

Psalms 4:8 (NLT)

*I will lie down in peace and sleep,
for you alone, O LORD, will keep me safe.*

Have you ever had insomnia, you know those nights when you toss and turn and cannot go to sleep? When this happens there are usually a million things running through your head as you start to worry about bills, rent, food, your job, your marriage, your family, school and on and on. Sometimes we will even get up out of bed and read books on how to handle these problems. Then we get sleepy from reading and try to go back to sleep, but once again the tossing and turning begins again.

When this happens we are trying to play God and figure things out ourselves. After all, we prayed about them, but God has not answered us so that must mean that God wants me to stay up all night and figure it out myself, so we think.

The problem is, I do not read that in today's devotional.

† *I will lie down in peace and sleep, for you alone, O LORD, will keep me safe.*

When we worry, that's when we cannot sleep, so the question is, are you really trusting God to answer your prayers? If you do trust the Lord, then what are you worrying about? When you worry, you are saying to God that you do not really trust Him with your problem.

† **Matt 6:34** *Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

"Yea, but doesn't the bible say that God helps those who help themselves? I'm just trying to do my part."

That is a total misconception of what the bible says. No where in the bible does it say that; in fact, Jesus tells us the opposite.

† **John 15:5b** *for without Me you can do nothing.*

This includes sleeping peacefully at night. Think about it, have you ever read anywhere in the bible where Jesus was worried? You can look all day and night, for weeks or months or even years, but you will never find one instance where Jesus was worried.

So next time you can't sleep; pray and give everything to the Lord and leave it with Him to take care of. Then ask Him to give you a peaceful, safe night's sleep. That is something only the Lord alone can do for you when you have problems or concerns.

† *I will lie down in peace and sleep, for you alone, O LORD, will keep me safe.*

