

Thursday Compline - Ebba

Celtic Daily Prayer - the Northumbria Community - Ebba, was consecrated a nun by St Aidan, Bede described her as 'a pious woman and a handmaid of Christ.' She founded and ruled the double monastery at Coldingham and was sister of Oswald & Oswy Kings of Northumbria. She died in 683.

Time of silence

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

**Come I this night to the Father,
come I this night to the Son
come I this night to the Holy Spirit powerful:
come I this night to God.
Come I this night with Christ,
come 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.

The 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.

**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 sleep in the Lord of life.
Sleep, O sleep 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.**

Celtic Daily Prayer: Prayers & Readings from the Northumbrian Community p 40-41