



NOW I LAY ME DOWN TO SLEEP



I PRAY THE LORD,
MY SOUL TO KEEP:



IF I SHOULD DIE
BEFORE I WAKE,



I PRAY THE LORD
MY SOUL TO
TAKE



YOUR EVENING PRAYERS

Psalm 4



Meditate In The Night Watches

- **Psalm 63:6-8**
- **Part of a healthy spiritual life is effective, meaningful nightly prayer. It does not need a formula, but having a routine helps ensure that this discipline does not get neglected.**
- **Proverbs 19:23**

**1 Answer me when I call, O God of my righteousness!
You have relieved me in my distress;
Be gracious to me and hear my prayer.**

**2 O sons of men, how long will my honor become a reproach?
How long will you love what is worthless and aim
at deception? *Selah***

**3 But know that the Lord has set apart the godly man for
Himself;
The Lord hears when I call to Him.**

**4 Tremble, and do not sin;
Meditate in your heart upon your bed, and be still. *Selah***

**5 Offer the sacrifices of righteousness,
And trust in the Lord.**

**6 Many are saying, "Who will show us any good?"
Lift up the light of Your countenance upon us, O Lord!**

**7 You have put gladness in my heart,
More than when their grain and new wine abound.**

**8 In peace I will both lie down and sleep,
For You alone, O Lord, make me to dwell in safety.**

Practical Applications

- **Prayer should be an “all day” activity, not reserved for bedtime (Psalm 86:3, 1 Thessalonians 5:17-18).**
- **There are, however, certain benefits to praying at night (Psalm 119:148).**
- **Take it seriously, and don’t give God the “leftovers” from your day.**
- **Watch out for rambling, which is an indication that you are not focused.**

