

Recall.

From the rising of the sun to the place where it sets,
the name of the Lord is to be praised.

*Pause to reflect on your day.
How does your body feel?
How does your mind feel?
How are your relationships?*

Where can you spot the presence and activity of Jesus throughout your day?

Rejoice.

Shout for joy to the Lord, all the earth.

Psalm 100

Worship the Lord with gladness;
come before him with joyful songs.

Know that the Lord is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

For the Lord is good and his love endures forever;
his faithfulness continues through all generations.

Release.

As I prepare for bed,
I release to you all that was done today.
Some I wish could be undone,
some still has not reached completion,
some which gives me satisfaction.

I release to you all who I love.
I cannot watch over them with closed eyes
but trust them to your protection.

I release to you all the worries of my mind
the stresses in my body
the fears in my heart.

I release to you my effort.
I am at the end of myself and
can do no more.

Bless me with peace as I sleep.
Recharge me as I rest body, mind and soul.
Refresh me in faith, hope and love.

Retire.

And now.
May the grace of the Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with us all.
For ever more.

Amen.

endings