

A Prayer for Sleepless Nights

Scripture & a Prayer for When You Cannot Rest

Psalm 127:2 (KJV)

“It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.”

Psalm 121:3–4 (KJV)

“He will not suffer thy foot to be moved: he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep.”

Proverbs 3:24 (KJV)

“When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.”

Psalm 91:5 (KJV)

“Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day.”

A Prayer

Father, it is late, and I am still awake.

The house is quiet, but my mind is not. I keep replaying what happened today and worrying about what may happen tomorrow. I am tired, but I cannot seem to rest.

You see every thought I cannot turn off. You know the fears I keep carrying, the questions I cannot answer, and the things I cannot fix at this hour.

Thank you that you are awake with me. Thank you that while I am lying here, you are still watching over the people I love and the things I cannot control. I do not have to hold everything together tonight.

Quiet my mind, Lord. Loosen the grip of fear. Help me place this day in your hands, and leave tomorrow there too.

Slow my breathing. Soften my body. Let your peace settle over this room.

And when sleep comes, let me receive it as a gift from you.

Amen.