

Sleep...Amplified Version

Read out-loud before bed, should you awaken in the night...repeat!

Psa. 3:5 I lay down and slept; I wakened again, for the Lord sustains me.

Psa. 4:8 In peace I will both lie down and sleep, for You, Lord, alone make me dwell in safety *and* confident trust.

Psa. 91:1 HE WHO dwells in the secret place of the Most High shall remain stable *and* fixed under the shadow of the Almighty [*Whose power no foe can withstand*].

Psa. 91:5 You shall not be afraid of the terror of the night, nor of the arrow (the evil plots and slanders of the wicked) that flies by day,

Psa.. 91:11 For He will give His angels [*especial*] charge over you to accompany *and* defend *and* preserve you in all your ways [*of obedience and service*].

Psa. 116:7 Return to your rest, O my soul, for the Lord has dealt bountifully with you.

Pro. 3:24 When you lie down, you shall not be afraid; yes, you shall lie down, and your sleep shall be sweet.

Matt. 6:34 So do not worry *or* be anxious about tomorrow, for tomorrow will have worries *and* anxieties of its own. Sufficient for each day is its own trouble.

Matt. 11:28 Come to Me, all you who labor and are heavy-laden *and* overburdened, and I will cause you to rest. [*I will ease and relieve and refresh your souls.*]

Matt. 11:29 Take My yoke upon you and learn of Me, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (relief and ease and refreshment and recreation and blessed quiet) for your souls.

John 14:27 Peace I leave with you; My [*own*] peace I now give *and* bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [*Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.*]

1Pet. 5:7 Casting the whole of your care [*all your anxieties, all your worries, all your concerns, once and for all*] on Him, for He cares for you affectionately *and* cares about you watchfully.

Be blessed!....P.M.

10/2021