

No More Nightmares:

Verses To Pray at Night



“If you lie down, you will not be afraid; when you lie down, your sleep will be sweet.”

PROVERBS 3:24

Good Shepherd, make my sleep sweet and completely restful.

“In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.”

PSALM 4:8

You are my Defender who makes me safe. Give me deep peace through my sleep.

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

ISAIAH 26:3

Help me fix my mind on You, my Prince of Peace. Let me completely trust You.

“He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.”

PSALM 121:3-4, NIV

“It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.”

PSALM 127:2

I accept Your gift of sleep to me, knowing I can't change anything with my worry. Help me trust in Your steady, constant control, trusting You to work on my behalf.

“By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.”

PSALM 42:8

Let Your joy and Your trust-filled song be a melody from my heart to Yours.

“For God gave us a spirit not of fear but of power and love and self-control.”

2 TIMOTHY 1:7

I reject being controlled by fear. I choose to remember Your power, Your love for me, and the control Your Spirit gives me over myself and my fear.

“Return, O my soul, to your rest; for the LORD has dealt bountifully with you.”

PSALM 116:7

Bring to mind all the ways You are so good to me! Bring me back to rest in all the reminders of Your kindness.

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty ... You will not fear the terror of night, nor the arrow that flies by day.”

PSALM 91:1,5 (NIV)

Let me rest in Your comforting, protected shadow. Don't let me be afraid of tonight or tomorrow.