

Prayers for When You Can't Sleep

•Debbie McDaniel

Often when we find ourselves awakened in the middle of the night, worry, fear, and struggles can press hard. Peace feels far away. It's difficult to even think with clarity, too many thoughts and feelings are swirling around in the dark.

And it's in those very moments when we most need to pray, that often we can hardly find the words.

God knows. He understands. And He is close. His words are living, active, and powerful. They are the only thing that can bring us true peace in this life, whether it be through the brightness of day or in the darkest of night. If you've found yourself there recently, struggling to sleep through the night, here are nine powerful verses and prayers to help you focus your heart and mind on God:

Lord, We Need Your Peace

Dear God, We're in need of your peace and truth to soothe our hearts and spirits right now. When we find ourselves awake in the middle of the night, our pressing needs and worries can feel overwhelming. We need to be reminded of your constant love, healing, and grace. We ask for your Mighty Power to surround us. Thank you that you have set us free and that you are bigger than anything we face in this life. We lay our burdens before you, every single one, for we know they're much safer in your hands than our own.

When Your are Battling Worry

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.” (**Philippians 4:6-7**)

Lord you know our hearts and all that concerns us, we ask for you to help us to guard our hearts and minds in you. Sometimes our worries seem too big, we don't see a way out of our current circumstances, and we can't understand what you're doing. But we know that you see the big picture and thank you that you are with us in it all. Help us to trust you. Allow your peace that passes all of our own understanding to surround us and fill us afresh.

When You Are Facing a Big Decision

“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. For my yoke is easy and my burden is light.” (**Matthew 11:28-30**)

Lord we can't sleep because we just don't know what to do. These big decisions are pressing hard. We can't see all the answers but we believe that you are leading us. Help us to hear your voice, help us to see your hand guiding us at every turn. Make the way clear before us and we ask that you would open the right doors and close the ones that aren't meant for us to walk through. We give it to you again right now, and believe that you are helping us and working on our behalf, even as we sleep.

When You Are Facing Pain and Illness

"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever." (**Psalm 23:1-6**)

Lord, we're hurting. The pain feels too great. The uncertainty over the future can easily fill our minds with fear and bring huge burdens to our hearts. Please take our pain away so we can sleep peacefully in your care. We thank you that you are close and that you're always with us. We pray for your healing and your huge grace to encircle us as never before. We ask for your angels of protection and comfort to surround us in the night. Thank you that you are our Redeemer and you will never waste our pain.

When You Are Feeling Depressed

"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea...He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.' The LORD Almighty is with us; the God of Jacob is our fortress." (**Psalm 46:1-2, 10-11**)

Lord, our spirits are aching and filled with despair. The darkness that surrounds us now is what we feel inside. We can't find our way anymore, we feel lost and desperate, and the nighttime makes it feel worse. Please help us God, we cry out for your relief and hope. We're desperate for your peace and healing. Thank you that you will never let go of us. Thank you for your promises that you will lift us out of this pit, that you know the plans you have for us and give us a future and a hope.

When You Are Struggling to Forgive

"The LORD gives strength to his people; the LORD blesses his people with peace." (**Psalm 29:11**)

Lord, we're wounded. We feel betrayed. Brokenhearted. We wonder sometimes if we can ever fully recover from the deep hurt we feel inside. Thank you that you know what we've been through and the struggles we still carry. Help us to forgive. Help us to let go. We ask that when the enemy taunts us with lies and tries to bring up the hurt of the past, you would silence his voice and allow us to walk free. We know that we can move forward with you in peace and freedom. We pray for those who have hurt us right now, and ask for your power to work mightily within their lives. We leave them in your hands and find our comfort and strength in your spirit.

When You Feel Afraid

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (**Isaiah 41:10**)

Lord, we know that your word reminds us over and over that we do not have to fear. We know that you are with us and your protection and Presence and powerful. We ask for that you would cover us and remind us that you have stationed your angels around us to guard us in all our ways. Thank you that you never sleep or slumber, you are constantly watching over us, constantly aware, so we can get some sleep. We choose faith over fear right now and ask that you would surround us with your peace.

For When You're Suffering Deep Loss and Grief

"The LORD is close to the brokenhearted and saves those who are crushed in spirit." (**Psalm 34:18**)

Lord, our hearts are breaking. We feel such sadness, such huge grief. We miss our loved one. Nothing can fill this void we have deep inside. We thank you for your reminder that you are near to the brokenhearted and save those who are crushed in spirit. That is us right now. Please dear God, bring your comfort and your help. Soothe the pain in our hearts, send us gentle reminders that your Presence is with us. We know that you will turn this circumstance around for good somehow. We believe that you bring us through this storm to the other side of our grief. We choose to hope in you.

For the Times God Awakens You to Pray

"Draw near to God, and he will draw near to you..." (**James 4:8**)

Lord, we're wide awake and don't know all the reasons why. Except that maybe you've woken us up to pray. We feel a burden deep inside, and don't have all the words, but you know our hearts and we ask that you would intercede for us right now and show us how to pray. We ask for your presence over these that our close in our hearts right now. We don't know all of what is happening in their lives but we ask for your Powerful and Mighty Spirit to fill them and work in every part of their circumstance. We pray that you would continue to draw us close to you, reveal your heart to us, show us what burdens you, and lead us to pray with the guidance of your Spirit.

Lord, all these things we bring to you, and thank you that you are at work, and answering even now, as we close our eyes and sleep in your peace. In Jesus' Name, Amen.