

# Have A Good Sleep!

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[ 0 : 0 0 ]     25th March. Have a good sleep. Our passage for today is Psalm 4, 8. I will lie down in peace and sleep, for you alone, O Lord, will keep me safe.

Are you one of these people who find it difficult to get off to sleep tonight? Very often when sleep doesn't come, you start thinking of all sorts of things, worries, problems and difficult people, and it all drives sleep even further away.

David, who wrote many of the Psalms, had many problems during the time he wrote Psalms 3 and 4. He had to flee for his own life from his son Absalom, who was trying to depose his father and become king in his place.

It was a sad time for David, but David had a real sense of the protection that God gives to those who trust him. God was like a shield around him. God had already brought David great relief when he was in big trouble.

Now David thought about these things as he lay in bed. In his mind, he went over all that God had done for him. How he had kept him safe when he had gone to bed before, and he felt sure God would look after him again.

[ 1 : 0 6 ]     God had been so good to him, even in spite of what Absalom was trying to do to him, that David felt happier than people who were living a life of peace and plenty. And when David thought of all God's blessings and all God's answers to his prayers, sleep came easily to him.

He lay down in peace to have a good night's rest. Our prayer for today. Dear Lord, if I lie awake, help me to go over all the wonders of your grace and goodness to me, and give me your peace and the gift of sleep.

Amen. Amen. Thank you.