

## Christian Poem: Restless Murmurs

Christian Poem relating to losing sleep over Worry

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### Restless Murmurs

Restless murmurs never cease,  
Or so it seems to many  
Countless minutes ticking by  
With little sleep, if any  
Why do we worry so much?  
When God says, "Give it to Me"  
Why do we fret and fuss?  
When prayer is the only key  
For in prayer we find great release  
And quietness for the soul,  
We find our restless murmurs cease  
Then God can make us whole.

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