



# Nighttime Prayers: Prayers, Blessings, and Meditations for Bedtime (Volume 1)

*Kathleen Blease*

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End your day the gentle way with words of wisdom and comfort. Snuggle up with the soothing Psalms or the words of Saint Thomas Aquinas. Collected here are over 50 offerings of quiet introspection to lull you to sleep. From the intro: “At the end of the day, in the evening hours after all the work is complete, it’s typical to begin planning the next day ahead. But first, take a moment for reflection. A bedtime prayer can comfort and guide you.”

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