

PRAYER TO FALL ASLEEP "in Christ"

We spend one third of our life sleeping so learning how to fall asleep in Christ is very important. The Holy Spirit can train us to fall asleep in less than 2 minutes with some practice. This helps us to avoid having bad dreams as well as to be rested for the next day. Remember to have less stimulation such as caffeine and electronics before bed. It is not New Age when we allow Jesus into this process. You can even record this prayer and listen to it. Slowly learn this prayer and ask God to teach You how to fall asleep "in Him."

BIBLE VERSE: When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. (Proverbs 3:24)

Father, I come to You by faith in the shed blood of Jesus Christ at the cross of Calvary. Thank You for being in my life. I give You my life. I leave all my cares and worries at the Cross of Jesus Christ. Jesus, thank You for Your blood that forgives me for _____ . Now Lord as I sleep tonight will You protect me from the evil one. Thank You Lord.

Holy Spirit, come and fall upon me. Fill me with You. Fill me with Your peace and rest in my spirit, mind, will, emotions, and throughout every cell in my body.

As I lie face up in bed, relax my tongue, jaw, the muscles around my eyes, and the center of my forehead. Come and help me let my eye sockets go limp.

Now Lord, help me to drop my shoulders and relax my upper and lower arm – first my left arm and then my right. Then my hands and fingers. Now help me to breath out and relax my chest filling my lungs up with air. Help me to breathe slowly.

Now bring Your relaxation into my thighs and then down into my calves, ankles, and feet.

You tell me: "You will keep in perfect peace those whose minds are steadfast, because they trust in you".

Now come and fill my mind with thoughts of You and Your Word. Bring thoughts of Your love, kindness, goodness and grace into my mind. Lord, come and fill my mind with thoughts of You and the home You are preparing for me. I love You. In Jesus' Name I pray. Amen.