

## [PSALM 4](#)

ADORATION: The Bible tells us to turn to God in our distress and lay our requests before Him. Let's find comfort in knowing God is with us and He hears our cry. Nothing and no one can overcome the power and the strength of the Lord. You are safe. You are secure. You are loved. Take delight in His favor and feel the gladness He has put in your heart.

CONFESSION: Be still and quiet before God. Search your heart. Ask Him to reveal any sin in your life and ask for His forgiveness-then receive it. Remember that God can use all the brokenness in your life, including your mistakes and failures. He will redeem whatever is lost; His mercies are great and new every morning.

THANKSGIVING: Thank the Lord for His gracious forgiveness. Praise Him for choosing you and setting you apart to do His good work. Think of a specific time you have called out to God, and He responded. Thank Him for hearing your prayers and for answering as only He can.

SUPPLICATION: *Father, help my heart to be still and reflect on the gift of Your presence in my life. I trust in You and am committed to following Your ways. Help me to find Your joy no matter how I am serving You. Guide me in Your truth as I strive to bring You glory. Help me to rest securely in Your love as I lay me down to sleep. All praise to You. Amen.*

This is an excerpt from [Sleep Psalms: Nightly Moments of Mindfulness and Rest](#) from Pray.com – a new devotional journal now available for pre-order on DaySpring.com. Shop all books, journals, and devotions [from DaySpring here](#).