

How to end your day with God and sleep sweetly:

Eph 4:26-27 ...**Don't go to bed angry; don't give the devil a foothold in your life.** MSGE

Plan and prepare for a quality quiet time with God and end your day in fellowship with Him

Go to bed fully awake, don't wait until drowsiness has overtaken you. Permanently keep a bible, an electronic bible or concordance, and a scratch pad and pen by your bedside. Be sitting up and without distractions. Look forward to centering your thought life on God.

Today, did anybody offend you? Did you do or say something that was not right? Is there any issue now causing you to worry? Will you from your heart forgive everyone of everything, including those you forgave but then thought about what they did? Will you confess your wrong to the Father and believe that for Christ's sake He has forgiven you (Eph 4:32).

Will you give God time right now to unravel any perplexing issues, then cast the care of them over on Him being certain of His promise to always take good care of you (1 Pe 5:7).

Evening Praise: Will you give God thanks for His many blessings to you all through today?

Ps 42:8 **So that I may have a song at night, a prayer (of thanks) to the God of my life.**

Evening prayers: Being right with Him, will you allow God to use you to pray for others?

Ps 55:17 **Evening...I will pray,** Eph 6:18 **Praying always...in the Spirit...for all saints;**

Will you pray to God, in faith, out loud, from your heart, and led by His Spirit, in this way?

1. My Father I thank You for and on behalf of every member of the worldwide body of Christ, for Your goodness and wonderful works to us Your children (Ps 107:8). I ask You to protect all those who will love Your word that loves them (Pro 4:6), form all hurt, harm, evil and evil spirits; in their spirit, soul and body (1 Thes 5:23). Thank You
2. Father, I ask You to make every saint to increase and abound in Your love. Sanctify us with Your word so that all of our hearts may be blameless in holiness in your presence (1 Thes 3:12-13), with godliness and reverence toward You (1 Tim 2:2), now and continuing until Jesus returns, with and for all of Your saints. Thank You.
3. (If you have suffered any defeat) Father, I ask you to deliver me from all my spiritual enemies so that I can serve you, without fear, in righteousness and holiness, and in your presence, for all the remaining days of my life (Luke 1:74-75). Thank you
4. For those who've strayed, Father I ask that the light of Your word would shine into their hearts, that You would grant them repentance to know Your truth (2 Tim 2:25), and a full salvation through sanctification (2 Thes 2:13) unto eternal life. Thank You
5. I ask You to establish Your Church in Christ and make us a praise to You. Thank you

Evening word: Will your closing thoughts now be on God and His word as you go to sleep?

Ps 63:6 **When I'm on my bed I remember You and I think about You** (and Your words).

Will you let His Spirit bring you a Word, reveal it to you, will you write it down? Goodnight

Sleep

(A promise from God to go to sleep on)

Simply believe that the Spirit of your Father, the Holy Spirit, will make alive and cause to speak to you, one of these promises that is specifically for you for tonight. Now trust Him.

PSALMS 3:5 I lay down and slept; I awoke, for the Lord sustained me.

PSALMS 4:8 I will both lie down in peace, and sleep: for you alone, O Lord, make me live in safety.

PSALMS 127:2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so He gives His beloved sleep.

PROVERBS 3:24 When you lie down, you will not be afraid: yes, you will lie down, and your sleep will be sweet.

PROVERBS 6:22 . . . When you sleep, they (God's words) will keep you; and when you awake they will speak with you.

ECCLES. 5:12 The sleep of one who has worked diligently is sweet; Whether he eats little or much...

1 Peter 5:6-7 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care (worry or concern) upon Him, for He cares for you.