



7 Takeaway Tips for comfortable, calm, contented rest

7 Takeaway Tips for Comfortable, Calm, Contented Rest



Tip 1. Prepare thought for a good night's rest

Slow down. Stop what you're doing before getting into bed. Take time-out to think spiritually.

- Spend 5 minutes sitting quietly looking at the stars. Remember God loves you. You are God's little lamb.

*"[DIVINE LOVE] is my shepherd; I shall not want.
[LOVE] maketh me to lie down in green pastures:
[LOVE] leadeth me beside the still waters."*

Science and Health with Key to the Scriptures by Mary Baker Eddy p. 578

Tip 2. Make time for gratitude

Take time to acknowledge the good in the day. Magnify it. Be grateful.

- Think of at least 4 good things that happened during the day and give thanks to God for them.

"Are we really grateful for the good already received? Then we shall avail ourselves of the blessings we have, and thus be fitted to receive more."

Science and Health with Key to the Scriptures p. 3

Tip 3. Get thought calm

God is the restful Mind. As Mind's son or daughter, you are calm and at ease. Contented peace is within you right now.

- Affirm: I am God's calm reflection. God made me calm and keeps me calm.

"As one whom his mother comforteth, so will I comfort you; and ye shall be comforted..."

The King James Bible. Isaiah 66:13

"The calm and exalted thought or spiritual apprehension is at peace."

Science and Health with Key to the Scriptures p. 506

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Tip 4. Don't worry about tomorrow

You haven't got there yet! When you do, you'll find that God has the day under control. All is well.

- Stay in the "now". Keep thought serene.

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself." Matthew 6:34

"Whatever it is your duty to do, you can do without harm to yourself." Science and Health with Key to the Scriptures p. 385

Tip 5. Gently pray for yourself

Slow thought down. Be gentle, soothing, quiet as you pray.

- Softly, tenderly, think of God's love enveloping you like a blanket.

"When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet. For the Lord shall be thy confidence, ..."

Proverbs 3:24, 26

Tip 6. Expect a good night's rest

It's not the number of hours of sleep you get, but the **quality** of the rest.

- **Expect** to have a comfortable, calm, contented rest and to wake up refreshed - full of energy and vitality.

"The consciousness of Truth rests us more than hours of repose in unconsciousness." Science and Health with Key to the Scriptures p. 218

"When we reach our limits of mental endurance, we conclude that intellectual labor has been carried sufficiently far; but when we realize that immortal Mind is ever active, and that spiritual energies can neither wear out nor can so-called material law trespass upon God-given powers and resources, we are able to rest in Truth, refreshed by the assurances of immortality, opposed to mortality."

Science and Health with Key to the Scriptures p. 387

Tip 7. Practice thinking spiritually

Don't obsess over sleep. Reject the notion you don't sleep well.

- Affirm: God made me to rest peacefully and He keeps me resting peacefully.

"I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety."

Psalms 4:8

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An essential tool for
comfortable, calm, contented rest
The right reference book.



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