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**Father God,**

**I praise you because you are so wise and powerful and because you love me.**

**You know my fears and you will comfort me.**

**Help me to trust in you because you see me and care for me even when I am sleeping.**

**When I am frightened, please comfort me and bring me peace.**

**In Jesus' name I pray.**

**Amen.**

Even the darkness is not dark for you, and the night is as bright as the day. Darkness and light are the same to you.

Psalm 139: 12