## Practice 1 - Evening: First Watch

During this wind down period of the day, read through these passages and let them encourage you. Begin to slow your mind down, make a conscious choice to let go of anything that is consuming your mind.

*I will lie down and sleep In peace, for You alone, O Lord, make me to dwell in safety. Psalm 4:8*

*Trust in the Lord with all your heart and do not lean on your own understanding…*
*Keep sound wisdom and discretion, Then you will walk in your way securely and your foot would not stumble. When you lie down, you will not be afraid; when you lie down your sleep will be sweet. For the Lord will be your confidence and will keep your foot from being caught. Proverbs 3:5, 21-24*

*[2] In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves. Psalms 127:2*

The following verse is helpful to encourage you to notice and lay down what is on your mind. As you lie down to sleep, do a search of your heart and mind and see what may be concerning or troubling you. Take them to God. Be honest with what you are finding and release them to Him.

*[4] Tremble and do not sin; when you are on your beds, search your hearts and be silent. Psalms 4:4*

## Practice 2 - During the Night: Second and Third Watches

These are the two watches that can be the most problematic. When we awaken during these watches, we can drive out fear and anxiety by focusing on these ways of praying. Find a verse that speaks to you, memorize it and then meditate on it slowly during the watch in which you are awake.

- Remember

  *[6] On my bed I remember you; I think of you through the watches of the night. Psalms 63:6*

  *[55] In the night, LORD, I remember your name, that I may keep your law. Psalms 119:55*

- Give Thanks

  *[62] At midnight I rise to give you thanks for your righteous laws. Psalms 119:62*

- Release to God

  *[147] I rise before dawn and cry for help; I have put my hope in your word.*

- Meditation

  *[148] My eyes stay open through the watches of the night, that I may meditate on your promises. Psalms 119:148*

## Practice 3 - When you wake up (Fourth Watch)

No matter what kind of sleep you just experienced, close out the fourth watch with an affirmation that God has been with you and will sustain you through the day. Start your day on a positive note rather than letting a discouraging night of sleep take over your mindset.

[5] *I lie down and sleep; I wake again, because the LORD sustains me. Psalms 3:5*

*Both day and night belong to you. Psalms 74:16*

[27] *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*

*You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Isaiah 26:3*

[22] *The steadfast love of the LORD never ceases; his mercies never come to an end;*
[23] *they are new every morning; great is your faithfulness. Lamentations 3:22-23*