

Sleep Scriptures – Remove Insomnia

Speak These Scriptures Out Loud Before Bed

When you lie down, you will not be afraid, when you lie down, your sleep will be sweet.” (Proverbs 3:24)

“I lay down and slept, yet I woke up in safety, for the LORD was watching over me.” (Psalm 3:5)

“Be still, and know that I am God.” (Psalm 46:10)

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” (Matthew 6:34)

“Return to your rest, my soul, for the LORD has been good to you.” (Psalm 116:7 NIV)

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. You will not fear the terror of night, nor the arrow that flies by day. For he will command his angels concerning you to guard you in all your ways.” (Psalm 91:1,5,11)

“I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.” (Psalm 4:8, KJV)

“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)

“Peace I leave with you, my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14:27)

“Casting all your anxieties on him, because he cares for you.” (Peter 5:7, ESV)