

Pillow Verses

Psalm 4



Because of the trials, stresses, and fears of life, some find it difficult to get a good night's sleep.

Others may have physical or medical issues which may hinder sound sleep. Significant sleep loss can have very detrimental effects and rob a person of healthy day-to-day functioning. Some try to fall asleep by counting sheep; a far better solution is to talk to the Shepherd. The Bright Spot magazine (published by FEA) provided a list of "pillow verses." That is, verses which the believing heart can meditate on while resting on one's pillow. Here are some of them:

- 📖 1) "I will both lay me down in peace, and sleep: for Thou, LORD, only makest me dwell in safety" (*Psalm 4:8*).
- 📖 2) "I laid me down and slept; I awakened; for the LORD sustained me" (*Psalm 3:5*).
- 📖 3) Jesus said, "Peace I leave with you, My peace I give unto you: not as the world giveth, give I under you. Let not your heart be troubled, neither let it be afraid" (*John 14:27*).
- 📖 4) "Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusted in Thee" (*Isaiah 26:3*).
- 📖 5) "What time I am afraid, I will trust in Thee" (*Psalm 56:3*).
- 📖 6) "The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep" (*Eccl. 5:12*).
- 📖 7) "Rest in the LORD, and wait patiently for Him: fret not thyself because of [whatever problem you are facing]" (*Psalm 37:7*).
- 📖 8) "Peace, be still" (*Mark 4:39*).
- 📖 9) "Be still and know that I am God" (*Psalm 46:10*).
- 📖 10) "When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet" (*Prov. 3:24*).

We rest not merely on a pillow, but on ***the Everlasting Arms*** (*Deut. 33:27a*)!

~George Zeller: www.middletonbiblechurch.org

Pillow Verses

Psalm 4



Because of the trials, stresses, and fears of life, some find it difficult to get a good night's sleep.

Others may have physical or medical issues which may hinder sound sleep. Significant sleep loss can have very detrimental effects and rob a person of healthy day-to-day functioning. Some try to fall asleep by counting sheep; a far better solution is to talk to the Shepherd. The Bright Spot magazine (published by FEA) provided a list of "pillow verses." That is, verses which the believing heart can meditate on while resting on one's pillow. Here are some of them:

- 📖 1) "I will both lay me down in peace, and sleep: for Thou, LORD, only makest me dwell in safety" (*Psalm 4:8*).
- 📖 2) "I laid me down and slept; I awakened; for the LORD sustained me" (*Psalm 3:5*).
- 📖 3) Jesus said, "Peace I leave with you, My peace I give unto you: not as the world giveth, give I under you. Let not your heart be troubled, neither let it be afraid" (*John 14:27*).
- 📖 4) "Thou wilt keep him in perfect peace, whose mind is stayed on Thee: because he trusted in Thee" (*Isaiah 26:3*).
- 📖 5) "What time I am afraid, I will trust in Thee" (*Psalm 56:3*).
- 📖 6) "The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep" (*Eccl. 5:12*).
- 📖 7) "Rest in the LORD, and wait patiently for Him: fret not thyself because of [whatever problem you are facing]" (*Psalm 37:7*).
- 📖 8) "Peace, be still" (*Mark 4:39*).
- 📖 9) "Be still and know that I am God" (*Psalm 46:10*).
- 📖 10) "When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet" (*Prov. 3:24*).

We rest not merely on a pillow, but on ***the Everlasting Arms*** (*Deut. 33:27a*)!

~George Zeller: www.middletonbiblechurch.org