O Christ, who art the Light and Day,
Thou drivest night and gloom away;
O Light of light, whose Word doth show
The light of heaven to us below.

All-holy Lord, in humble prayer,
We ask tonight Thy watchful care.
Oh, grant us calm repose in Thee,
A quiet night, from perils free.

Our sleep be pure from sinful stain;
Let not the Tempter vantage gain,
Or our unguarded flesh surprise
And make us guilty in Thine eyes.

Asleep though wearied eyes may be,
Still keep the heart awake to Thee;
Let Thy right hand outstretched above
Guard those who serve the Lord they love.

Behold, O God, our Shield, and quell
The crafts and subtleties of hell;
Direct Thy servants in all good,
Who Thou hast purchased with Thy blood.

O Lord, remember us who bear
The burden of the flesh we wear;
Thou who dost o’er our souls defend,
Be with us even to the end.

All praise to God the Father be,
All praise, eternal Son, to Thee,
Whom with the Spirit we adore
Forever and forevermore.

Ambrose of Milan