PRAYER TO CARRY TODAY

THE HAND THAT PAID FOR YOU IS HOLDING YOU TONIGHT.

Lord, I'm putting this whole day into Your hand. The things I said, the things left undone, the worry I've carried since morning. I can't fix any of it tonight. You paid for me, and You don't let go of what You've paid for. Into Your hand I give my spirit. Keep me while I sleep.

"Into your hand I commend my spirit.
You redeem me, LORD, God of truth."

PSALMS 31:5 WEB

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PRAYER TO CARRY TODAY

INTO HIS HAND

Some nights the day won't end when you do. The conversation replays. The list of what didn't get done grows longer in the dark. You're tired, but your hands are still full, and you don't know how to put any of it down.

For centuries, Christians have ended the day with David's words: "Into your hand I commend my spirit. You redeem me, LORD, God of truth" (Psalm 31:5). To commend something is to put it into safekeeping with someone you trust. David could hand himself over because he knew who was holding him: the God who redeems, who has already paid for what He keeps. You aren't asking a stranger to take your night. You're putting it into the hand that bought you, and that hand doesn't let go.

Put your phone and keys down somewhere out of reach. Open your hands for a moment, give Him the day, and go to sleep.

PRAYER TO CARRY TODAY

PRAYER TO CARRY TODAY

SCRIPTURE

Into your hand I commend my spirit. You redeem me, LORD, God of truth.

PSALMS 31:5 (WEB)

A PRAYER FOR TODAY

Lord, the porch light's on and the day is still loud in me. I'm putting my hand in Yours, the one with the scar. Hold on while I sleep.

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