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John Quincy Adams once admitted:

“There are two prayers I love to say--the first, the Lord’s Prayer, because the Lord taught it. The other is what seems to be a child’s prayer: ‘Now I lay me down to sleep.’ I have been repeating it every night for many years past; I say it yet, and I expect to say it my last night on earth if I am conscious. But I have added a few words to the prayer [for Jesus’ sake, amen], so as to express my trust in Christ and also to acknowledge that what I ask, I ask as a favor and not because I deserve it.”