

Meditation for Sleep



Using ancient words of wisdom that help you reflect on the day behind you, this guided meditation spiritualises your sleep routine to prepare you for rest.

Drawing on several reflections from the book of Psalms – the Bible’s songbook – this head-to-toe meditation invites you to check in on how you’re feeling. Using poetic reflections, it guides your thoughts to different areas of the body, allowing you to acknowledge places of tension and support as you prepare for sleep.

You are listening to a meditation to prepare for sleep.
Take a moment to make yourself comfortable.
Take a deep breath in, and a long breath out.

In a few moments, you’ll hear ancient poetry, guiding you through a head-to-toe meditation. These words will help prepare you for rest.

They are borrowed from the book of Psalms, an ancient songbook that has offered comfort to many for thousands of years.

The poet reflects:

‘In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.’

Notice any places you feel tension in your body.
What might it be trying to tell you?

The songwriter in the Bible says:
‘My bones ache. My tongue is dry.’

Tell the Existing One how your body feels.

Resting your head on your pillow, notice the way it supports you.
Thinking back on your day, where have you felt supported?
Lift your head up.
Feel the tension.
Express any places you've felt unsupported today.
Let your head rest, once again, on your pillow, welcoming this feeling of support.

Take a deep breath in, and a long breath out.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'

Take a deep breath in, and a long breath out.

Become aware of your ears.
Who have you been in conversation with today?
Whose voice do you value?

Reflect on the things you heard today:
What made you smile?
What made you laugh?
Take a moment to express gratitude for the people in your life: those who've brought joy to your day.

Take a deep breath in, and a long breath out.

The poet reflects:
'I love the Existing One, for he heard my voice ... he turned his ear to me.'

Is there anything you'd like the Existing One to hear?
Express these thoughts now.

Take a deep breath in, and a long breath out.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'

Take a deep breath in, and a long breath out.

Become aware of your lips.

Which words have you spoken today that have brought joy and laughter?

Now, reflect on the times when words failed you.

Were there opportunities you missed to speak out?

Did you say anything you'd like to take back?

Take a deep breath in, and a long breath out.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'

Take a deep breath in, and a long breath out.

Become aware of your shoulders.

What have you been responsible for today?

Express gratitude for the way you get to show up in the world.

Is there any tension in your shoulders?

Lift them up towards your neck, and hold them there for a moment.

Relax your shoulders. As you do so, let the pressure you feel relieve your body.

Take a deep breath in, and a long breath out.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'

Take a moment to focus on your chest.

Notice the way it moves as you breathe in and out.

Listen to the rhythm of your heartbeat.

What emotions did you feel today?

When did you experience love?

Draw to mind the people who make you feel loved – those who make you feel safe.

Express gratitude for those who bring you love.

Take a moment to reflect on situations that might have brought pain.

Describing the God of the Bible, the poet reflects:
'He heals the broken-hearted and bandages their wounds.'

Where are you seeking comfort and healing in your life?
Why not imagine yourself handing this pain over to the Existing One?

Take a deep breath in, and a long breath out.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'

Become aware of your stomach.
How does it feel?
Are you holding any anxiety?
Express your feelings to the Existing One.

Take a deep breath in, and a long breath out.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'

Notice how your hands feel.
Think of all the good you have received today.
Think of all the good you have done.

Now, clench your hands.

Think of anything you feel angry about, or that brings you frustration.
Are there any grudges you hold?
Release your hands as a sign you're letting go of anything you no longer need to carry.

Take a deep breath in, and a long breath out.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'

Pay attention to your feet.
Are there areas of your life where you're seeking direction?
Why not invite the Existing One to help show you the way?

Take a deep breath in, and a long breath out.

The songwriter says to the Existing One:
'Let the morning bring me word of your unfailing love ... Show me the way I should go.'

Today has passed.
Tomorrow is ahead.

'In peace I will lie down and sleep, for you alone, the Existing One, make me dwell in safety.'