
PRAYER TO CARRY TODAY
CAN'T SWITCH OFF?
HE'S STAYING UP WITH YOU.
Lord, You know what I'm made of tonight. Be a father to me, and stay till I sleep.
"Like a father has compassion on his children, so the LORD has compassion on those who fear him."
PSALMS 103:13 WEB
prayertocarry.com

PRAYER TO CARRY TODAY

UP WITH YOU AT 2AM

Some nights your body is tired and your mind won't stop. You go over the day, the conversation, the bill, the thing tomorrow. By two in the morning you're at the kitchen table, too tired to think and too wired to sleep.

The psalm says the LORD's compassion is like a father's for his children (Psalm 103:13). A good father doesn't lecture someone who can't sleep. He gets up, puts the kettle on and sits with them. The next line says why He's that gentle: He knows how we're made, and He remembers we're dust. He isn't surprised that you're running on empty.

If you're awake tonight, make something warm to drink and leave your phone in the other room. Sit with it in the quiet, and hand Him the list one item at a time, until you're ready to go back to bed.

PRAYER TO CARRY TODAY

SCRIPTURE

Like a father has compassion on his children, so the LORD has compassion on those who fear him.

PSALMS 103:13 (WEB)

A PRAYER FOR TODAY

Lord, it's late and my mind won't stop. Sit with me at this table like a father would, and take the list from me while the kettle boils.