

**Lord Jesus, please help me sleep tonight. I choose now to trust in Your word.  
To whom shall I go? YOU have the words of eternal life...**

(Psa 3:5) **I lay down and slept; I awoke, for the LORD sustained me.**

(Psa 4:6-8) There are many who say, "Who will show us any good?" LORD, lift up the light of Your countenance upon us. You have put gladness in my heart, more than in the season that their grain and wine increased. **I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.**

(Prov 3:21-26) My son, let them (God's words) not depart from your eyes; keep sound wisdom and discretion; so they will be life to your soul And grace to your neck. Then you will walk safely in your way, and your foot will not stumble. **When you lie down, you will not be afraid; yes, you will lie down and your sleep will be sweet.** Do not be afraid of sudden terror, nor of trouble from the wicked when it comes; for the LORD will be your confidence, and will keep your foot from being caught.

(Ezek 34:25) **"I will make a covenant of peace with them, and cause wild beasts to cease from the land; and they will dwell safely in the wilderness and sleep in the woods."**

(Psalm 127) Unless the LORD builds the house, they labor in vain who build it; unless the LORD guards the city, the watchman stays awake in vain. It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; **for so He gives His beloved sleep.** Behold, children are a heritage from the LORD, the fruit of the womb is a reward. Like arrows in the hand of a warrior, so are the children of one's youth. Happy is the man who has his quiver full of them; they shall not be ashamed, but shall speak with their enemies in the gate.

(Prov 6:21-22) Bind them (God's words) continually upon your heart; tie them around your neck. When you roam, they will lead you; **when you sleep, they will keep you; and when you awake, they will speak with you.**

(Eccl 5:12) **The sleep of a laboring man is sweet, whether he eats little or much;** but the abundance of the rich will not permit him to sleep.

(Gen 2:21) And **the LORD God caused a deep sleep to fall on Adam, and he slept;** and He took one of his ribs, and closed up the flesh in its place.

(Gen 28:16) Then Jacob **awoke from his sleep and said, "Surely the LORD is in this place, and I did not know it."**

(1 Th 5:9-10 NKJV) For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ, who died for us, that **whether we wake or sleep, we should live together with Him.**

(Jer 31:26) "For I (God) have satiated the weary soul, and I have replenished every sorrowful soul." **After this I awoke and looked around, and my sleep was sweet to me.**