

Prayers For When You Can't Sleep

I heard from a friend a few days back that he was having trouble sleeping lately. There is so much going on and so much uncertainty, he said. I could totally relate. I've had a few sleepless nights over that past month as well. I'm sure lots of people have.

That is why I was so please to have the following arrive in my email from www.Crosswalk.com: "8 Prayers for When You Can't Sleep." I liked them so much that I wanted to recommend them to you and share one in particular that was helpful to me.

This prayer was written by Debbie McDaniel. It is titled "For When You are Battling Worry."

Philippians 4:6-7

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."



Lord you know our hearts and all that concerns us, we ask for you to help us to guard our hearts and minds in you. Sometimes our worries seem too big, we don't see a way out of our current circumstances, and we can't understand what you're doing. But we know that you see the big picture and thank you that you are with us in it all. Help us to trust you. Allow your peace that passes all of our own understanding to surround us and fill us afresh. [Amen]

What I find most comforting in this, is the thought that God is with us in every moment, with us in all.

So next time the worry is keeping you awake, perhaps this prayer can help along your as you count those sheep.

All eight prayers can be found at <https://www.crosswalk.com/slideshows/8-prayers-for-when-you-can-t-sleep.html>

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