

# Getting A Good Night's Sleep



# SLEEP PATTERNS MAY SAY A LOT ABOUT US



## **Proverbs 6:10-11**

A little sleep, a little slumber, a little folding of the hands to sleep - so shall your poverty come on you like a prowler, and your need like an armed man.

## **Daniel 6:18**

Now the king went to his palace and spent the night fasting; and no musicians were brought before him. Also his sleep went from him.

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## **Psalm 32:3-4**

When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer.

## **Ecclesiastes 5:12**

The sleep of a laboring man is sweet, whether he eats little or much; but the abundance of the rich will not permit him to sleep.

# SLEEP WELL



## The Lord Will Preserve You - Psalm 3

### Psalm 127:1-2; 121:1-4

- View Prayer As A Battle Cry
- Remember Who God Is
- Stop Listening To Yourself & Start Talking To Yourself - Matthew 6:34; Lamentations 3:22-23

# SLEEP WELL



**The Lord Will Preserve You - Psalm 3**

**You Can Lie Down In Peace - Psalm 4**

- I Am The Lord's And He Listens When I Call
- I Have What Many Do Not
- I Can End The Day With Songs & Prayers Of Joy  
Psalm 42:6-11

# SLEEP WELL




**The Lord Will Preserve You - Psalm 3**

**You Can Lie Down In Peace - Psalm 4**

**Your Sleep Can Be Sweet - Proverbs 3:24-26**

- You Have Followed After Wisdom  
Proverbs 2:1-5; 3:27-35

A close-up photograph of a man with a beard and short hair, wearing a light blue t-shirt, sleeping peacefully in a bed. He is lying on his side, resting his head on a white pillow. The lighting is soft and focused on his face, creating a calm and serene atmosphere. The background is dark and out of focus.

**WILL YOU SLEEP  
WELL TONIGHT?**