

MASTERCLASS

**STRESS LESS
SLEEP BETTER**

GUIDEBOOK

God “gives His beloved sleep.” Who are His beloved? You and I! Today, God is saying to you, “My beloved child, throw that care to Me and go to sleep.” And while you are sleeping, He is working on your situation. He, who neither slumbers nor sleeps (Ps. 121:3–4), works the night shift for you as you sleep!

—Joseph Prince

Stress Less, Sleep Better—A Gospel Partner™ Resource

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If you would like to join us in this global publishing mission reaching over 150 nations, and receive access to more than 1,000 sermons by Joseph Prince, visit GospelPartner.com today and let's make a real difference together.

HEY BELOVED,

Most people never question just how important a good night's sleep is.

Not until we experience that one sleepless night where we find ourselves lying in bed exhausted, frustrated, and *still* awake . . .

The more we try to fall asleep, the more sleep seems to evade us. Our minds are gripped by the fear of not being rested for the coming day, and our hearts tremble with the anxiety of the coming dawn. Alas, we're left feeling depleted and battle-worn from a night of struggling to rest and the reality of having to face the day with only a few meager winks of sleep.

Now, what more those of us who have had multiple nights of sleeplessness in a row or those struggling with insomnia?

Friend, if what I've just described sounds all too familiar to you, or maybe you've already lost count of the nights you've tried and failed to fall asleep . . .



I want you to know this is not the Lord's heart for you! Look at this wonderful promise from God's Word:

"It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; **for so He gives His beloved sleep.**"

—Psalm 127:2

That's right! **Good sleep is a blessing from the Lord—one He wants you, His beloved child, to have!**



Whatever it is keeping you awake, be it the demands and responsibilities you have in your life, a stressful situation in your workplace, or tension with a loved one, the Lord wants you to know you can count on Him. You can be sure He knows, understands, and is working things out on your behalf, even as you rest.

That's why we have put together this masterclass, packed with simple but powerful truths that will set your heart at ease so that **you can stress less and sleep better!** As you go through each clip, let Pastor Prince minister the Lord's heart for you in your area of need and set you free to reclaim the blessing of good sleep for yourself!

We've also specially prepared this guide to journey with you and help you take time to meditate on and practically lay hold of these beautiful truths. As you go through this masterclass, we pray that you will personally experience the Lord revealing His love for you, filling your heart with His peace, and giving you the breakthrough of sweet sleep you desire.

HOW TO USE THIS GUIDEBOOK

This guide was designed to help you **take time to reflect and meditate on the powerful truths about God's rest for you shared in this masterclass.**

After watching each video, use this guide to meditate on the key scriptures and key thoughts from the clip, as well as to ponder and reflect on how these truths can apply in your life.

We strongly encourage you to print a copy of this guidebook and write down your thoughts, answers, and reflections as you embark on this masterclass.

As you take this journey, we pray that you will find biblical truths about God's heart for you. May you also experience our heavenly Father personally reaching out to you and embracing you with His perfect love. As you allow His word and His promises to encourage and give you peace, may you begin to lay hold of the divine rest and abundance that our Lord Jesus has already purchased for you on the cross!

MEDICAL DISCLAIMER

Beloved, as we stand in faith with you, we also encourage you to practice faith with godly wisdom.

Do note that this masterclass is not meant to take the place of professional medical advice. If you or your loved one has a health concern or an existing medical condition, please do consult a qualified medical practitioner or healthcare provider. We would also advise you to ask and seek the Lord always for wisdom and guidance regarding your specific health or medical issue, and to exercise godly wisdom in the management of your own physical, mental, and emotional wellbeing. Do not, on your own accord, disregard any professional medical advice or diagnosis. Please also do not take what has been shared in this masterclass as permission or encouragement to stop taking your medication or going for medical treatment. While we make no guarantee and recognize that different individuals experience different results, we continue to stand in faith to believe and affirm God's Word and healing promises with all who believe.

We are praying for you and looking forward to hearing your praise report!

