

Sleepy Bible Verses

It seems that a number of people happen upon my blog when looking for a godly response to insomnia. These are verses that I found years ago, when I was barely sleeping. It was actually when I started this blog, and I'm surprised that I didn't post these back then.

Psalm 3:5 I lie down and sleep; I wake again, because the Lord sustains me.

Psalms 4:8 I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

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

Proverbs 3:23 [If you preserve sound judgment & discernment] ...when you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.

Isaiah 26:3 You will keep in perfect peace him whose mind is steadfast, because he trust in you.

2 Corinthians 6:4-6 Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; in beatings, imprisonments and riots; in hard work, sleepless nights and hunger; in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love;

Romans 8:6 The mind controlled by the sinful nature is death, but the mind controlled by the Spirit is life and peace.