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Psalms to Help Me

# SLEEP

*In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.*



PSALM 4:8

*And those who know your name put their trust in you, for you, O Lord, have not forsaken those who seek you.*



PSALM 9:10



*You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.*



PSALM 16:11



*He restores my soul. He leads me in paths of righteousness for his name's sake.*



PSALM 23:3



*Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!*



PSALM 27:14

*Trust in the Lord, and do good; dwell in the land and befriend faithfulness.*

PSALM 37:3



*The steps of a man are established by the Lord, when he delights in his way; though he fall, he shall not be cast headlong, for the Lord upholds his hand.*

PSALM 37:23-24



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Why are you cast down, O my soul,  
and why are you in turmoil within  
me? Hope in God; for I shall again  
praise him, my salvation



PSALM 42:5

By day the Lord commands his  
steadfast love,  
and at night his song is with me,  
a prayer to the God of my life.



PSALM 42:8



God is our refuge and strength,  
a very present help in trouble.



PSALM 46:1



The Lord of hosts is with us;  
the God of Jacob is our fortress.



PSALM 46:11



When I am afraid,  
I put my trust in you.

PSALM 56:3

Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us.

PSALM 62:8



Blessed be God, because he has not  
rejected my prayer or removed his  
steadfast love from me!

PSALM 66:20

