



Night Prayers

Rosie Philomena

I say my prayers at bedtime

Ask the Lord my soul to keep

Then slowly watch the clock round

In the nightly quest for sleep!



Rosie
Philomena

If you're fearful, sad or worried

As you lie awake at night

Remember God is with you

He'll stay with you till it's light



Rosie Philomena

For the parents and carers of babies
Or a child that has issues with sleep
Give them patience tonight God I ask you
Grant them rest from the counting of sheep!



Rosie Philomena



For those on active service

Near and far, dear Lord I pray

Please grant them your protection

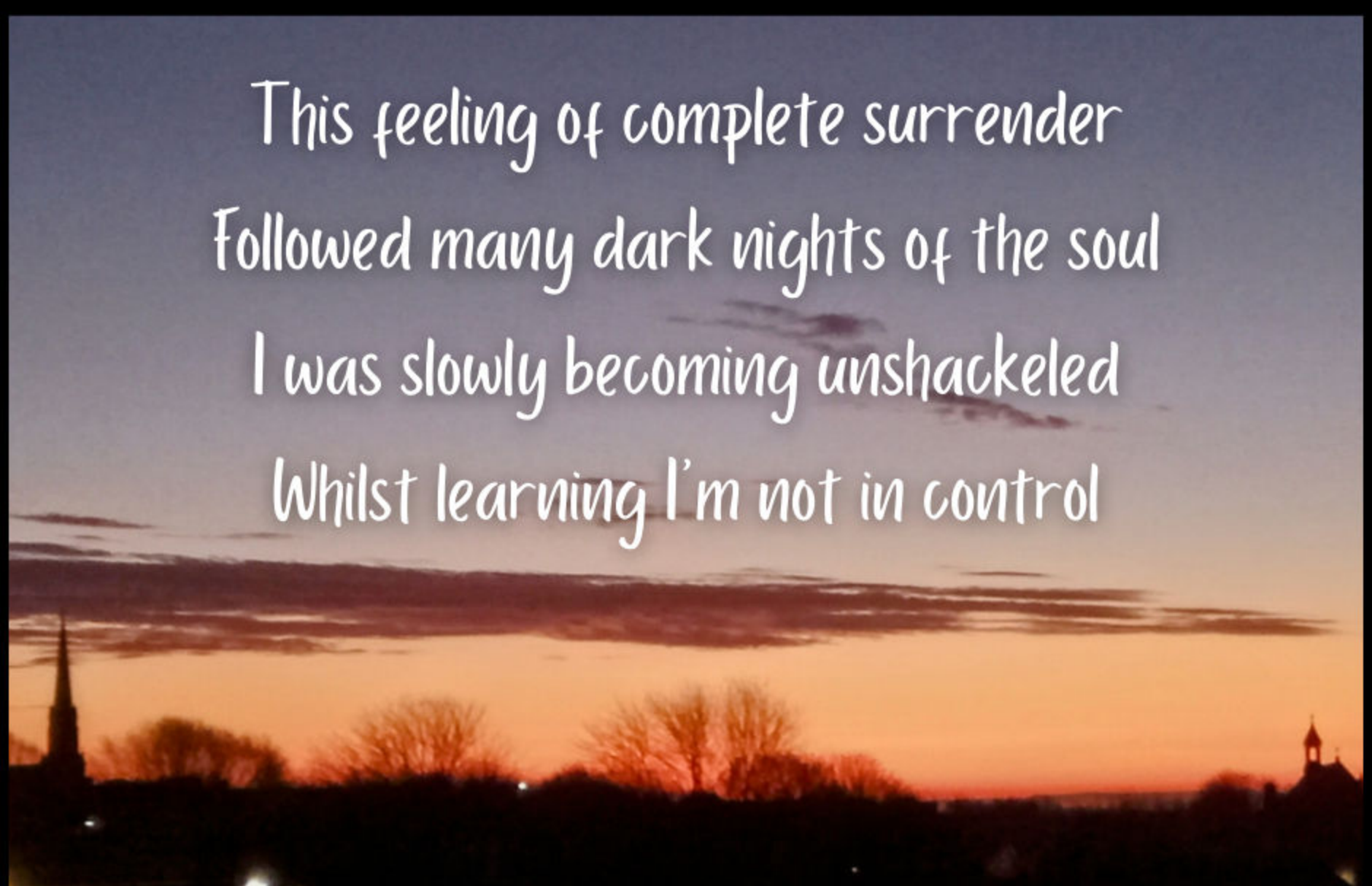
Keep them safe God, come what may

ROSIE PHILOMENA



*I will
Be Still*

Rosie
Philomena

A photograph of a sunset or sunrise over a city skyline. The sky is a mix of orange, yellow, and blue, with some clouds. The city skyline is visible in the foreground, with silhouettes of buildings and trees. The text is overlaid on the upper part of the image.

