

NIGHTMARE INSOMNIA PRAYER

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MUSIC SHEET

4/4 time (pu = 1)

TEMPO: _____ BPM

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.”

VERSES

Osborne TExt-Based Notation (OTEN) -- see website tab for full explanation

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

0a **m** _____ **m** _____ **I**
melody V _____ X

1a do not want to go to bed. I
 2a It seems all night, I wake up.
 3a When the clock rings, it's too late to
melody V

1b fear night- mares will come ag- ain. I
 2b Bus- y dreams bring dis- com- fort.
 3b get more rest ___ for my brain. I
melody V

1c dread in- som- ni- a to come: ___
 2c Once I wake, my brain's bus- y.
 3c must not nap, must stay aw- ake. ___
melody V

1d OH, LORD, Help me sleep til dawn! ___
 2d Oh, LORD, please, please help me sleep! ___
 3d LORD, keep me safe and al- ert! ___
melody V

1 + 2 + 3 + 4 + 1 + 2 + 3 + 4 +

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1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
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m
all-e — — — — — — — —
melody V

m
1f But I add, If I don't sleep: Please
2f But I add, If I don't sleep: Help
3f But I add, help me not whine if
melody V

m
1g give en- ough rest for to- mor- row. — —
2g me not fret, help me have Peace. —
3g You don't ans- wer prayers this time. —
melody V

CHORUS															
1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+

m
C-1 But if I wake thru the night, —
melody V

m
C-2 help me find peace and de- light —
melody V

m
C-3 know- ing I'm blessed with more Time to
melody V

m
C-4 talk with You, my de- light- ful God! —
melody V

1	+	2	+	3	+	4	+	1	+	2	+	3	+	4	+
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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."