



FREE RESOURCE · DAILY LIVING & DEVOTIONAL

Verses for nights when fear keeps you awake

When fear keeps you awake, you are not alone. Jesus is with you in the dark, and the Holy Spirit is near to comfort you. Read these verses slowly and say them aloud, even in a whisper. Let God's Word speak louder than your fear, then pray the prayer below.

TRUST HIM WHILE STILL AFRAID

What time I am afraid, I will trust in thee.

Psalms 56:3

THIS FEAR IS NOT FROM GOD

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2 Timothy 1:7

YOUR REFUGE TONIGHT

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

Psalms 91:1-2

PEACE FOR A RACING MIND

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isaiah 26:3

THE PEACE JESUS GIVES

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

John 14:27

BEFORE YOU CLOSE YOUR EYES

I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Psalms 4:8

A PRAYER

Father, I come to You in the quiet of this night. You see what I am afraid of, and nothing is too hard for You. I give You every thought that keeps me awake, because You care for me. Thank You for the peace Jesus left with me; I receive it now. Fill me with Your Holy Spirit, my Comforter, and keep my mind fixed on You. You have not given me a spirit of fear, but of power, of love, and of a sound mind. You never sleep, so I do not have to keep watch. I take shelter under Your wings, I lie down in Your peace, and I leave this night in Your hands. In Jesus' name, amen.

GO DEEPER

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