

16 Bible Verse Meditations *for* Sleep

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Many of us have been there. Middle of the night. Darkness surrounds. Stars shining brightly. All is quiet. All should be at peace. Except for one problem. We can't sleep.

Thoughts are swirling, anxieties pressing hard. Peace feels far away. Fear seems to be bigger in the dark. It's hard to see or think with clarity. Too many things can keep us awake. Wide awake. If you've lived long enough, you may have found yourself there.

Maybe the kids woke you up, or the new pet. Maybe it's just a bad dream. Or something you ate. Yet often it goes much deeper than that. Worry or stress, money problems, deep loss or grief can steal away precious hours of sleep. Illness, disease, or pain that we or our loved ones might be facing, can cause true rest to be a constant battle. Sometimes even the pain of broken relationships brings great heaviness to the soul. Unforgiveness, resentment, and anger, make it difficult to turn off our thoughts and rehearsed scripts, to find rest again. For whatever reason, sleep and deep peace feel far away.

Recently when our family walked through a very difficult trial, I found myself there. Night after night, I was awakened by the deep hurt and pain in my heart. I prayed, I cried, I longed just to sleep again. But often, the only thing I found that could bring peace and comfort to my spirit was God's Word.

I would say out loud every verse that came to my mind, praying His powerful reminders back to Him. Sometimes I would read chapter after chapter, until sleep came again. I would awaken, the Bible still laying open, right over my heart. It didn't make all our problems go away. It wasn't a magical, instant solution. When I woke up, the pain was still there. But through time, I realized this: my mind, heart, and spirit were being renewed day by day, night by night. His peace, healing, and comfort were washing over me every time I spoke his words, believing them to be true. I was desperate for help. And God was there. Close. He still is.

His words are living, active, and powerful. They are the only thing that can bring us true peace in this life, whether it be through the brightness of day, or in the darkest of night.

If you find yourself there right now, or have just walked through a difficult hardship and still struggle with fear-filled thoughts or overwhelming feelings in the night, here are some Bible verses for sleep that might help to healing and peace. Allow the Scriptures to calm your mind and experience a good night's rest.

By Debbie McDaniel - [Read the original article](#)



You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord Himself, is the Rock eternal. *Isaiah 26:3-4*

When you lie down, you will not be afraid, when you lie down, your sleep will be sweet.

PROVERBS 3:24



GOD IS OUR REFUGE AND STRENGTH, AN EVER-PRESENT HELP IN TROUBLE, THEREFORE WE WILL NOT FEAR...BE STILL, AND KNOW THAT I AM GOD...THE LORD ALMIGHTY IS WITH US.

WHEN I AM AFRAID, I PUT MY TRUST IN YOU. Psalm 56:3

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow...

Matthew 6:33-34

Cast all your anxiety on him because He cares for you. 1 PETER 5:7

In repentance and rest is your salvation, in quietness and trust is your strength...

Isaiah 30:15

...FOR HE GIVES TO HIS BELOVED SLEEP.
PSALM 127:2

DO NOT BE ANXIOUS ABOUT ANYTHING, *but in every situation, by prayer and petition, with thanksgiving,* PRESENT YOUR REQUESTS TO GOD. *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* PHILIPPIANS 4:6-7

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The Lord is close to the brokenhearted and saves those who are crushed in spirit.

PSALM 34:18

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

Psalms 4:8

Come to me, ALL YOU WHO ARE WEARY AND BURDENED, AND I WILL GIVE YOU REST. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:28-30

Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. JOHN 14:27

The Lord gives strength to his people; the Lord blesses his people with peace.

PSALM 29:11

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

ISAIAH 41:10

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is **pure**, whatever is **lovely**, whatever is **admirable**—if anything is **excellent** or **praiseworthy**—think about such things...and the **God of peace will be with you.** PHILIPPIANS 4:8-9