

Weekly Prayer Plan – Sleep for a Good Night's Rest

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Philippians 4:6-7

Tuesday: Psalm 4:1-8

Wednesday: Proverbs 3:21-35

Thursday: Psalms 127:1-5

Friday: Proverbs 19:23 AMP

Saturday: Psalms 91:1-16

Sunday: Isaiah 26:1-19

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Bible Verses & Notes - Sleep for a Good Night's Rest

One thing that we sometimes take for granted is sleep. Sleep is essential for us to function properly every day. Some people don't make sleep a priority and some people don't know how to settle their minds to get quality sleep. God's word promises us that He will give us sweet sleep. So if you're not getting enough quality sleep every night, let's look into the bible to see what it says about it.

Cast all your anxiety on him because He cares for you. - 1 Peter 5:7

One of the reasons people might not get to sleep quickly after they go to bed or not get a good night at all is because they are thinking too much about worries or anxieties about life. Yes life can be challenging but we need to place these into God's hand when we go to bed. This is how you do that. Whatever you thinking about, you say "God, I'm placing this ____ into your hand". And at this point you don't think about it negatively any more. If the thought comes back. Audible say "It's in God's hand" and think about your last beach vacation or some other enjoyable time.

When you lie down, you will not be afraid, when you lie down, your sleep will be sweet. - Proverbs 3:24

Depending on your circumstances, you may not be able to put your head down to sleep in peace at night. This verse gives you a promise that your sleep will be sweet when you go to sleep at night. Pray this promise over yourself that God will protect you from all harm so that you can sleep well tonight.

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

Every day will have its own challenges and things to deal with. As believers we can have our hope in God to cause us to be prosperous in everything that we have to deal with each day so that at night we can claim this promise to lie down and sleep in safety and safety. Our faith must be activated so that we can receive this promise everyday and night.

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - **Philippians 4:6-7***

One of the main reasons why we have difficulties sleeping at night is because we are thinking negatively about things that could possibly happen in the future. This is not the correct mindset to have since tomorrow hasn't even come yet. When we start to have these thoughts we need to remember to pray to God and present your request towards God. In addition to this find some things to be thankful for. As you do this you will see that God has been faithful in the past and he will also come through in your tomorrow's. So you can rest easy.

*The fear of the LORD leads to life, So that one may sleep satisfied, untouched by evil. - **Proverbs 19:23 AMP***

For all of God's promises, there is a condition that has to be satisfied. In this verse, when you are reverent towards God he promises that your sleep will be satisfied and untouched by evil. If you feel like you are being tormented by an evil spirit, make sure that there is no sin in your life that is allowing that evil spirit to torment you in your sleep. Reverence towards God will keep you from sinning and cause a good night's sleep.

*Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust." - **Psalms 91:1-2 NIV***

God is a shelter and a refuge when we are afraid. Having Faith in the almighty God will carry you through all the dangers and fears of life. To dwell in His shelter and abide in Him we are entrusting ourselves to his protection and pledging our daily devotion to him. We will be kept safe so we can rest easy.

*The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing. - **Zephaniah 3:17 NIV***

Remind yourself every night of who God is. He is with you always and is mighty to save. He takes great delight in you and rejoices over you with singing. Let God sing over you as you sleep in peace, but first you need to put him in his rightful place over your life as the Mighty God who saves.

*In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves. - **Psalms 127:2 NIV***

Now this is a big one. There is a generation of young people who are so anxious to become successful that they are working at all hours of the day and night. They call it hustling. But what the world fails to tell them is that hustling 24/7 will lead to burnout and poor health. If you have health issues you'll be less able to have quality relationships with your family, friends and most importantly your relationship with God.

*You will keep in perfect peace those whose minds are steadfast, because they trust in you. -
Isaiah 26:3 NIV*

This promise is available to everyone who turns their minds to God and meditate on his word daily. God will give you amazing peace that will allow you to have quality sleep and rest. Trusting in the Lord involves reading his word and remembering His promises concerning you. Whatever you are working on that may cause you to loose sleep, find and remember Gods promises concerning it. Keep them in your mind and remember Gods amazing never ending love for you. This will give you peace and help you sleep.