This feeling of complete surrender
Followed many dark nights of the soul
I was slowly becoming unshackled
Whilst learning I'm not in control

Rosie Philomena ❤️



Time to pray
At break of day

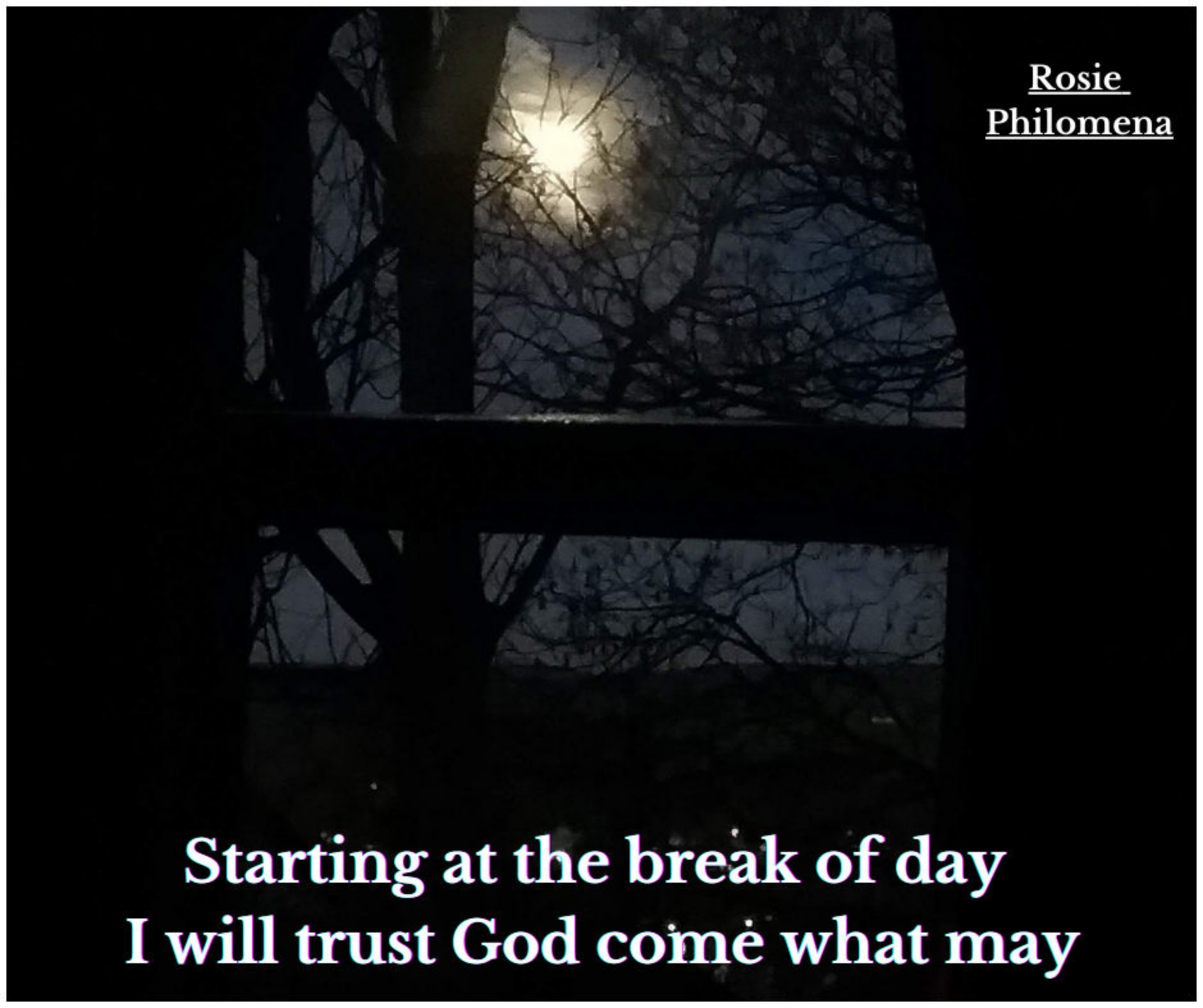
Rosie Philomena

A night photograph of a city street. In the upper half, a dark blue sky features a thin, bright crescent moon. Below the sky, the silhouettes of city buildings are visible against a lighter, orange-tinged horizon. The lower half of the image shows a street with light trails from cars, appearing as streaks of yellow and red light. Streetlights on both sides of the road create bright, starburst-like glows.

God bless me as I lay my head

Prepare me for the day ahead

Rosie Philomena



Rosie
Philomena

**Starting at the break of day
I will trust God come what may**

If anxiety keeps me from sleeping
And depressive thoughts enter my mind
I get up out of bed and I worship
And it helps just a little I find

I take out my phone and my earbuds
And I look for a hymn or a song
That will give me some hope in that moment
As I'm quietly singing along

I'm praying for you

Love

Rosie Philomena



Although you're exhausted, you just cannot sleep
And insomnia for me was a struggle
I spent hours in my bed all alone with my thoughts
Which confused me and left my head muddled

But I prayed and I waited for morning to come
And I welcomed that first beam of light
A new day was dawning, a sigh of relief
God had been with me all through the night

For children who have nightmares

Adults with PTSD

From dreams that are disturbing

Oh! Dear God, please set them free

Rosie Philomena



ROSIE PHILOMENA

**The sad, the lost, the hurting
And the ones who feel alone
Speak to their hearts and show them
That in You they'll find a home**

Lord for those who are suffering in silence
And who feel they've been pushed to the brink
In the dark of the night, they feel helpless
All alone with too much time to think

Give them comfort and hope in those moments
Let the fear and the dread be released
Let them know that there's hope for tomorrow
And please give them a mind filled with peace

Rosie Philomena

**GOODNIGHT
AND GOD BLESS
NOW SLEEP WELL
AND DE-STRESS**

Rosie Philomena

Night Prayers

