

Bedtime Prayers

At the end of every day there's nothing better than to give it all to God.

To lay down our worries and cares.

To thank him for his blessings and his presence through every hour of the day.

To recognise the ways he's led us, offered protection over our families, and provided for our needs.

And though often we know that to be true, it can be difficult to really let everything go.

Or we forget to even give him thanks for the constant way he's at work in our lives.

We carry the worries and stress straight to bed with us.

We hold on to the wounds and hurt feelings.

We wrestle for sleep but can't seem to turn off the thoughts of to-do lists, schedules, and what we still need to get done for tomorrow.

So with that in mind we have put together a selection of short prayers for bedtime.

A Prayer to End the Day:

Father

Thank you for the blessing of this day and your goodness in it, we're grateful for the gift of life.

Thank you for all that you've allowed into our lives these past hours, the good along with the hard things, which have reminded us how much we need you and rely on your presence filling us every single day.

Thank you for your great love and care.

Thank you for your mercy and grace.

Thank you that you are always with us and will never leave us.

We ask for your peace to surround us tonight, all of us who feel restless and worried right now, those who have been carrying big burdens and shouldering stress.

Help us to lay it down before you, again, even though we're struggling to really let go. Remind us that you can carry it so much better than we ever could.

May your power and your rest fill us fresh. May the presence of your Spirit breathe hope deep into our souls, even as we sleep.

In Jesus name, I believe and pray,

Amen.

Prayer for True Rest

O Lord, I am grateful that you have enabled me to reach this hour of rest. Today has been a challenging day, but you have seen me through it. I am weary and tired right now.

My mind is full of anxious thoughts.

Lord, help me find true rest in you tonight.

Set me free from all these anxious thoughts and fill me with your peace.

As I go to bed to rest, I ask you, God, to renew me emotionally, physically and spiritually.

May I wake up tomorrow refreshed and ready to face the day. In Jesus name, I believe and pray,

Amen

Prayer for Protection

Father, there are many things I have done or said today that are contrary to your will, forgive me. If I have opened any door for the enemy in my life because of sin, Lord, shut them.

Cleanse me with the blood of your dear son and help me to walk in your ways. Jesus, protect me from the terror by night and the pestilence that walks in darkness. I go to sleep knowing that no evil shall befall us this night nor shall any plague come near my dwelling. Thank you for answering my prayers,

In Jesus name, I believe and pray,

Amen.

Prayer for Gratitude

Lord, I come to you this evening to thank you for my family and friends. I am grateful for all the doors that you are opening and closing in my life. Thank you for how far you have brought me, it is not by might nor by power but by your Spirit. Lord as I lie down this night, I know that it's you that makes me dwell in safety. Thank you for giving your angels charge over me, I go to bed knowing that they are watching over me. Thank you for your unconditional love.

In Jesus name, I believe and pray,

Amen.

Prayer for Blessings

Lord, bless my family and me this night with quality sleep. May we wake up tomorrow when we are fresh and rejuvenated. Bless our home and neighbourhood and keep us safe. Cover us with your wings of love tonight and when we wake up tomorrow helps us to do so with joyful smiles. May all the glory come back to you Father,

In Jesus name, I believe and pray,

Amen.

Prayer for Anxiety

Lord, I have been anxious the whole day, and to be honest, my heart is still troubled. Lord, I do not want to go to bed feeling this way. Your word says we should not be anxious, but in prayer and supplications, we should make our requests known to you. I place everything that is making me anxious at your feet and choose to rest in your love tonight. Cover me with your arms of love all through the night and grant me sleep.

In Jesus name, I believe and pray, **Amen.**

Prayer for Forgiveness

Lord, the day was long and trying. I am grateful for its end. As I lay here waiting for sleep to overtake me, I count the blessings in the day that has passed. Work was hard, I'm blessed to have a job. My kids were frustrating, I'm blessed to have them. My body aches, I'm blessed to have medication. The list goes on, but #1 is, even when I struggle, I am blessed to have faith. Thank You Lord for giving me a daily opportunity to rest and refresh.

In Jesus name, I believe and pray,

Amen

Prayer for Forgiveness

Precious Father, I come before you tonight to ask you for forgiveness. There are so many things that I have done today that I am not proud of. Please forgive me, Lord, teach me your ways and hide your word in my heart that I may not sin against you when I wake up tomorrow. Deal with my heart tonight and help me to be light in a world that is full of darkness. Remove guilt from my heart and help me to sleep knowing that I am forgiven and restored,

In Jesus name, I believe and pray,

Amen.

Prayer for Peace

Dear God, as I lay down to sleep, I ask you to give me peace. I have had a very stressful day that has left me restless. Lord, I don't know what awaits me tomorrow, but I am placing everything in your hands. I will let not my heart to be troubled because I believe that you will take care of everything as I sleep. May your peace which surpasses understanding fill and guard my heart against all the troubles of the night. In Jesus name.

In Jesus name, I believe and pray,

Amen.

Prayer for Calmness

Jesus, thank you for showing me how much you love me today. You have used friends, family and colleagues to show me what love is all about. I am so grateful dear Lord. I am sorry for complaining too much. May the meditations of my heart be pleasing to you tonight. God, send your army of angels to protect us tonight as we sleep. Destroy any plans that the devil has against us tonight and help us to sleep peacefully without any form of fear.

In Jesus name, I believe and pray,

Amen.

Prayer for Loved One's

Dear God, I want to thank you for my loved ones. Thank you for protecting them throughout the day. As we go to sleep, send your angels to watch over them. Shield them from any manner of evil. Let this night be a peaceful one for them. Bless and protect them with your love.

In Jesus name, I believe and pray,

Amen.

Prayer for Hope for Tomorrow

Lord, I lay down in my bed full of hope for tomorrow because you alone O Lord sustain me. Although life is full of challenges, I choose to believe and trust in you. I surrender all of me to you tonight, and I choose to rest in the warmth of your embrace, knowing that you are an ever-present help in time of need.

In Jesus name, I believe and pray,

Amen.

Prayer for People in the World

O Lord, you are my God, and I want to worship you this evening. Father, you have blessed in many different ways. I want to say thank you, Lord. Heavenly Father, I bring people from different parts of the world into your able hands. Some of them are sleeping hungry tonight, others are sick, and some of them are anxious. Lord, watch over them and be their source of comfort. Father, meet them at their point of need and give them sleep for you give sleep to those that you love.

In Jesus name, I believe and pray,

Amen.

Prayer for Safety

Heavenly Father, I want to thank you for the many blessings that you have given me today. Thank you for your love and protection. Thank you for watching over my family and me throughout the day. Lord, I ask you to watch over us throughout the night too. Keep us safe from any evil this night.

In Jesus name, I believe and pray,

Amen