

End of Day well being prayer

This is a reflective prayer before going to bed. If you used a ring at waking wellbeing prayer, you will need it again.

But first get into a prayerful posture, as you come to worship God who is mystically present to you now. So still your mind, slow your breathing God is here...

Come into contact how you are feeling – are you feeling worn out? Tired? Worried.? At peace? Name the emotion and as you sense it – offer it to God, give it to God who seeks to meet us in our emotions whether at peace or in distress. Give it to God now as an act of Prayer

And as you pray now, be encouraged by these texts

Deuteronomy 31:6 *Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you."*

Isaiah 41:10 *fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

Zephaniah 3:17 *The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.*

Pause

And now reflecting on the day that has passed

Knowing that each of us – our selves – are a mixture of Child, Adult, Adolescent, consider how you have practically honoured yourself today.

How have you valued and honoured your inner child practically today

How have you valued and honoured your inner adult practically today?

How have you valued and honoured your inner adolescent today?

And finally – How have you valued and honoured God the Holy Trinity today?

If there is something that you have reflected, which you do not want to forget and include in the waking wellbeing prayer tomorrow concerning honouring your child, adult or adolescent or God – do write it down now and leave it by your bed so you do not forget it. Remember what the practical action is and which part of you or God that it relates to.

So now we come to a time to end thinking and receiving rest, peace and love of God.

if you have a ring on your finger, take it off as a sign of rest and that the place you are is for sleep – as a ritual sign that today you are committing to looking after yourself, and switching off - being true and valuing to yourself.

So now At the end of the day
May you not dwell on your failures
Or focus on your disappointments
Let your heart not be heavy.
Over the days frustrations,
The hard voices,
And vexations
May you now in God's presence find peace and joy
And blessing at the end of the day.

blessing

O loving God , as you lay down to sleep
Open the door to your loving-kindness
May you find rest and a love that surpasses all understanding
May you be protected this night from all adversities
And the blessing of God Almighty, the Creator, Liberator and Sustainer
Be with you now and all ways.

Amen

At the end of the day
Let me not dwell on my failures
Or focus on my disappointments
Let my heart not be heavy.
Over the days frustrations,
The cold voices,
And minor vexations
May you find peace and joy
And blessing at the end of the day.
Amen