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- **Prayer for sleep**

C L I P

01

GOD'S HEART IS TO GIVE YOU SWEET SLEEP

"It is vain for you to rise up early,
To sit up late,
To eat the bread of sorrows;
For so He gives His beloved sleep."
—Psalm 127:2 NKJV



Scan to watch:



Key Thoughts

- **When you know that you are God's beloved**, you can receive the peace and rest that will give you the sweetest sleep.
- God wants to give me rest and sweet sleep.
- **Even as I rest or sleep**, God can speak to me and impart His blessings to me.

REFLECTION

What does believing that God loves you mean to you? Take some time to meditate on this thought: ***"I am God's beloved."***

As you meditate, ask the Lord to show you what it means, and write it below.

Believing God loves me means . . .

- Believing He will not let bad happen to me.
- Believing He will provide for all my needs.
- Believing He is always with me, and I will never be alone.
- *Write your answer here . . .*

Clip 01: God's Heart Is to Give You Sweet Sleep

We find true rest when we allow our hearts and minds to dwell on how much God loves us. One of the best ways to abide in His love is through **meditating on His Word about it!**

You can continue meditating on the thought, "***I am God's beloved,***" or ask the Lord to give you a personal word, scripture verse, or mental picture for your season to meditate on.

Record it here, or somewhere you can refer to easily, so that you can remind yourself of His promises to you:

C L I P

O2

WHAT YOU CAN DO WHEN YOU CAN'T SLEEP

“The LORD is my shepherd; I shall not want.”
—Psalm 23:1 NKJV



Key Thoughts

- Instead of allowing my mind to be consumed by worries and anxieties, I can **meditate on God's Word!**
- When I meditate on God's promises in His Word, I can **experience His good success in every area of my life**, including my rest and sleep (Josh. 1:8).
- Today, God is still keeping His promises. I can trust in Him.
- My heavenly Father takes care of me like a good shepherd takes care of his sheep. He is close to me, and He is careful to guide, protect, and nourish me.

REFLECTION

In this clip, Pastor Prince shares his personal testimony of how he was able to fall asleep on nights when he had trouble sleeping. Notice the turning point in his testimony—when he began to meditate on and speak forth God's heart for him.

Scriptural meditation is not about breathwork or emptying your mind. It is about **focusing on the TRUTH and making space in our hearts for God to work in us**. As Pastor Prince shared in the clip, instead of struggling to fall asleep, he meditated on “the Lord is my shepherd” and eventually fell asleep without even knowing it.

As you prepare to wind down for the night, meditate on Psalm 23. As you speak it over yourself, you can make the Psalm personal to you.

While meditating, begin to see the Lord as your shepherd, watching over you, and allow your heart to see His love for you. You can use the example on the next page as a reference.

Clip 02: What You Can Do When You Can't Sleep

Psalm 23

The LORD is my shepherd;
I shall not want.

He makes me to lie down in
green pastures; He leads me
beside the still waters.

He restores my soul;
He leads me in the paths of
righteousness
For His name's sake.

Yea, though I walk through the
valley of the shadow of death,
I will fear no evil;
For You are with me;
Your rod and Your staff, they
comfort me.

You prepare a table before me in
the presence of my enemies;
You anoint my head with oil;
My cup runs over.

Surely goodness and mercy shall
follow me all the days of my life;
And I will dwell in the house of the
LORD forever.

What it means to me:

*The Lord is my personal
shepherd. He is always with me.
I shall not lack anything.*

*He gives me rest in His best
comfort and care.*

*When I'm tired and weak, He
restores me. He personally guides
me in His ways of righteousness.*

*While tomorrow may be filled with
uncertainty, I can remain confident
that Jesus will be with me. I do not
have to be afraid because, Jesus,
You are my defender.*

*You prepare an abundance
before me even when I feel
surrounded by many challenges—
Your anointing and wisdom upon
me overflows.*

*Your goodness and mercy follow
me every day! And nothing can
keep me apart from You.*

C L I P

O3

LET TOMORROW WORRY ABOUT TOMORROW

“Therefore **do not worry about tomorrow**, for tomorrow
will worry about its own things.

Sufficient for the day is its own trouble.”

