

Prayer Before Sleep

Dear God,

As I lay me down to sleep, relax the tension of my body; calm the restlessness of my mind; still the thoughts which worry and perplex me.

Help me to rest myself and all my problems in Your strong and loving arms. Let Your Spirit speak to my mind and heart while I am asleep, so that, when I wake up in the morning, I may find that I have received in the night-time, light for my way; strength for my tasks; peace for my worries; forgiveness for my sins.

Grant me sleep tonight, and tomorrow power to live.

Amen.

Source: Unknown