

My son, do not lose sight of these—
keep sound wisdom and discretion,
If you lie down,
you will not be afraid;
when you lie down,
your sleep will be sweet.
Prov. 3:21-24

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For to set the mind
on the flesh is death,
but to set the mind
on the Spirit is life and peace.
Rom. 8:6

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You keep him in perfect peace
whose mind is stayed on you,
because he trusts in you.
Trust in the LORD forever,
for the LORD GOD
is an everlasting rock.
Isaiah 26:3&4

Return, O my soul, to your rest;
for the LORD has dealt
bountifully with you.
Psalm 116:7

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For God alone, O my soul, wait in silence,
for my hope is from him.

He only is my rock and my salvation,
my fortress;

I shall not be shaken.

On God rests my salvation and my glory;
my mighty rock,
my refuge is God.

Trust in him at all times, O people;
pour out your heart before him;

God is a refuge for us. Psalm 62:5-8

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I cried aloud to the LORD,
and he answered me
from his holy hill.

I lay down and slept;

I woke again,

for the LORD sustained me.

Psalm 3:4&5

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For thus said the Lord GOD,
the Holy One of Israel,
“In return and in rest
you shall be saved;
in quietness and in trust
shall be your strength.”
Isaiah 30:15

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Take my yoke upon you,
and learn from me,
for I am gentle
and lowly in heart,
and you will find rest
for your souls.
Matt. 11:29

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


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