



Scriptures for Sleep

I COME TO MY FATHER GOD AND HE GIVES ME REST.

"Come to Me, all you who labor and are heavy laden, and I will give you rest."

Matthew 11:28

I CAST EVERY CARE AND ALL WORRIES AND CONCERNS ON GOD. I PUT THEM IN HIS HANDS AND LEAVE THEM THERE ONCE AND FOR ALL, FOR HE IS TAKING CARE OF ME AND ALL THAT CONCERNS ME, SO I DON'T HAVE TO!

"Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all on Him, for He cares for you affectionately *and* cares about you watchfully." 1 Peter 5:7

IT IS WRITTEN, GOD GIVES ME, HIS BELOVED, SLEEP. I SLEEP ALL THE NIGHT THROUGH IN JESUS' NAME, WITHOUT DISRUPTION.

"*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.*" Psalm 127:2

IT IS WRITTEN, WHEN I LIE DOWN I AM NOT AFRAID. HE GIVES ME A SWEET SLEEP.

"When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet." Proverbs 3:24

I REFUSE A SPIRIT OF FEAR IN JESUS' NAME. IT IS NOT FROM GOD. GOD HAS GIVEN ME POWER, LOVE AND A SOUND, DISCIPLINED MIND.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind. " 2 Timothy 1:7

I LIE DOWN IN PEACE AND SLEEP, FOR YOU, LORD, MAKE ME DWELL IN SAFETY.

"I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety." Psalm 4:8

I LAY DOWN, SLEEP, AND WAKE BECAUSE THE LORD SUPPORTS ME.

"I lie down and sleep. I wake up again because the LORD continues to support me."
Psalm 3:5 GW