



Evening Meditation

By Lucy Wall

As a parallel to my "Morning Meditation" poem, I felt it would be lovely to be able to conclude the day with an "Evening Meditation" poem too! I hope these verses help us to close the day with grateful reflection and ready us to settle into a restful, peaceful sleep.

I come before You, Jesus in the faded, evening light
And offer up my praises as the day gives way to night.
To know You guided faithfully is quite a contemplation.
I ask that You now settle me for quiet meditation.

Before I lay my head to rest as weariness commands,
I take a moment now to place this night within Your hands.
I thank You for Your strength today and all You saw me through,
I come now to Your sanctuary to close my day with You.

Thank You for my family, the blessing that they are.
Grant them health I pray O' Lord, should they be near or far.
Keep them, whether young or old, safe within Your care
And when they face life's trials, may they know You're always there.

Draw them by Your Spirit, Lord. Use their lives, I pray.
Guard them and protect them and sustain their strength each day.
Give them godly wisdom for the challenges they face.
May they know they're deeply loved and covered by Your grace.

I pray for all Your people Lord who share Your name with others.
Comfort and encourage all my sisters and my brothers.
Those who take the Gospel to the corners of the Earth,
Shield them by Your mercy Lord and may they know their worth.

Still my thoughts this evening and calm my inner soul.
Melt away my cares as I recall You're in control.
Help me not to dwell upon the troubles of this life
But find my peace in knowing You will bring an end to strife.

Fill my thoughts with You O' Lord as I drift off to sleep.
Surround me in the knowledge that I'm safe within Your keep.
Blesséd be the King of kings, I sing Your praise again.
Protect me as I rest this night. In Jesus' name, Amen.



Psalm 3:5

*"I lay down and slept;
I awoke, for the Lord sustained me."*

Psalm 4:8

*"I will both lie down in peace, and sleep;
For You alone, O Lord, make me dwell in safety."*

Psalm 121:1-4

*"I will lift up my eyes to the hills—
From whence comes my help?
My help comes from the Lord,
Who made heaven and earth.*

*He will not allow your foot to be moved;
He who keeps you will not slumber.
Behold, He who keeps Israel
Shall neither slumber nor sleep."*

Psalm 127:2

*"It is vain for you to rise up early,
To sit up late,
To eat the bread of sorrows;
For so He gives His beloved sleep."*

Proverbs 3:24

*"When you lie down, you will not be afraid;
Yes, you will lie down and your sleep will be sweet."*

Matthew 6:34

*"Therefore do not worry about tomorrow, for tomorrow
will worry about its own things.
Sufficient for the day is its own trouble."*

Matthew 11:28-29

*"Come to Me, all you who labor and are heavy laden, and
I will give you rest. Take My yoke upon you and learn
from Me, for I am gentle and lowly in heart, and you will
find rest for your souls."*