

GUIDED PRAYER

NIGHT PRAYER REST MY SOUL

God, thank You for getting me through this day. Forgive me for anything I said or did that wasn't pleasing to You. Calm my thoughts and give my body true rest.

I surrender everything to You tonight. Watch over me and those I love.

Amen.



THANK YOU FOR GETTING ME THROUGH TODAY.

What are 1–2 things you're grateful for from the day?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

GOD, I'M STILL HOLDING ONTO...

List anything weighing on your mind or heart:

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FORGIVE ME FOR...

Anything you need to bring to God in repentance:

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AS I SLEEP, HELP ME...

What do you need God's help with—peace, dreams, rest, etc.?

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CLOSING PRAYER

Father, thank You for Your presence. I release this day into Your hands. Give me true rest and peace that only You can provide.

Amen.