

# Christian Night Scripture Meditation

End your day with calmness and God's Word. This short Christian night meditation helps you release stress, quiet your thoughts, and rest in His presence.

## 1. Slow Breathing (10 seconds)

Inhale peace... exhale worries.

Prayer: "Lord Jesus, calm my mind and prepare my heart for rest."

## 2. Scripture Meditation #1

"The Lord is my light and my salvation—whom shall I fear?" — Psalm 27:1

Reflection: God's protection surrounds you tonight.

## 3. Scripture Meditation #2

"Cast all your anxiety on Him because He cares for you." — 1 Peter 5:7

Reflection: Release every burden to Him now.

## 4. Scripture Meditation #3

"In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety." — Psalm 4:8

Reflection: God watches over you as you sleep.

## 5. Closing Prayer

"Heavenly Father, thank You for Your Word that brings peace. Help me sleep deeply in Your presence. Guard my home, renew my strength, and fill my heart with Your love. Amen."