

## Lying Awake at Night

Do you have a hard time going to sleep sometimes? This psalm tells what David did when he couldn't get to sleep. Read Psalm 63:6–8 and try these things when lying awake:

1. Remember Bible stories and things God has done for people.
2. Quietly sing some songs about God.
3. Snuggle down in your blankets, close your eyes, and, as you feel the warmth, remember that God is close to you and he loves you.

# Live It!



**Psalm 63:6–8**