



# Prayers for Sleepless Nights

*Helen R. Lambin*

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## **Prayers for Sleepless Nights** Helen R. Lambin

Millions of Americans have found themselves, at one time or another, unable to fall asleep. Whether that sleeplessness is due to legitimate insomnia or any of a million different sources of stress, Helen Reichert Lambin offers Prayers for Sleepless Night--a collection of prayers to help all of us through those long nights when sleep just won't come. These are prayers of friendship, of companionship with God. While not intended as sleep aids, as nice as that might be, these prayers are designed to help readers make use of these newfound wakeful hours and form a relationship with God. Topics addressed include: Bills, Bread and Boundaries; Children; Forgiveness; Illness; Loss and Sorrow; Regrets; and many more.

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