

# Evening Prayers

“Into thine hand I commit my spirit:”  
Psalm 31:5 (KJV)

“And when Jesus had cried with a loud voice, he said,  
‘Father, into thy hands I commend my spirit:’  
and having said thus, he gave up the ghost.”  
Luke 23:46 (KJV)

**A**s young children many of us were taught to say our prayers before climbing into bed at night. These prayers often included a memorized four line prayer beginning “Now I lay me down to sleep”.

In early childhood Mary taught her son—our Lord—bedtime prayers to recite including Psalm 31:3.

It is very interesting that this prayer—used by Jesus in His formative years—was the last one He uttered before dismissing His spirit in death.

When ministering to saints who are close to entering the Celestial City, I encourage them to recite this brief prayer that Jesus quoted—a moment before He entered the Celestial City. When Susan and I pray together

at night, I often recite this prayer in Psalm 31:5 to conclude our time of prayer. It seems such a fitting end with which to conclude our time of seeking our Father in heaven.

I encourage you to recite prayers in Scripture like the one we commonly call the Lord’s Prayer (Matt.6:9-13) and Psalm 31:5.

If we worship the Lord by singing hymns composed many years ago, then it is perfectly acceptable to pray to the Lord using precomposed prayers.

Consider including a prayer from Scripture—or the online Anglican Book of Common Prayer—tonight when you have your prayer time. You will be blessed—I feel sure—as I have been blessed so often.

“O Lord, support us all the day long of this troublous life, until the shades lengthen and the evening comes, the busy world is hushed, the fever of life is over and our work is done; then Lord, In thy tender mercy, grant us safe lodging, a holy rest, and peace at the last, through Jesus Christ our Lord Amen.”

-Anglican Book of Common Prayer

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