

CHAPTER SEVEN

Compline

Reflection and Discussion

1. What is one thing that stood out to you or one thing that you learned from this chapter?
2. What is your general routine before you go to sleep? How do you think that routine affects the way you think or feel as you fall asleep or as you wake up in the morning?
3. Compline begins, Julie notes, with a reminder of our death: "The Lord Almighty grant us a peaceful night and a perfect end. Amen." Why begin the service this way? Why should we think about dying or spend time asking God for a "perfect end"?
4. Discuss Julie's comment about the prayer for forgiveness of sins: *Encouraged to confess, I see myself more clearly, and I see more of God's abundant grace. As a friend wrote to me recently, "I've come to like living in the land of cleansing forgiveness more than I like living in the land of hiding."*
5. Read through Psalm 4 and Psalm 91 (two options for the psalm reading during Compline). Julie says that these psalms "often connect our fears with what we know of God's dependability." What fears are mentioned in these two psalms? How do the psalms give us confidence or courage amidst our fears?
6. What is your favorite part of the Compline service?

Practical Exercises

For these exercises, you'll need access to *The Book of Common Prayer* (2019). If you do not own one, you may access it online at <https://bcp2019.anglicanchurch.net>

1. For the coming week, plan at least three nights when you will say Compline out loud before bed, either with another person or by yourself. Take note of how it affects you as you fall asleep.
2. On page 61, the prayer book lists four short scripture passages from which we are meant to choose and read aloud. Which of these scriptures do you think you most often need to hear at the end of the day?
3. On page 63, there are four collects. Read through each of them. With which of them do you connect the most? Why?