

Psalm 90:4 (NKJV)

“For a thousand years in Your sight Are like yesterday when it is past,
And like a watch in the night.”

Lamentations 2:19 (NKJV)

“Arise, cry out in the night, At the beginning of the watches; Pour out your heart like water before the face of the Lord. Lift your hands toward Him For the life of your young children, Who faint from hunger at the head of every street.”

Judges 7:19 (NKJV)

“So Gideon and the hundred men who were with him came to the outpost of the camp at the beginning of the middle watch, just as they had posted the watch; and they blew the trumpets and broke the pitchers that were in their hands.”

I Samuel 11:11 (NKJV)

“So it was, on the next day, that Saul put the people in three companies; and they came into the midst of the camp in the morning watch, and killed Ammonites until the heat of the day. And it happened that those who survived were scattered, so that no two of them were left together.”

Matthew 14:25 (NKJV)

“Now in the fourth watch of the night Jesus went to them, walking on the sea.”

Mark 13:35 (NKJV)

“Watch therefore, for you do not know when the master of the house is coming--in the evening, at midnight, at the crowing of the rooster, or in the morning--”

Luke 12:37-40 (NKJV)

“Blessed are those servants whom the master, when he comes, will find watching. Assuredly, I say to you that he will gird himself and have them sit down to eat, and will come and serve them. "And if he should come in the second watch, or come in the third watch, and find them so, blessed are those servants. "But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into. "Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.”

Isaiah 26:3 (NKJV)

“You will keep him in perfect peace, Whose mind is stayed on You,
Because he trusts in You.”

II Corinthians 10:5 (NKJV)

“casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,”

II Timothy 1:7 (NKJV)

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

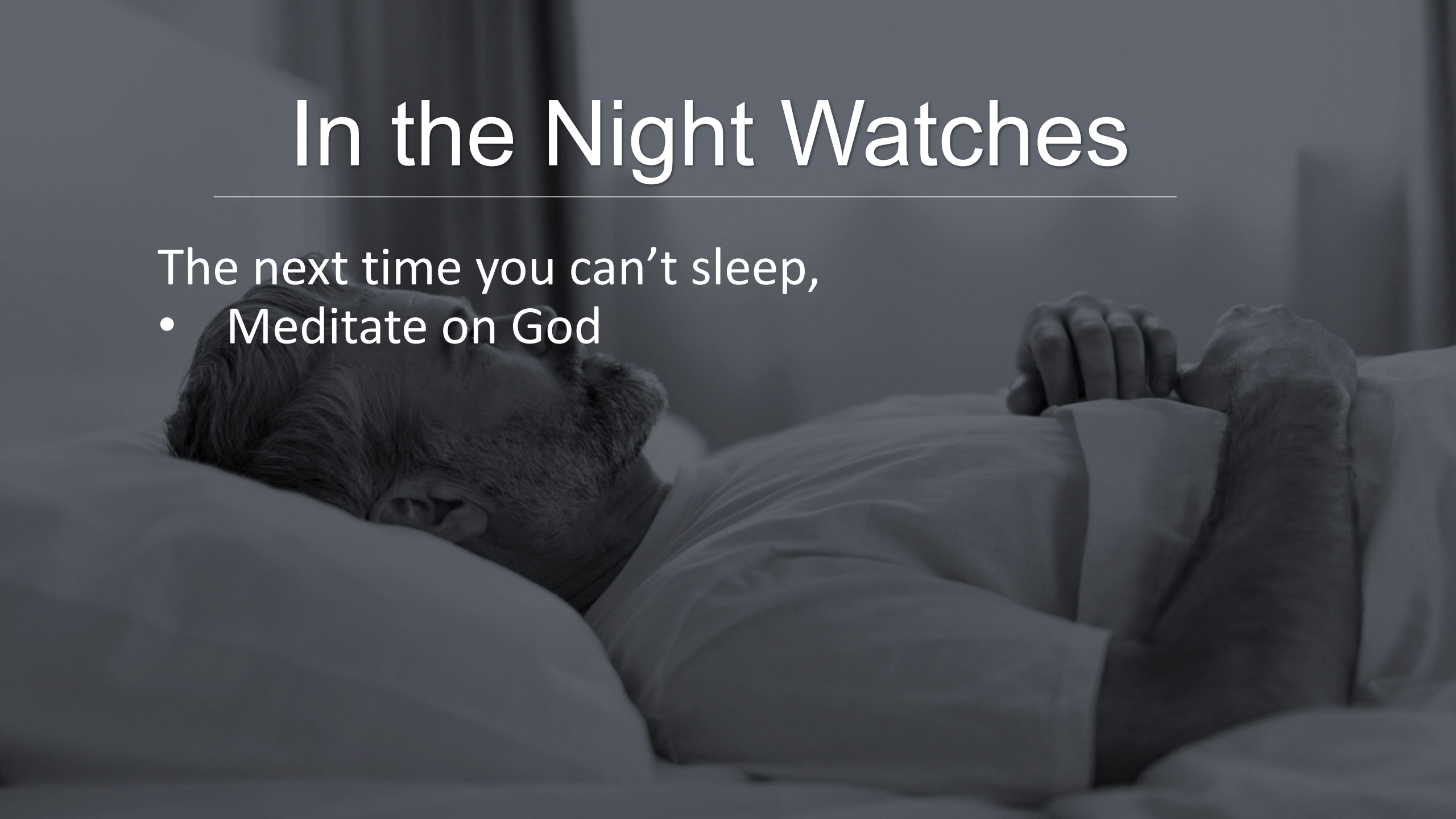
Psalm 63:6-8 (NKJV)

