

# **Confession for Overcoming Worry, Stress and Sleeplessness**

Father, I thank You that I can commit every anxiety, every worry and every care to you. I receive from You the peace of God and that peace rules my heart and my mind. My heart and mind are fixed on You; therefore, I have perfect peace.

When I lie down, my sleep shall be sweet and I have peace and safety. I am Your beloved and You promised Your beloved sweet rest.

Father, in the name of Jesus, I thank You I have great peace and because I love the Word, nothing shall offend me.

Father, I thank You when I lie down, I receive blessings from You and I choose to cast every anxious thought on You and I know You care for me.