

Psalm 4:4-5 (& 55:22)

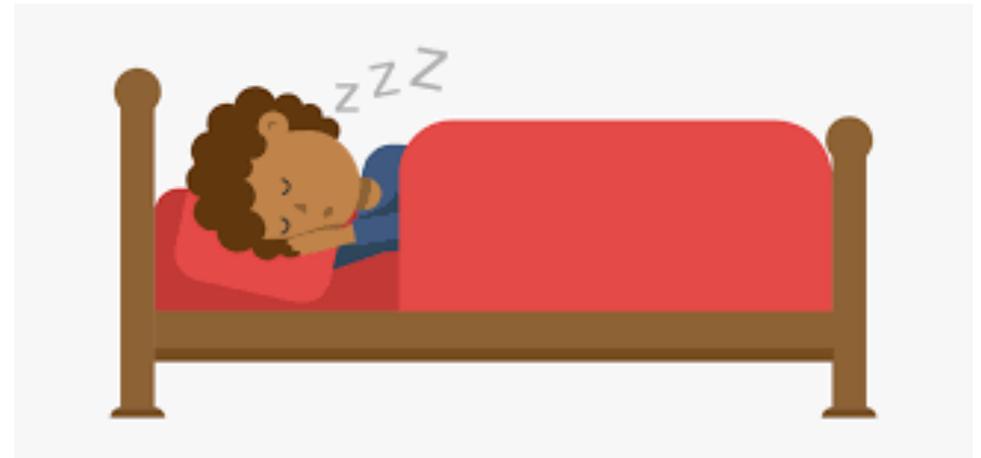
Releasing



every worry & strain

Psalm 4:6-8 (& 121:3-4)

Resting



*in the LORD's light
& peace*

Every day for God: NIGHT-TIME – SLEEPING



Prayers before going to sleep

We commit ourselves to you this night. Let us find our rest in the secret place of the Most High, and seek shelter under the shadow of the Almighty. Let the Lord be our dwelling-place, and let our lives be at home in him.

Put a protecting hedge around us, our home, and all we possess. Do not let any evil happen to us. O Lord, you never slumber or sleep. So be our keeper. Be a sun and a shield to us.

Refresh our bodies tonight with a peaceful and comfortable rest. Keep us from being disturbed by any distrustful or distressing thoughts and fears. Let our souls be refreshed with the light that comes from your smiling face. Let our experience of your love be better to us than life.

Give us grace to remember you as we lie on our beds. Let us meditate on you in the night seasons. Let us make the best possible use of the silence and solitude of our retreat from the daily cares of this life. Let us enjoy this special opportunity for communion with you to the fullest. When we are alone, let us not be alone, but with you. When we wake up in the morning, let us see that we are still with you.

Taken from **A Way to Pray** by Matthew Henry, published by Banner of Truth.

Preserve us, O Lord, while waking,
and guard us while sleeping;
that awake we may watch with Christ,
and asleep we may rest in peace.

From The Order for Night Prayer, **The Book of Common Prayer**