—Matthew 6:34 NKJV



Scan to watch:



Key Thoughts

- God's heart is for me to approach all things with an inward posture of **rest**. I may be busy, but I can be at rest because God is working **in me and through me** (Col. 1:29).
- Every day, my heavenly Father gives me a **fresh supply of grace** for what that day may bring.
- I do not have to worry about tomorrow because my Shepherd has already gone ahead of me.
- For every demand and challenge that I may face in the future, my heavenly Father has already prepared for me what I need to overcome it (Jer. 29:11). All I need to do is to **step into His supply**.
- Even when I rest, **God never stops working** for my good (John 5:17, Ruth 3:18).

REFLECTION

Is there something in the future that is stressing you out in the present? Or are there any thoughts or worries that keep you up at night? The Scriptures tell us that **we can cast all our thoughts, anxieties, and worries to our good Shepherd because He cares deeply for us** (1 Pet. 5:7 AMP). Every detail about your life, every concern and thought you have, matters to Him.

Use the table on the next page to share your worries about tomorrow with the Lord. As you are pouring your heart out to your heavenly Shepherd, **be conscious that He is present with you and picture yourself handing your worries over to Him.** Do this as an act of faith that, when you entrust Him with all things, He will work them out for your good (Rom. 8:28).

Clip 03: Let Tomorrow Worry About Tomorrow

My cares and worries about tomorrow:

*I am afraid of what
will happen tomorrow . . .*

The Lord's promises to me

And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed (Deut. 31:8).

My grace is sufficient for you, for My strength is made perfect in weakness (2 Cor. 12:9).

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us (Eph. 3:20).

