



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



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Mindful Moments with God

Receive the fresh start of a new day!

Take a moment to slow down and be present as you read the Scripture and spend time with God.

A Dose of Calm - Let's Pray

Dear God, thank you for this new day. Fill it with joy, peace, and the excitement of Your presence. Guide me with wisdom and love as we journey through this day together. Let Your miracles unfold and surround me with Your unfailing love in every moment. In the wonderful name of Jesus, I pray. Amen.

Joy Comes in the Morning

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. Psalm 143.8 NIV



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