



LIE DOWN AND SLEEP

SCRIPTURAL REFERENCE

Psalm 4:1-8.

ADDITIONAL STUDY

Isaiah 30:15a, Psalm 3:1-6, & Psalm 127:1-3 (GNT)

PRAYER

Lord, I thank You because You will never leave nor forsake me. You who keeps me will never slumber or sleep; therefore I cast my burdens on You and rest on Your promises today. I refuse to allow anxiety steal my sleep again; You are my refuge, so I will lie down in peace and sleep in Jesus' name. Amen.

I will both lie down in peace and sleep, for You alone, O Lord make me dwell safely. - **Psalm 4:8**

What a beautiful picture the psalmist paints here of lying down in peace to sleep! In our world of increasing hustle and bustle, high dependence on phones, tablets and laptops, deadlines to meet at work, bills to pay, business targets to exceed, salaries to pay, appointments to keep and lots more, sweet sleep has become a rare commodity.

A lot of people are stressed over many things; young people now die of cardiac arrest, even physically healthy people have hidden within them high blood pressure. We sleep less now than in previous years and medical science says it is not good for our health - well, nature says so too.

The language of Psalm 4 suggests that David was in distress and that people and circumstances were militating against him. Distress means extreme anxiety, sorrow or pain. It includes hardship, heartbreak, suffering and agony. All these are enough reasons to keep a man awake. However, notice that David made a decision - I WILL LIE DOWN! I shall not stay awake and worry, I shall neither meditate on my trouble nor allow situations beyond my control to keep me awake and all stressed out - I WILL LIE DOWN IN PEACE...AND SLEEP!

The reason David could do this is because He said GOD ALONE (that is, ONLY GOD) was his safety, a hiding place, his refuge and only comfort. He must have told himself, "If I know that He who neither sleeps nor slumbers is on my matter, then, I will lie down in peace and sleep. If God who can protect me more than any security guard or fence is on my side, then, I will lie down in peace and sleep - He will keep me under the shadows of His wings. He will fight my battles for me."

Today, be like David and make God ALONE your place of safety, your help, rock and provider. After you do, go to sleep - He is not like men who are fickle and unreliable; He will never leave you nor forsake you. If you have a promise from Him, let it be the pillow upon which you rest your head, let His faithfulness be your bed and let the love of Jesus be the duvet with which you cover yourself. Let faith in God sing you to bed every night and let not your heart be troubled, GOD'S GOT THIS!

Again, I say to you just as I say to myself, "LIE DOWN IN PEACE AND SLEEP!"

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