PRAYER TO CARRY TODAY

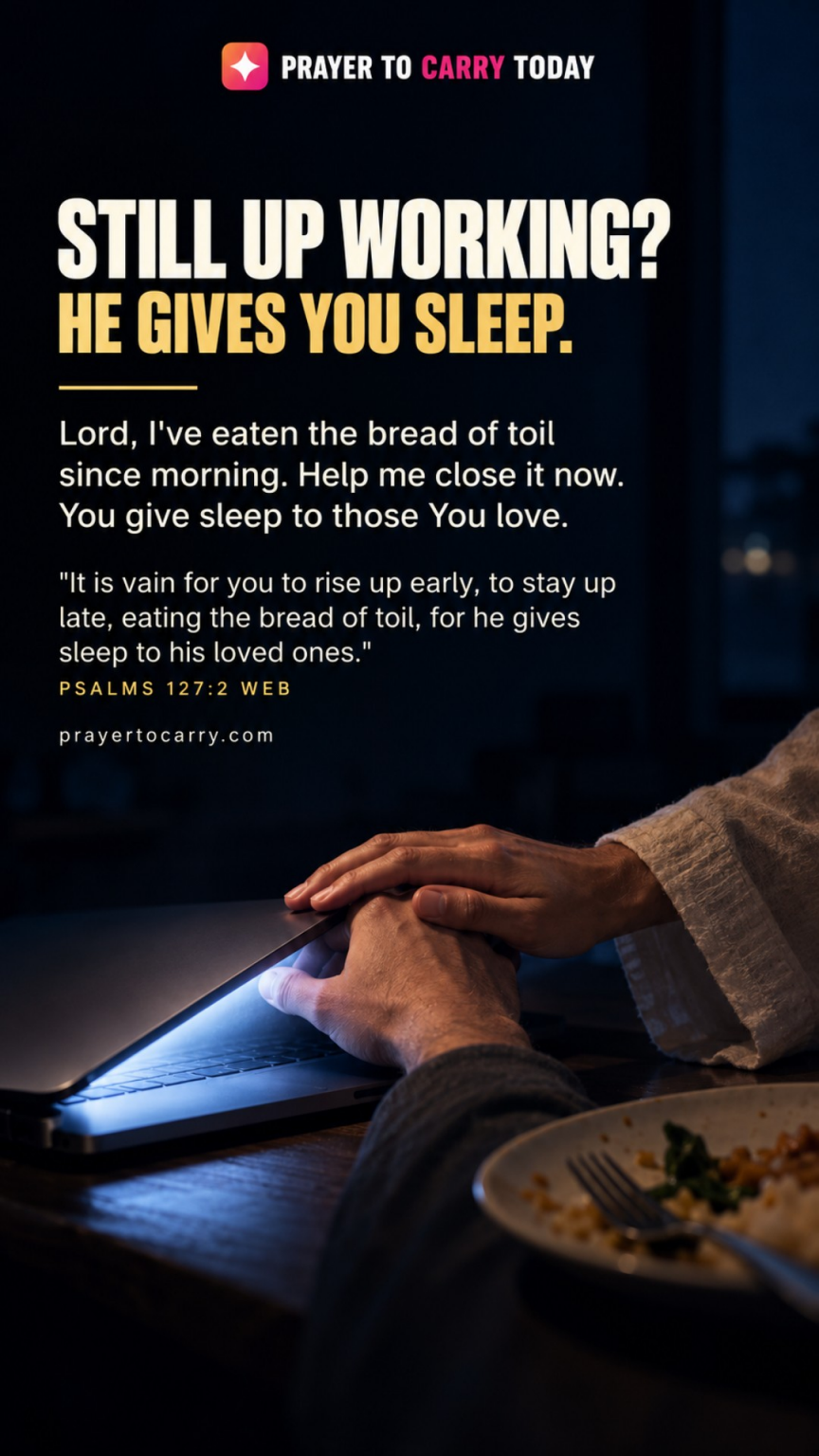
STILL UP WORKING? HE GIVES YOU SLEEP.

Lord, I've eaten the bread of toil since morning. Help me close it now. You give sleep to those You love.

"It is vain for you to rise up early, to stay up late, eating the bread of toil, for he gives sleep to his loved ones."

PSALMS 127:2 WEB

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PRAYER TO CARRY TODAY

SLEEP IS A GIFT

Some nights the work doesn't end so much as follow you to bed. One more email, one more thing to fix, dinner eaten cold beside the screen. It can feel as if stopping is the same as falling behind.

Psalm 127 doesn't call work worthless. It says that work trying to do God's part is wasted effort: “Unless the LORD builds the house, they who build it labour in vain” (Psalm 127:1). Then it turns tender. Rising early and staying up late, eating the bread of toil, isn't what holds your life together. He does, and He “gives sleep to his loved ones” (Psalm 127:2). Rest isn't a reward you earn by finishing. It's something He hands you because you're His.

Close the laptop now, even with things undone. Put your phone to charge in another room, and let the dark be what He's giving you tonight.

PRAYER TO CARRY TODAY

SCRIPTURE

It is vain for you to rise up early, to stay up late, eating the bread of toil, for he gives sleep to his loved ones.

PSALMS 127:2 (WEB)

A PRAYER FOR TODAY

Lord, I can't seem to stop, and the screen is still glowing. Lift the toil off my hands. I'm Your loved one, so let me sleep.

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