

8 EVENING PRAYERS  
TO END YOUR DAY IN PEACE

BY SOPHIA BRICKER

# INTRODUCTION

There are moments at night when my brain refuses to quiet down. Worries flit around. Fears arise. Or memories catch me in a loop of “what ifs.” At those times, I can either restlessly toss and turn or stare at the ceiling. Yet I often think about how those nighttime awakenings can prompt me to talk to the Lord. He is not asleep and will not grow annoyed at my questions or a simple plea to help me rest. The struggle to fall asleep, then, becomes an opportunity to pray.

Throughout the history of the church, mornings and evenings have often served as essential times of prayer. Followers of Christ around the world join one another in a regular rhythm of prayer, talking to the Lord at the beginning and end of each day. Hence, we have the Daily Office with Morning and Evening Prayer, as well as the practice of early and late devotional times. Not only does it make a difference to begin our days with the Savior, but also our nights.

**“Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.” - Daniel 6:10**

These historical practices stem from the biblical example of individuals regularly praying at set times. For example, Daniel talked to God regardless of his situation, kneeling at key moments in the day to commune with the living Lord (Daniel 6:10). Jesus also made it a habit to get away to pray to the Father during the early mornings as well as long into the night (see Matthew 14:23 and Luke 6:12).

If we are to “pray continually” as Scripture encourages (1 Thessalonians 5:17), then we can continue our conversation with the Lord during the moments before we fall asleep, or as we struggle to sleep. Doing so will help quiet our restless minds, bringing peace where anxiety often prevails.



## WHY SHOULD CHRISTIANS PRAY AT NIGHT?

*"After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone." -  
Matthew 14:23*

Evening prayer gives Christians a way to lay down the day before God. It helps turn restless thoughts into conversation with the Lord, reminds us that He is awake when we are weary, and teaches us to receive sleep as an act of trust rather than one more struggle to manage alone.

These eight evening prayers are designed to help believers end the day with peace, trust, and rest in God's presence. Whether you are anxious, grateful, exhausted, or struggling to sleep, these prayers offer simple ways to bring your thoughts, fears, and hopes before the Lord at night.

The following eight prayers invite us into an ancient practice of the saints—one that enables us to end our days in the calming presence of our Lord and rest in the knowledge of His love.

*"Pray continually."  
- 1 Thessalonians 5:17*



# 1

## EVENING PRAYER TO REFLECT ON THE DAY

Father,

Great Lord who numbers every minute of my life, help me to reflect on this past day. To consider the areas where I stumbled and need Your grace. To give thanks for the joys You placed alongside the mundane tasks. And to notice the places in my life where You are inviting me to greater growth. May this time of reflection lead me not to despair over failures but to worship You, who can use even my mistakes to help me grow to reflect Your Son.

Develop in me a habit to notice the ways You have been involved in my life. For the traces are there, sometimes indiscernible in the moment, but more apparent in hindsight. I do not want to overlook the daily ways You work to remind me of Your love and grace. So, open my eyes, God, and teach me to wisely think about what has passed so I can be better prepared for what You have in store for tomorrow.

In Jesus' name I pray.

Amen.



# Prayer Journal

TODAY'S DATE: \_\_\_\_\_

## BIBLE VERSE OF THE DAY

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## PRAYER FOR MYSELF

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## PRAYER FOR OTHERS

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## WHAT I AM THANKFUL FOR

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## WHAT I AM HOPEFUL FOR

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## EVENING PRAYER FOR AN ANXIOUS MIND

Father,

Too often, worries and fears whirl around my mind whenever I prepare to rest. This, in turn, creates a cycle of anxiety as I worry about worrying. But You, Prince of Peace, regularly said, “Do not be afraid” during Your earthly ministry (John 6:20). I am commanded, along with all Your followers, to cast my cares upon You instead of allowing them to consume my thoughts (1 Peter 5:7).

Everything I am carrying and fretting about, Lord, I give to You now. It is too much for me to hold. And I was never meant to carry these burdens around as if life or the needs of those around me depended on me alone. For You are the One who provides and protects. I am merely a steward of what You have given, instructed to use my resources wisely in honor of You.

As I wind down for the evening, help me, God, to tune into what You say is true. I am often overwhelmed by the constant buzz of newsfeeds and rumors of impending doom. May I dwell on Your promises and trust in Your goodness, knowing that whatever may come, You remain my loving Savior. Amen.



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## PRAYER FOR OTHERS

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## WHAT I AM THANKFUL FOR

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## WHAT I AM HOPEFUL FOR

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## EVENING PRAYER WHEN LIFE FEELS DARK

Father,

God, it used to be so simple. Whenever the fear of the night crept in as a child, I would turn on my nightlight. The warm glow calmed my fear. With the light on, the monsters in the world seemed less frightening.

You know that for me, it is no longer that easy to feel safe. No number of nightlights can drive away the real, frightening aspects of life: wars, disasters, suffering, and diagnoses. Perhaps, though, I was closer to the truth as a child, Lord. In the presence of the Light, I can be calm. For even the darkness is not dark to You (Psalm 139:12). Nothing is hidden or concealed from Your sight.

