

Sweet Sleep

*When thou liest down, thou shalt not be afraid; yea, thou shalt lie down, and thy sleep shall be sweet.
– Proverbs 3:24 –*

The teenagers in our Youth Group at church often complain that they cannot fall asleep at night. I half-jokingly tell them they are not tired because they do not have enough to do! I say half-jokingly because I know my own experience. I recall being a teenager and lying awake in bed until the early hours of the morning. But once I became an adult, and particularly after I got married and started a family, falling asleep rarely, if ever, has been problematic. The day's commitments usually produce exhaustion, so my head hits the pillow, and the body begins to sink into deep rest until the morning's light. All of that said, insomnia can be a very real issue for some people. The reasons are various, but the condition is identically frustrating no matter the cause. Looking for repose and finding none is difficult to the point of exasperating. But an even greater source of consternation is when the soul cannot find rest.

Our text is not merely speaking about sleep. It is using sleep metonymically for peace. The believer possesses something the world can never offer – a peace that passes understanding, one that defies fear and faithfully trusts in our Father's care. God Himself has promised this spiritual rest to His children who walk in communion and obedient fellowship with Him. The Word of God witnesses over and over again to this wonderful gift of spiritual rest and abundant peace. Below are just a few examples....

“The LORD will give strength unto his people; the LORD will bless his people with peace.” (Ps. 29:11)

“Mark the perfect man, and behold the upright: for the end of that man is peace.” (Ps. 37:37)

“Be still and know that I am God...” (Ps. 46:10)

“Great peace have they which love thy law: and nothing shall offend them.” (Ps. 119:165)

“Come unto me, all ye that labor and are heavy laden, and I will give you rest.” (Mt. 11:28)

“Peace I leave with you, my peace I give unto you...” (Jn. 14:27)

“These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.” (Jn. 16:33)

“Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.” (Rom. 5:1)

“For to be carnally minded is death; but to be spiritually minded is life and peace.” (Rom. 8:6)

“...but God hath called us to peace.” (1 Cor. 7:15)

Christian – there is no need to worry and fret. Our spirits need not toss and turn. The sweet peace of the Lord is ours. Live in it! -- *D. Murcek*