“When I remember You on my bed, I meditate on You in the night watches. Because You have been my help, Therefore in the shadow of Your wings I will rejoice. My soul follows close behind You; Your right hand upholds me.”

In the Night Watches

The next time you can't sleep,

- Meditate on God



Psalm 63:6 (NKJV)

“When I remember You on my bed, I meditate on You in the night watches.”

Psalm 77:11,12 (NKJV)

“I will remember the works of the LORD; Surely I will remember Your wonders of old. I will also meditate on all Your work, And talk of Your deeds.”

In the Night Watches

The next time you can't sleep,

- Meditate on God
- Meditate on God's Word



Psalm 119:148 (NKJV)

“My eyes are awake through the night watches, That I may meditate on Your word.”

Joshua 1:8 (NKJV)

“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.”

Psalm 1:1,2 (NKJV)

“Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the LORD, And in His law he meditates day and night.”

Psalm 119:97 (NKJV)

“Oh, how I love Your law! It is my meditation all the day.”

In the Night Watches

The next time you can't sleep,

- Meditate on God
- Meditate on God's Word
- Meditate on How God has Helped You and Cares for You

Psalm 63:7 (NKJV)

“Because You have been my help, Therefore in the shadow of Your wings I will rejoice.”

Psalm 42:8 (NKJV)

“The LORD will command His lovingkindness in the daytime, And in the night His song shall be with me-A prayer to the God of my life.”

In the Night Watches

The next time you can't sleep,

- Meditate on God
- Meditate on God's Word
- Meditate on How God has Helped You and Cares for You
- Meditate on How You Will Follow God

Psalm 63:8 (NKJV)

“My soul follows close behind You; Your right hand upholds me.”

Psalm 4:4 (NKJV)

“Be angry, and do not sin. Meditate within your heart on your bed, and be still. Selah”

In the Night Watches

The next time you can't sleep,

- Meditate on God
- Meditate on God's Word
- Meditate on How God has Helped You and Cares for You
- Meditate on How You Will Follow God
- Mediate on How God Will Help You Remain Faithful

Psalm 63:8 (NKJV)

“My soul follows close behind You; Your right hand upholds me.”

I John 4:4 (NKJV)

“You are of God, little children, and have overcome them, because He who is in you is greater than he who is in the world.”

In the Night Watches

The next time you can't sleep,

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In the Night Watches

The next time you can't sleep, try this!

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