

5 Bible Verses to Pray Through When You Can't Fall Asleep

God watches over us

“Behold, He who watches over Israel will neither slumber nor sleep. The Lord is your protector; the Lord is your shade on your right hand.” Psalm 121:4-5 NASB
Thank God for watching over you. Think of times you have seen His vigilance in your life.

We can give our burdens over to God

“Casting all your worries on him, because he cares for you.” 1 Peter 5:7 WEB
Trust God in prayer with your worries. Ask Him to help you leave those worries with Him!

God has a perfect plan for our lives

“Your eyes have seen my formless substance; and in Your book were written all the days that were ordained for me, when as yet there was not one of them.”

Psalm 139:16 NASB

God knows what would happen in your life long before you were born. Trust Him now to use your present circumstances for His perfect plan. (See Romans 8:28.)

God will provide you peace as you trust in Him

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.” Isaiah 26:3 KJV

God helps you have peace as you trust in Him. Ask Him to increase your trust.

God will see you through this trial

“Therefore, let everyone who is godly pray to You in a time when You may be found; certainly in a flood of great waters, they will not reach him. You are my hiding place; You keep me from trouble; You surround me with songs of deliverance.”

Psalm 32:6-7 NASB

God is a safe place of refuge. Thank Him for the ways He is your refuge right now.



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