

# Bedtime Prayer Journal

*"In peace I will lie down and sleep." - Psalm 4:8*

Tonight's Date: \_\_\_\_\_

**Tonight I'm grateful for...**

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**Worries I'm releasing to God:**

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**People I'm praying for tonight:**

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**Tomorrow I trust God with:**

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**My prayer before sleep:**

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*May the Lord bless you and keep you through the night.*

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