



Sleep and Dream Protection Prayers

"Lord, I ask you for rest and peaceful sleep tonight. Holy Spirit please quiet my heart as I submit to you and help me to quiet my mind. I ask that you would put my body in a perfect place of calm so that I may prepare for restorative sleep. I ask you Lord to cover, shield, and protect my dreams tonight so I only have dreams that are from you. Amen."

- *Return to your rest, my soul, for the LORD has been good to you. Psalm 116:7*
- *I pray the angel of the Lord encamps around those who fear him, and he delivers them. Taste and see that the Lord is good; blessed is the one who takes refuge in him. Psalm 34:7-8*
- *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. Matthew 11:28-29*