



Mindful Moments with God

Take a moment to slow down and be present as you read the Scripture and spend time with God. Breathe in deeply and breathe out slowly. Let the noise of the day fade away as you focus on this bedtime prayer.

A Dose of Calm - Let's Pray

Dear God, as we lay down to sleep, please quiet our worries and calm our restless minds. Comfort us with Your loving presence and keep us safe. Wrap Your healing arms around us and take away any pain and discomfort.

Grant us the serenity to rest deeply, waking in the morning feeling refreshed and rejuvenated. We pray this in the loving name of Jesus. Amen.

Peaceful Sleep

In peace I will lie down and sleep,
for you alone, Lord,
make me dwell in safety.

Psalm 4:8 NIV



LANA H ALLEN

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