C L I P

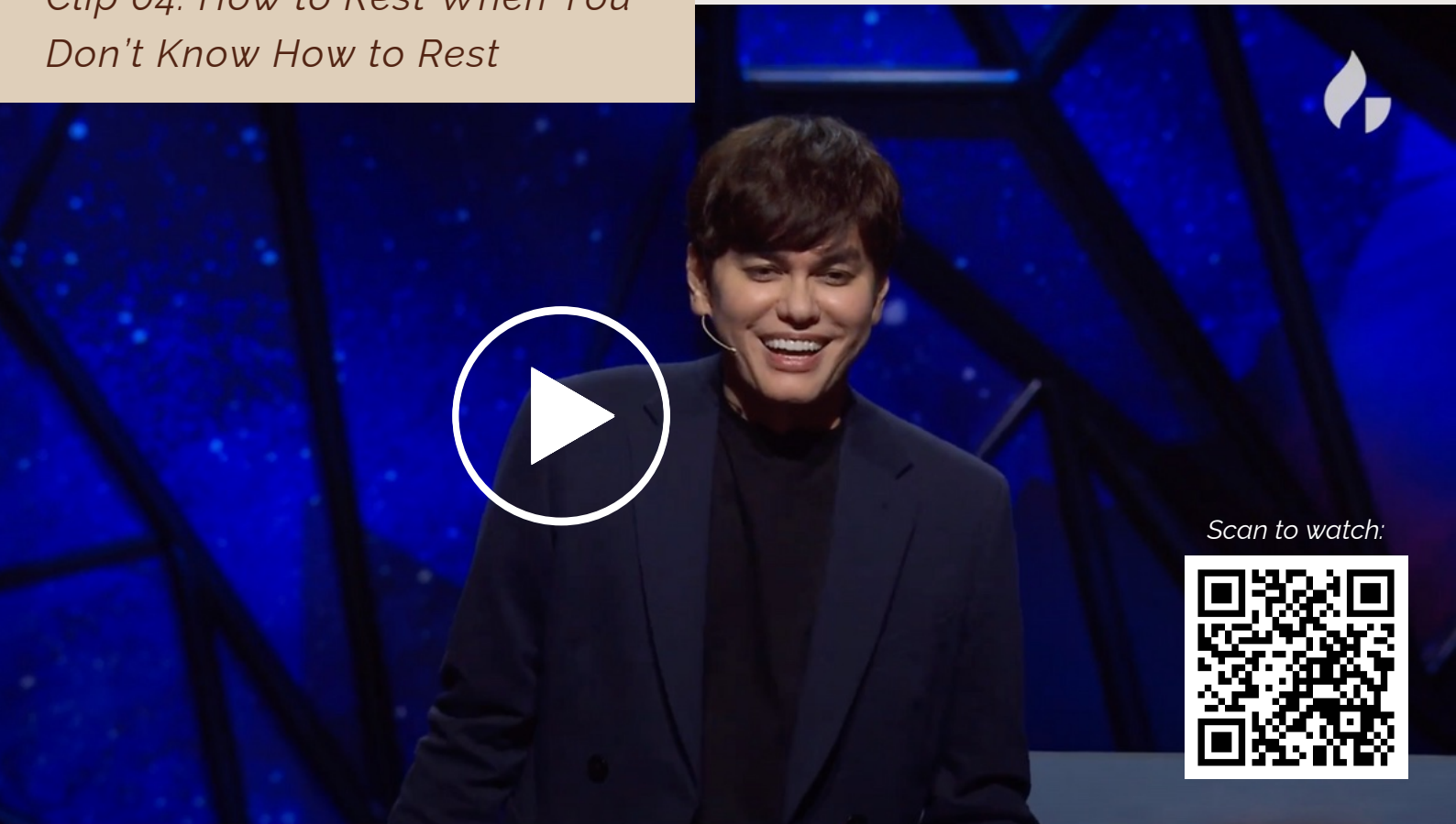
04

HOW TO REST WHEN YOU DON'T KNOW HOW TO REST

“Be anxious for nothing, but in everything by **prayer and supplication (praying in the Spirit)**, with thanksgiving, let your requests be made known to God; and the **peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.**”

—Philippians 4:6–7 NKJV

Clip 04: How to Rest When You Don't Know How to Rest



Key Thoughts

- When I pray in the Spirit, **the Spirit intercedes and brings all my requests, fears, anxious thoughts, and worries**, including the ones I do not know of, to God for me (Rom. 8:26).
- God's peace is with me, guarding my heart and my mind, as I pray in the Spirit.
- The Holy Spirit has the power to heal me and He works on my behalf when I rely on Him.
- God is able to refresh and energize me, regardless of how much sleep I got the night before (Ps. 121).

REFLECTION

“Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, **but the Spirit Himself makes intercession for us with groanings which cannot be uttered.**”

—Romans 8:26 NKJV

According to the verse above, what happens when we pray in tongues?

TIME OF PRAYER

Do you ever find yourself feeling troubled by something yet struggling to pinpoint its source? It could be a lingering worry, an experience that continues to affect you, or even a sense of unease without a clear cause. **In moments when we are unsure of what is weighing upon us or how to release it from our hearts, this is the best prayer you can pray.**

Whenever you're ready, **take a few moments to pray in the Spirit.** Let the power of God come into your situation and let Him give you His peace. Remember, He desires to give you rest. He wants to bring peace to your mind, help you break free from whatever is weighing on you, and bless you with His divine healing and success!

If you have yet to receive the gift of tongues, here are some free resources that will help you:

- [How to Receive the Baptism of the Holy Spirit](#)
- [Unlock the Gift of Praying in Tongues](#)

C L I P

05

EXCHANGE YOUR NATURAL STRENGTH FOR HIS SUPERNATURAL STRENGTH

“He gives power to the weak, and to those who have no might He increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall, **but those who wait on the LORD shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”**

—Isaiah 40:29–31 NKJV

Clip 05: Exchange Your Natural Strength for His Supernatural Strength



There's a verse that says, "The sleep of a laboring man shall be sweet
(Eccl. 5:12)."

Scan to watch:



Key Thoughts

- Waiting on the Lord simply means to **spend time with Him** (Isa. 40:31).
- When I draw my strength from the Lord, **I exchange my natural limits for His supernatural strength.**
- It is normal to feel tired and weary. But I can trust the Lord to energize me!

*Clip 05: Exchange Your Natural Strength
for His Supernatural Strength*

REFLECTION

Circle the words that reflect how you feel currently, and then **mark the corresponding words that remind you of the Lord's strength and power**. As you do this exercise, see yourself exchanging your natural strength for His supernatural power and strength! Feel free to add more words in the word cloud!



Clip 05: Exchange Your Natural Strength for His Supernatural Strength

What does it truly mean to wait on the Lord?

