shall preserve you from all evil; He shall preserve your soul.  
The Lord shall preserve your going out and coming in from this time forth,  
and even forever more.

## **No Longer Slaves**

**Jonathan David Helser**

You unravel me with a melody  
You surround me with a song  
Of deliverance from my enemies  
Till all my fears are gone

I'm no longer a slave to fear  
I am a child of God  
I'm no longer a slave to fear  
I am a child of God

From my Mother's womb  
You have chosen me  
Love has called my name  
I've been born again into Your family  
Your blood flows through my veins

You split the sea so I could walk right through it  
My fears were drowned in perfect love  
You rescued me so I could stand and sing  
I am a child of God

**From Psalm 42...(8,11b)**

By day the Lord directs His love, at night his song is with me.  
(This is) a prayer to the God of my life:  
I place my hope in you, I will forever praise you my Savior and my God.

**From Psalm 9...(1-2, 9,18,10)**

I will give thanks to you, Lord, with all my heart;  
I will tell of all your wonderful deeds. I will be glad and rejoice in you;  
I will sing the praises of your name, O Most High.

***No Longer Slaves***

The Lord is a refuge for the oppressed, a stronghold in times of trouble.  
God will never forget the needy; the hope of the afflicted will never perish.  
Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.

**PRAYER: (parts of it taken from the Book of Common Prayer)**

Let not the needy be forgotten...

For those who are exhausted, sleepless or depressed

LET US PRAY TO THE LORD.

For those who are hungry or sick or in any kind of pain...

LET US PRAY TO THE LORD

For those who suffer for the name of Christ...

LET US PRAY TO THE LORD

For those who have no one to pray for them...

LET US PRAY TO THE. LORD

May the angels of the Lord our God encamp around us, that our weary souls may find their rest in Christ Jesus our Savior. Amen

### **Be Still My Soul**

**Kathrina von Schlegel, Jean Sibelius**

Be still my soul  
the Lord is on thy side  
Bear patiently the cross  
of grief or pain  
Leave to thy God  
to order and provide  
In every change  
He faithful will remain  
Be still my soul  
Thy best thy heavenly friend  
Thro' thorny ways  
Leads to a joyful end

Be still my soul  
thy God doth under-take  
To guide the future  
as He has the past  
Thy hope thy confidence  
let nothing shake  
All now mysterious  
shall be bright at last  
Be still my soul  
the waves and winds still know  
His voice who ruled them  
while He dwelt below

Be still my soul  
the hour is hast'ning on  
When we shall be  
forever with the Lord  
When disappointment grief  
and fear are gone  
Sorrow forgot  
love's purest joys restored  
Be still my soul  
when change and tears are past  
All safe and blessed  
We shall meet at last

**Closing Benediction from Numbers 6:24-26:**

The Lord bless you and keep you; The Lord make his face shine upon you and be gracious unto you; The Lord lift up his countenance upon you and give you peace. Amen.

**Song of Freedom**  
**Ben Ward**

Out of fear and into faith  
You lead me here by Your grace  
I am scared and full of doubt  
I cannot move or find a way out

But You say, "come to Me"  
You sing over me  
Your wondrous Song of Freedom:

"You are free indeed  
The waves of doubt I can quiet  
You are free indeed  
The voice of fear I can silence  
You are free indeed  
Drink my cup of kindness"

His power's strong, His Word is true  
His grace rings out for me and you  
As we journey now from fear to faith  
Let us sing His Song let us celebrate  
His Song of Freedom

***No Longer Slaves***

***Keep Watch, Dear Lord***