



Guide to the Psalms of Rest

Companion reading for the first 7 days

The audios teach you how to rest. This guide teaches you why these same verses have carried sleepless people for thousands of years. It's seven short readings — one for each of your first seven days — meant to take two or three minutes to read, not to be studied like a sermon.

Day 1 — The mind that knows it's worried

*Psalm 4:1, 8 "When I call, answer me, O God of my righteousness...
In peace I will lie down and sleep, for you alone, Lord,
make me dwell in safety."*

This is the same psalm your nightly audio opens with. Reading it in daylight, eyes open, is a different experience than hearing it half-asleep at night. Notice something: the psalm doesn't ask the mind to stop thinking. It asks it to hand over what it's thinking about to someone else.

To carry with you today: *You don't have to solve today's worry today. You only have to hand it over before you sleep.*

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Day 2 — The fear with no name

Psalm 91:5-6, 11 "You will not fear the terror of night... for he will command his angels concerning you, to keep you in all your ways."

Some fears can be named — a deadline, a bill, a conversation you're avoiding. And there's another kind of fear, the one you feel the moment you turn off the light, with no name and no clear cause. This psalm isn't speaking to the named fears. It's speaking directly to that other one.

To carry with you today: *If you feel that nameless weight tonight, don't try to explain it. Just remember you're not carrying it alone.*

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Day 3 — Rest as evidence

Psalm 3:5 "I lay down and slept; I woke again, because the Lord sustained me."

This is probably the simplest verse in this whole guide — and for that reason, the easiest to skim past. It isn't a request or a future promise. It's an observation, in the past tense: someone lay down, slept, and woke up, and understood they'd been held through the whole night without having done anything to earn it.

To carry with you today: *When you wake up tomorrow, before you check your phone, simply notice that you woke up. That's an answer too.*

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Day 4 — The keeper who never sleeps

Psalm 121:3-4 "He will not let your foot slip... he neither slumbers nor sleeps, the one who guards your rest."

This is the psalm behind Bonus #1, for when you wake up at three in the morning. The core idea is simple, almost obvious once you see it: you can't watch over your own sleep while you're asleep. Someone else has to.

This psalm is about handing that watch over to someone else.

To carry with you today: *The next time you wake up in the middle of the night, don't ask yourself whether you'll fall back asleep. Ask yourself who you're handing that worry to.*

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Day 5 — Restoring the body

Psalm 23:1-3 "The Lord is my shepherd, I shall not want... he makes me lie down in green pastures... he comforts my soul."

This is the best-known psalm on this list, and maybe for that reason the easiest to read without really hearing it. Notice the verb: it doesn't say God explains rest to you, or recommends it. It says he makes you lie down — like someone leading, not someone suggesting.

To carry with you today: *Today, let someone — or something — else decide, just for a moment, instead of deciding everything yourself.*

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Day 6 — Rest as a gift, not something earned

Psalm 127:2 "It is in vain that you rise up early... for he grants sleep to those he loves."

This verse unsettles a lot of people the first time they read it, because it seems to say that working harder isn't the answer. It doesn't say rest is earned through accumulated exhaustion. It says it's given — like a gift to someone loved, not a prize to someone who wore themselves out for it.

To carry with you today: *Today, let someone — or something — else decide, just for a moment, instead of deciding everything yourself.*



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Day 7 — Stillness

Psalm 46:10 "Be still, and know that I am God."

The shortest verse in this whole guide, and the one that closes your first seven days. It doesn't ask for faith, or understanding, or a long prayer. It asks only for stillness — the same rhythm you learned on night one, now distilled into a single word.

To carry with you today: *After seven nights of practice, you already know what stillness feels like. Trust that more than any explanation.*