PRAYER TO CARRY TODAY

# HE HELPED YOU TODAY.
## HE'S COVERING YOU TONIGHT.

**Lord, You've been my help all day.
Under Your wings, I can rest.**

"...when I remember you on my bed,
and think about you in the night watches.
For you have been my help. I will rejoice
in the shadow of your wings."

PSALMS 63:6-7 WEB

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PRAYER TO CARRY TODAY

# REMEMBERED IN THE DARK

Night is when the day replays. You lie awake going over what you said, what you missed and what tomorrow will ask of you, and the quiet makes it all louder.

David knew that hour. He wrote this psalm in the desert, far from home, and in the long watches of the night he chose to remember instead of replay. He didn't go over his failures. He remembered God's help, and that memory turned into rest, like a child drawn close under a covering bigger than they are. The same God who carried you through today isn't leaving at bedtime.

Tonight, let Him cover you. Lie down, pull the covers up, and let your last thought be one moment today when He helped you, even a small one. You don't have to keep watch over the night. He does, and you can rest.

PRAYER TO CARRY TODAY

SCRIPTURE

...when I remember you on my bed, and think about you in the night watches. For you have been my help. I will rejoice in the shadow of your wings.

PSALMS 63:6-7 (WEB)

A PRAYER FOR TODAY

Lord, the day keeps replaying, and I'm too tired to sort it out. Pull the covers up over me, and let me fall asleep remembering how You helped.