

# “HELP ME SLEEP” PRAYER ©2016 DianaDee Osborne page 1 of 2

## LYRICS

www.DianaDeeOsborneSongs.com CCLI pending.  
dedicated to YHWH GOD, 26 August 2016  
Album: Amazing **Power 'n' Prayers**  
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### EPHESIANS 3: 20-21 PRAYER FOUNDATION EXAMPLE:

...16 “that He would grant you, according to the riches of His glory, **to be strengthened with might** through His Spirit in the inner man... 19 to know the love of Christ which passes knowledge; that you may be **filled with all the fullness of God**. 20 Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,  
21 **to Him be glory ...”**

**1**

LORD..... Help ..... me.....  
sleep when it's time to be asleep. LORD..... Help me  
sleep, giving Rest to my body. Help me  
rest deep and sound, and arise praising my God! Help me  
sleep, deep so I can serve You, LORD in Your Pow'r.

## **CHORUS**

Without You, I'm nothing..... and I **REJOICE** in That! Help me  
sleep... and Wake.... and work.... and speak with

ONE GOAL: Glorify God!

ONE GOAL: Glorify You, LORD!

ONE GOAL: Glorify Yahweh!\*\*

*\*\*God's Name **He** gives in Exodus 3:14,  
pronounced “YAW-WAY”.*

**2**

LORD..... Help ..... me.....  
wake when it's time to be alert. LORD..... Help me  
wake when it's time to rise and serve. Help **my**  
mind wake up rested and alert, praising God! Help me  
sleep and awake to serve You, LORD in Your Truth. >> **CHORUS**

**3**

LORD..... Help ..... me.....  
work when it's time to go and work. LORD..... Help me  
work efficient-... ly for You, LORD. Help me  
work as Your hands would go and serve in this World. Help **my**  
work draw people to worship You .... know Your Truth. >> **CHORUS**

## **OPTIONAL VERSE 4 (not on recording)**

**4**

LORD..... Help ..... me.....  
speak when it's time to go and speak. LORD ..... Help me  
speak when and how You say to speak. Help me  
TEACH Your whole Truth: Know what to say and what to do, so others  
come to know and worship You, Yahweh God. >> **CHORUS**

### Additional Scriptures

#### **“Selections from Psalm 4”**

*[Psalm 4: 3, 5, 7a, & 8]*

“But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him... Offer the sacrifices of righteousness, And **PUT** your trust in the LORD... You [God] have **PUT** gladness in my heart,... I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety.”

### Song Story.

A full month of interrupted sleep, each night, was the obvious inspiration for the truly personal prayer of verse 1.... written at the altar on a Sunday morning which was followed a church service with a really meaningful sermon – whose messages confirmed lyrics I'd already written early that morning into a Music Setup format.

(1) **Solo Deo Gloria** ..... Solely (only) for the Glory of God  
(2) **Solo Scriptura** ..... Depending only on God's Scriptures, not commentaries  
We must stand **ONLY** on God's Word... even if, in our society, some of God's clear message phrases become mocked or even forbidden in our society under the name of Intolerance.

(3) Other religions / myths claim the incarnation of some god, coming in human form... claim that “someone” rose from death. But, as C.S. Lewis taught, **NO other religion but Judaism & Christianity teach of a God who LOVES people and has COMPASSION on even those who don't honor HIM** (see the end of the oldest book, Jonah, for example, which Jesus referred to)....

Certainly NOT ANY version of Islam & its writings in the Qur'an / Koran.

NO other religion except Christ Jesus's TRUE version of Christianity teaches that **God gives GRACE and FORGIVES all who sincerely ask..... no work or action needed.**

**THIS IS WHY our prayers, our songs, RIGHTLY include God's NAME that He gives us in Exodus 3:14... that God TOLD Moses to GO AND TELL....**

It is what Jesus calls “traditions of men” when Jews have “decided for God” that they should “honor Him” by never speaking His Name....

God's Name YHWH which we spell out as Yahweh despite it being more of a breath than a word with vowels that we pronounce as “YAH-WAY” (no accented syllable)

is how we differentiate between Him-- the True God-- and

false / fake gods with names like Zeus, Jupiter, and of course a concept of Allah.