

NIGHTMARE INSOMNIA PRAYER

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LYRICS

4/4 time (pu = 1)

www.DianaDeeOsborneSongs.com CCLI pending.

dedicated to YHWH God of Peace 21 Jan 2017

Album: Amazing POWER 'n' Prayers

REF: 32-176

Proverbs 3: 19 "By wisdom the LORD founded the earth; by understanding he created the heavens. 20 By his knowledge the deep fountains of the earth burst forth, and the dew settles beneath the night sky. 21 My child, don't lose sight of common sense and discernment. Hang on to them, 22 for they will refresh your soul. They are like jewels on a necklace.

23 They keep you safe on your way, and your feet will not stumble.

24 You can go to bed without fear; you will lie down and sleep soundly.

25 You need not be afraid of sudden disaster or the destruction that comes upon the wicked, 26 for the LORD is your security. He will keep your foot from being caught in a trap."

VERSE 1

I do not want to go to bed. I fear nightmares will come again. I

dread insomnia to come: OH LORD, help me sleep til dawn!

INTERLUDE; chorus

But, I add, If I don't sleep: Please give enough rest for tomorrow.

CHORUS

But if I wake through the night, help me find peace and delight
knowing I'm blessed with more Time to talk with You, my delightful God!

VERSE 2

It seems all night, I wake up. Busy dreams bring discomfort.

Once I wake, my brain's busy. OH LORD, please, please help me sleep! *>INTERLUDE; chorus*

But I add, If I don't sleep: Help me not fret, help me have Peace.

VERSE 3

When the clock rings, it's too late to get more rest for my brain. I

must not nap, must stay awake. LORD, keep me safe and alert.

>INTERLUDE; chorus

But I add, help me not whine if You don't answer prayers this time.

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Song Story. The inspiration for the song is pretty obvious: Weeks of bad dreams awakening me thru the night each night, til I began to dread Bedtime. But: The lyrics for the song are also obvious for those who have followed my song stories: AN ACTUAL PRAYER. God Answers.

SCRIPTURES on Peace at Night (etc): **Psalm 3:4-5**, "I cried to the LORD with my voice, And He heard me from His holy hill. I lay down and slept; I awoke, for the LORD sustained me." **Psalm 4:8**, "I will both lie down in peace, and sleep; For You alone, O LORD, make me dwell in safety." ... **Isaiah 26:3-4**, "You will keep him in perfect peace, Whose mind is stayed on You, because he trusts in You. Trust in the LORD forever, For in YAH, the LORD, is everlasting strength."