A Prayer before Bedtime

The Sign of the Cross In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O my God,
As the evening falls I come to you in prayer.
I thank you for being with me in every moment of this day,
guiding me and protecting me, keeping me from harm.

On this November night
I bring before you in prayer all those dear to me who have died.
(*Name those for whom you wish to pray)*.
Remember them God in your loving kindness.
May they now rest in your eternal peace.

May all of us who still miss them and grieve for them
find comfort in our belief that we will one day see them again
in the kingdom of heaven.

I remember in my prayer this night
all those who have died and who have no one to pray for them.
For these and for our loved ones I pray:

Eternal rest grant unto them, O Lord, let perpetual light shine upon them.
May they rest in peace. Amen.

* * * * * * * * *

May the Lord support us all the day long,
till the shades lengthen and the evening comes,
and the busy world is hushed, and the fever of life is over
and our work is done.
Then in His love and mercy may He give us a safe lodging,
a holy rest and peace at last. Amen.
(St John Henry Newman)

The Sign of the Cross In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Remembering our Dead and Praying for the Bereaved

In November

This leaflet is offered by the Kildare and Leighlin Diocesan Commission for Liturgical Formation. It contains the following three sets of prayers for families and friends to remember their dead and pray for those who mourn:

+ A prayer in the church
+ A prayer by the graveside
+ A prayer before bedtime

The prayers can be easily adapted if being prayed by more than one person.

There are many websites that offer support and advice to the bereaved. A small sample include:

- www.bethany.ie
- www.hospicefoundation.ie/our-supports-services/bereavement-loss-hub/
- www.pieta.ie/how-we-can-help/bereavement-support/
- www.anamcara.ie (Support for parents in bereavement)
- www.rainbowsireland.ie (Support for children in bereavement)

Kildare and Leighlin Diocesan Commission for Liturgical Formation

A Prayer in the Church

Whether alone or with family, you may like to pray the following as you visit a church in the month of November to pray for a departed loved one.

The Sign of the Cross In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lighting a candle
Light a candle and then pause to pray for & remember your deceased loved ones.
Jesus you said, I am the light of the world. May your light , Lord, shine on N. … and all those who have died. May they be bathed always in the light of your love and grace, and come to eternal life with you. Amen.

God's Consoling Word *After each verse, pause to let God's word speak to you*
Psalm 34:18 "The Lord is close to the broken hearted and saves those who are crushed in spirit." **Response: Your words, O Lord, are my hope and my peace.**

I Corinthians 5:1 "We know that when the tent we live in on earth is folded up, there is a house built by God for us, an everlasting home not made by human hands, in the heavens." **R.**

John 11 Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die." **R.**

Our Father / Decade of the Rosary THE FIRST GLORIOUS MYSTERY, THE RESURRECTION
Pray the Our Father or one Our Father, ten Hail Marys and one Glory be…

Concluding Prayer Loving God, you are close to those who call on you.
Be with me and with all who remember and mourn departed family and friends.
Comfort us with your promise of eternal life. Through Christ our Lord. **Amen.**
Eternal rest grant unto them, O Lord. **And let perpetual light shine upon them.**
May they rest in peace. **Amen.**
May the souls of all the faithful departed, through the mercy of God, rest in peace. **Amen.**
May the love of God and the peace of Christ, bless and console us and all who mourn and gently wipe away every tear from our eyes. **Amen.**

The Sign of the Cross In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

A Prayer by the Graveside

You may wish to bring flowers and/or holy water for the grave you are visiting.

The Sign of the Cross In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Prayer O Lord of life and hope,
as I stand at this grave I remember with love (*Name…*). (*pause*)
Thank You for the gift of them in my life.
I have been truly blessed by their presence,
their words and actions, and their love.
The pain of their loss is a reminder of the depth of the bond we shared.
Give me the strength and courage to leave them in your care.
Help me, O God, to realize that the distance between us now
is not so great and that one day, I will be reunited with them in heaven,
sharing in Your promise of eternal life through Jesus Christ our Lord. Amen.

Scripture tells us	*God's word of consolation to us today*
Romans 8:38-39	"I am convinced that neither death, nor life, nor angels, nor principalities, not present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God." **Response: Your words, O Lord, are my hope and my peace.**
Psalm 116:7-8	"Return to your rest, my soul, for the Lord has been good to you. For you, Lord, have delivered me from death." **R.**
Philippians 3:20	"Our true home is in heaven, and Jesus Christ whose return we long for will come from heaven to save us." **R.**

Our Father / Decade of the Rosary THE FIRST GLORIOUS MYSTERY, THE RESURRECTION
Pray the Our Father or one Our Father, ten Hail Marys and one Glory be…

Concluding Prayer Lord, with reverence, I leave my prayers and love at this grave. I remember, in faith and hope, the promise of the day of resurrection. Until that day, give eternal rest to (*Name*) and to all the holy dead. May they rest in peace. I place this prayer before you through Christ our Lord. Amen. (*The grave can be sprinkled with holy water at this point and/or flowers placed on the grave.)*

The Sign of the Cross In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**