



“DEAR GOD, THANK YOU FOR THIS DAY AND FOR
BEING WITH ME. PLEASE FORGIVE ME FOR ANY
MISTAKES I MADE TODAY AND HELP ME TO DO
BETTER TOMORROW.”

PSALM 51:10



"HEAVENLY FATHER. AS I LAY DOWN TO SLEEP. I ASK
FOR YOUR PROTECTION AND PEACE TO SURROUND ME
THROUGHOUT THE NIGHT. HELP ME TO HAVE SWEET
DREAMS."

PSALM 4:8



"DEAR GOD. I GIVE ALL MY WORRIES AND FEARS
TO YOU. HELP ME TO TRUST IN YOUR CARE AND
HAVE PEACE KNOWING THAT YOU ARE IN
CONTROL."

PHILIPPIANS 4:6-7



"LORD JESUS. THANK YOU FOR YOUR LOVE AND FOR ALWAYS BEING WITH ME. PLEASE CALM MY HEART AND MIND. AND GIVE ME A RESTFUL SLEEP."

MATTHEW 11:28



"HEAVENLY FATHER, I AM GRATEFUL FOR ALL THE BLESSINGS YOU HAVE GIVEN ME TODAY. THANK YOU FOR YOUR PROVISION AND FOR LOVING ME UNCONDITIONALLY."

1 CHRONICLES 16:34



“LORD JESUS, HELP ME TO FORGIVE ANYONE WHO
HAS HURT ME TODAY. FILL MY HEART WITH
YOUR LOVE AND KINDNESS, SO THAT I CAN BE A
REFLECTION OF YOU.”

EPHESIANS 4:32



"DEAR GOD. AS I CLOSE MY EYES TO SLEEP,
PLEASE HELP ME TO REMEMBER THAT YOU ARE
ALWAYS WATCHING OVER ME AND THAT I AM
SAFE IN YOUR ARMS."

PSALM 121:8



"HEAVENLY FATHER, I ASK FOR YOUR PEACE TO
FILL MY ROOM AND BRING TRANQUILITY TO MY
MIND AND BODY. THANK YOU FOR BEING MY
REFUGE AND STRENGTH."

PSALM 46:1



“LORD JESUS. I PRAY FOR MY FAMILY AND FRIENDS TONIGHT. PLEASE BLESS AND PROTECT THEM. GIVE THEM A GOOD NIGHT’S SLEEP AND BRING THEM PEACE.”

PSALM 28:7



"DEAR GOD, THANK YOU FOR THE LESSONS I
LEARNED TODAY. HELP ME TO GROW IN WISDOM
AND UNDERSTANDING, AND TO ALWAYS SEEK
YOUR GUIDANCE IN ALL THINGS."

PROVERBS 2:6