

## *Sleep Prayer*

Heavenly Father, thank you for sleep. It's a great blessing to clear our minds with you, praise you for the blessings of the day, ask for forgiveness, and bask in the glow of your power and saving grace. Thank you for the time for our bodies and minds to rest, heal, and grow. Thank you for the love you show us in Jesus, who humbled himself to be born as a frail human--someone who needed to sleep just as we do. Jesus, you died a bitter, painful, lonely death for us. Help us remember this limitless love you lavished on us. Help us grow up in our faith and our understanding of your will for us as Christians. Send the Holy Spirit to remind us of everything you have commanded us, and show us how to best apply your principles to our lives as Christians in a hostile, unchristian world. We ask these things in Jesus' name. Amen.