

THE EVENING BLESSING, by Martin Luther

In the evening, when you go to bed, you are to make the sign of the holy cross and say:

God the Father, Son, and Holy Spirit watch over me. Amen.

Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer.

The Apostles' Creed

**I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, God's only Son,
our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,**

**he is seated at the right hand of the
Father,
and he will come
to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

The Lord's Prayer

**Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,**

**as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

If you wish, you may in addition recite this little prayer as well:

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected me today. I ask you to forgive me all my sins, where I have done wrong, and graciously to protect me tonight. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen.

Then you are to go to sleep quickly and cheerfully.