Friend, I want you to know that there's no one answer to this! It is simply about **spending time with the Lord**.

To guide you in spending quality time with the Lord, you can:

- Find a place where you feel comfortable to be yourself.
- Consider setting a timer to free yourself from the constraints of time.
- Speak, sing, journal, or meditate on His Word—whatever the urge that springs up on the inside is, do it!
- Ask *“Lord, what shall we do today?”* and see what He brings to mind! He might ask you to take a walk or lie down.

The point is for you **to be present with the Lord during this time**. And as you take this moment to soak in His presence and love, you open the door for Him to restore, renew, and reenergize you.

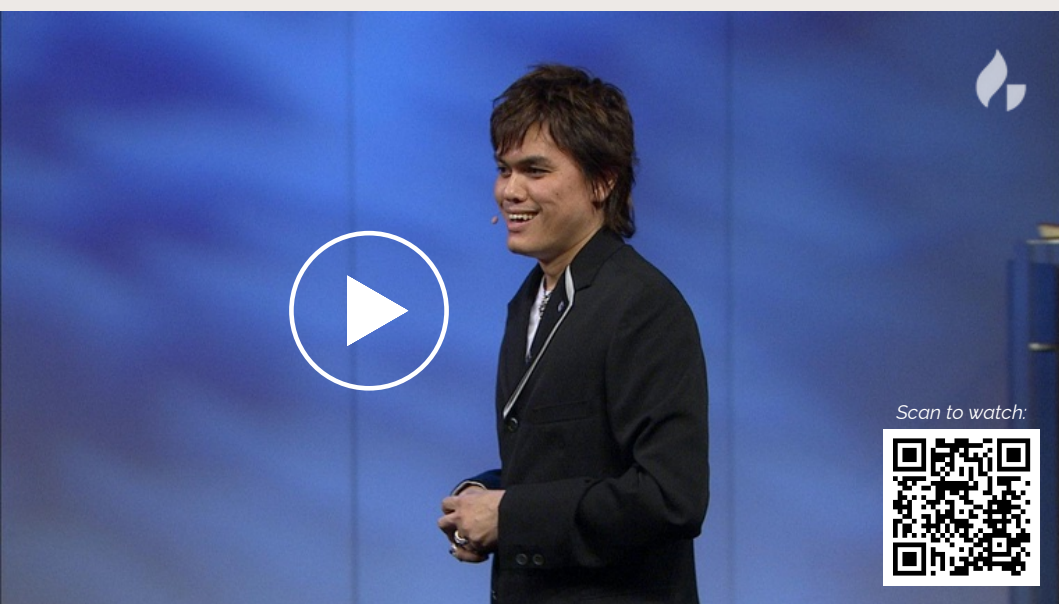
Take note of how you feel before and after spending this time with Him. Are there any changes? Write them down along with anything you might have received from the Lord during this moment with Him.

BONUS CLIPS

Worship with Joseph Prince:



Prayer for sleep:



Before you go . . .

Hey Beloved,

If there's one thing we want you to take away from this masterclass, it is this:

God's heart is to give you rest and sleep.

We can see this desire of His even when He created us.

The first day of our existence was not a day of toil.

It was a day of rest—you were made to live in His rest.

In this season, as you trust God in the area of your sleep, we encourage you to keep listening to the clips in this masterclass and revisit what you have written in this guide. Let them remind you of the truth about His heart for you and the promises you have received from Him.

We hope you have found assurance that God's heart is for you to rest and experienced how being conscious of His love, meditating on His Word, praying in the Spirit, and soaking in His presence can help you to enter His rest for you.

If you have yet to receive your breakthrough, we are standing in faith with you that it is just around the corner! Keep immersing yourself in the truths shared in this masterclass. We pray that you will personally experience His comfort and peace, and receive the best sleep you've ever had!

Lots of love,
Team Gospel Partner

We would like to hear from you!

If you have a testimony to share after completing this
masterclass, please tell us about it here:

gospelpartner.com/shareyourstory



If it is on your heart, we encourage you to also share
a word of thanks with our Gospel Partners for helping
to make this resource available for free to all!