

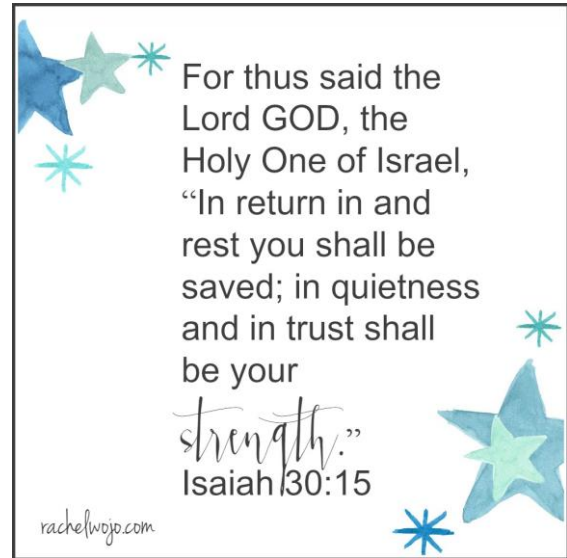
I cried aloud to the LORD, and he answered me from his holy hill. I lay down and slept; I woke again, for the LORD sustained me.
Psalm 3:4&5

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

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For thus said the Lord GOD, the Holy One of Israel, "In return in and 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

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On God rests my salvation and my glory; my mighty rock, my refuge is God.
Psalm 62:5

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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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You keep him in
perfect peace
whose mind is
stayed on you,
because he
trusts in you.
Isaiah 26:3



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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.
Romans 8:6



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