

BEDTIME PRAYERS TO GUIDE ME THROUGH THE NIGHT

As I prepare for a peaceful night of rest, I become aware of the Spirit of God loving me, guiding me and healing me.

I am strong and whole in mind, body and spirit. I relax in the knowing that all of my needs are fulfilled. My dreams are filled with wonder, insight and healing power.

Upon awakening, I feel refreshed. I fearlessly embrace God's plan of good for my life and proceed confidently into the new day.

AND SO IT IS, AMEN