Tonight, enable me to find comfort knowing You are the Light of the world. Though the darkness has tried to overcome You, and continues to fight against Your goodness, it will not win (John 1:5). I can calm myself knowing that You illuminate the shadowy parts of my life. In Your name, Christ, I pray. Amen.



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WHAT I AM THANKFUL FOR

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WHAT I AM HOPEFUL FOR

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# 4

## EVENING PRAYER OF GRATITUDE

Father,

How amazing it is that You, the Creator of the Universe, care about me. You are the One who formed the stars, know how many there are, and call them each by name. You brought galaxies into being and set the great lights of the day and night in the sky; yet, You entered earth and became a man to rescue humanity from the curse of sin. The Maker as a man-- that is a truth too wonderful for me to fully comprehend.

You who named the stars also hold the seven stars in Your hand (Revelation 1:16). They reveal Your great care for not only the universe, but also Your church. And in turn, for each member of the body of Christ throughout time, including me. I thank You, God, for the provision and care You have given me. Not only do You continually sustain me, but You keep me secure within Your saving grasp for eternity.

So, I will join along with the rest of creation in praising You. I want to testify to Your glory as the stars and moon do.

Amen.



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## EVENING PRAYER FOR RESTFUL SLEEP

Lord,

The world often tells me that I can rest once I have exhausted myself in work and worry. Only when I have given all my strength to accomplish some “great” goal can I finally relax and be at peace. But even then, the rest is merely for a moment; there is another task waiting for me to check off a list.

Your Word tells me a different story. I do not live in reliance on my strength, as if my own two hands sustain my every breath or provide my needs. No. You give every good thing, including the ability to work. And You graciously grant me rest, providing for me even while I sleep.

As I prepare for bed, Lord, increase my trust in Your care. Let me not fret about all the tasks I think rely only on me to be accomplished. May I rest peacefully thinking of Your love and awaken tomorrow refreshed to do Your will. In Jesus’ name. Amen.



# *Prayer Journal*

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## EVENING PRAYER FOR LOVING OTHERS WELL

Jesus,

You said that the greatest commandments are to love the Lord and love our neighbor. Included in the instructions you gave your followers was the command for us to love one another (John 13:34-35). Although I know what You said (and can recite it too), I struggle to properly love others as You desire. Move the truth from my head to my heart, and then to my hands and feet so that Your Word will grow and take root in my life.

Work in me to increase my love for others, Lord, as You love them. When I am tempted to ignore the suffering of someone in my life, help me to respond with gracious attention. When I am consumed with busyness, teach me to step back and notice those around me. When I am afraid to show vulnerability, I turn my attention back to the cross. I do not want to miss the opportunities I have each day to love others as You love me.

Amen.



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## EVENING PRAYER FOR SCRIPTURE-FILLED THOUGHTS

Father,

Today, I encountered messages through screens that occupied my thoughts and attention. So many things are fighting for my attention, God, that I often find it hard to focus on what is truly important. Help me to fill up my mind with thoughts that are true, noble, right, pure, lovely, and admirable (Philippians 4:8).

What better way to do this than to meditate on Your Word? Make me like Joshua, who kept Your Word ever near himself, thinking about it day and night. Or the psalmist who delighted in Scripture, calling it sweeter than honey. As it is, I am not meant to live on bread alone, but on every word that comes from You (Matthew 4:4).

Let Your good words dwell in me richly, Christ, doing their work of transforming my mind and heart. And set my soul at peace, knowing that You will guide and instruct me so that I can discern where my focus rightly belongs. In Your name I pray.

Amen.



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## EVENING PRAYER OF TRUST BEFORE SLEEP

Father,

If David could close his eyes in trust that You would keep him safe despite having fled from enemies, then how much more should I? I am not running for my life. However, I admit that I often feel drained and overwhelmed with the hecticness of life. I want to say, as David did, that “In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety” (Psalm 4:8, NIV).

Every time I close my eyes, O Lord, it is an opportunity to trust You. Is that why Your Word presents sleep as an image of death? For a period of time, I must surrender my agency and rest, not knowing what is going on around me or what I will awaken to in the morning. In this act, I begin to learn that just as I close my eyes and You sustain me, that when I draw my final breath, Your Word will prove true that I will live even though I die (John 11:25). So, let my heart be at peace tonight, Lord Jesus, trusting that You are the Resurrection and Life who holds my life—now and forever. In Your name I pray. Amen.



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Sophia Bricker is a writer. Her mission is to help others grow in their relationship with Jesus through thoughtful articles, devotionals, and stories. She completed a BA and MA in Christian ministry which included extensive study of the Bible and theology, as well as an MFA in creative writing. You can read her thoughts about literature and faith at [The Cross, a Pen, and a Page Substack](#), or visit the discipleship-based site [Cultivate](#), where she writes with her sister.

