

A Prayer to End the Day

Scripture Reading — Psalm 4

*In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.
Psalm 4:8 —*

Many of us have “anxiety dreams.” For example, we dream that we show up to a school exam unprepared and only half-dressed. Or our ex-spouse is in the next room as we are about to get married. Or we miss our bus or train and are late for an important meeting. Yesterday’s regrets and tomorrow’s worries fill our thoughts.

Like a monster under the bed or a bogeyman in our closet, bullying anxiety growls to life. Will my boyfriend ditch me? Will we lose our house or our car? Will we reconcile with our children? Will the doctor give us a good report?

In the sixth century Benedict created a pattern of daily living in which his monks would combine work and prayer. Every two weeks the monks would pray the entire Psalter. Every evening, in the final worship of the day, they would pray Psalm 4. Its content (personal troubles) and its setting (evening) were especially fitting.

Most of us have rituals for ending each day. We watch the evening news. We read a book. We brush our teeth and lock the doors. Maybe it’s time for another ritual. Maybe we should try reading from the psalms and closing with this model prayer for the evening (Psalm 4). And did you know there’s also a model prayer for the morning (Psalm 5)? These psalms can help us begin and end our day with God.

Prayer

Visit this place, O Lord, and drive far from it all snares of the enemy. Let your angels dwell with us to preserve us in peace, and let your blessing be on us always. In Jesus, Amen

Devotion topics: [Bible](#), [Books of the Bible](#), [Psalms](#)

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