

THROUGH  
EVERY DAY

# SAFE AT NIGHT

Jesus looks after me when I sleep. I don't have to be afraid. I know He will take care of me. He promised that He would send angels to protect me.<sup>1</sup> In fact, the Bible says that "you can go to bed without fear; you will lie down and sleep soundly."<sup>2</sup>

So when the day is done and it is time to shut my eyes and sleep, I will thank God for His loving care throughout my day and ask for His protection through the night.

God is bigger and stronger than anything that might worry or concern me. I am safe in His care—safe at night!

<sup>1</sup> See Psalm 91:11.

<sup>2</sup> Proverbs 3:24 NLT

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