Sweet Sleep Meditation

Proverbs 3:24 -"You can go to bed without fear; you will lie down and sleep soundly."
Thank You, Father,that You desire for me to have sweet sleep. When I go to bed I will choose not to fear. I will lie down and sleep soundly!

Psalm 4:8 - " In peace and with a tranquil heart I will both lie down and sleep. For You alone, O LORD, make me dwell in safety and confident trust."
Father, You alone keep me safe all throughout the night. I can lay down and sleep in peace without fear of harm.

Isaiah 26:3
"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"
Because I trust You, I keep my thoughts fixed on You, Father. You are keeping me in perfect peace.

Isaiah 41:10
"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."
I refuse fear because God is with me! I will not be discouraged for You are my God. You are strengthening me and helping me. You are upholding me with Your victorious right hand!

Matthew 11:28
"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'"
I come to You, Jesus as I am weary and carrying heavy burdens. I choose to lay these burdens at your feet_____. Thank You for giving my soul rest.

1 Peter 5:7 - "Give all your worries and cares to God, for he cares about you."
Father, because I know You love me and care for me, I have given all my cares and worries to You. I command the rest of God to come upon me now.

Philippians 4:6-7 - "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."
I refuse to worry about even one thing. Instead I will pray about everything, turning all of my cares over to You, God. I am grateful for all You have done for me. Your peace, which passes all my human understanding, is guarding my heart and mind as I abide in Christ Jesus.

Psalm 127:2 - "It really is senseless to work so hard from early morning till late at night, toiling to make a living for fear of not having enough. God can provide for His devoted lovers even while they sleep!"
Father, I refuse to fret and worry over providing for myself. I refuse the fear of not having enough. I will not toil, working day and night to take care of my needs.. For You can provide for me even while I am sleeping.

John 14:1 - "Don't let your hearts be troubled. Trust in God, and trust also in me."
I do not allow my heart to be troubled. I sleep well because I trust You to take care of every aspect of my life.

Psalm 3:5-6 -"I lay down and slept, yet I woke up in safety, for the Lord was watching over me. I am not afraid of ten thousand enemies who surround me on every side."
I can sleep soundly because I know you, Lord are surrounding me on every side, and I will wake up in safety.

Father, I plead the blood of Jesus over my sleep. I command the rest of God to come upon me. I forbid evil dreams, evil visions, evil imaginations, and evil visitations. I bind you, satan, from accessing my mind while I sleep. I welcome You-Father,Jesus, and Holy Spirit to take charge concerning my sleep.