

Calmly, Quietly Sleeping

Children's Sleep Meditation

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$\text{♩} = 60$

Calm my mind, Calm my heart, as I lay down to sleep. As I rest, un - der - neath the
7
shel - ter of Your wings. An - gels guard me while I sleep, my soul is in Your care. All my fears
14
melt a - way for I know You are near. A heal - ing stream starts to flow, it
20
fills my soul with peace. It tra - vel through each part of me and helps ten - sion re - lease.
26
Gent - ly sort - ing through the day while my mind's at rest. Keep - ing what I need to keep, re -
32
leas - ing all the stress. The wa - ters free - ly flow with - in, heal - ing a - ny wounds. It sooth - es fie - ry
39
pain a - way and my strength re - news. Stay with me while I sleep, ne - ver let me go.
47
then as I be - gin to wake, my heart will sure - ly know You'll walk with me through each new day,
53
guid - ing e - v'ry step. Point - ing out the way to me, for You know what is best.
59
Thank You, Lord, for lov - ing me and help - ing me to - night. I gen - tly start to fall a - sleep

rest-ing by Your side. Ca-lm-ly, qu-iet-ly sleep - ing. Ca-lm-ly, qu-iet-ly sleep - ing.