


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

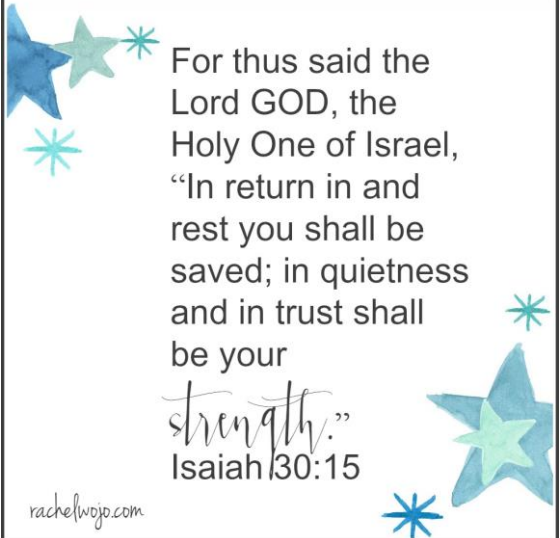
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Return, O my  
soul, to your  
rest;  
for the LORD  
has dealt  
bountifully


*with you.*  
Psalm 116:7

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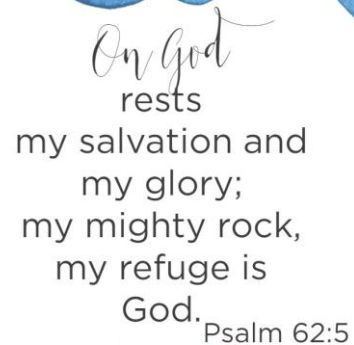
For thus said the  
Lord GOD, the  
Holy One of Israel,  
“In return in and  
rest you shall be  
saved; in quietness  
and in trust shall  
be your  
*strength.”*  
Isaiah 30:15

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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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