

# **Prayer for a Peaceful Sleep: Resting in God's Care**

By Melkisedeck Leon Shine · July 6, 2023

Selected Christian Prayers to Support your Prayer Life

Dear Heavenly Father,

As I lay down to rest my weary body and troubled mind, I come before You in prayer, seeking the peaceful sleep that can only be found in Your loving care. Your Word assures me that You never slumber nor sleep, and that You watch over me night and day (Psalm 121:3-4). I am comforted knowing that I can find solace and serenity in Your presence.

Lord Jesus, You are the Prince of Peace (Isaiah 9:6), and I invite You into my bedroom tonight. Calm the storms within my heart and mind, and grant me the tranquility that surpasses all understanding (Philippians 4:7). May Your gentle whispers bring a soothing balm to my troubled thoughts, guiding me into a restful and peaceful sleep.

Holy Spirit, I invite You to hover over me tonight, covering me with Your divine protection and grace. Fill my dreams with visions of Your faithfulness and steadfast love. Help me to let go of the worries and cares of the day, surrendering them into Your capable hands (1 Peter 5:7). In the stillness of the night, may Your presence bring me comfort and assurance that I am never alone.

Lord, I pray for those who are restless and burdened tonight. May Your peace transcend all circumstances and bring them the rest that can only be found in You. Grant them a calmness of spirit, allowing them to find solace in Your embrace. As they lay their heads to rest, may Your love surround and protect them, just as You have promised (Psalm 4:8).

Father, as I rest, I lift up my family before You. Guard their dreams and grant them the same peaceful sleep that I seek. Protect them from all harm and evil, covering them with Your heavenly angels (Psalm 91:11). Fill their hearts with the assurance of Your presence and Your steadfast love.

In faith, I trust that You are working all things together for my good (Romans 8:28). I believe that Your love is unfailing and that You have a plan and purpose for my life. Help me to release my worries and anxieties to You, knowing that You are in control. Grant me the faith to surrender my concerns to You, rest assured in Your perfect peace.

Thank You, gracious God, for hearing my prayers and for being my ever-present help (Psalm 46:1). I am grateful for the gift of sleep and the opportunity to find rest in You. May Your love and peace wash over me tonight, renewing my spirit and awakening me with a heart filled with gratitude in the morning.

In the mighty and holy name of Jesus, I pray. Amen.