

Psalms 56:8 (Living)

You have seen me tossing and turning through the night. You have collected all my tears and preserved them in your bottle! You have recorded every one in your book.

We are all familiar with this verse about God collecting all of our tears. But did you ever consider the first part of this verse?

† ***You have seen me tossing and turning through the night.***

This is from the Living Bible, and as I read it, I know I can certainly relate to this, and I bet a lot of you can as well. We have all had those restless nights of tossing and turning in bed as the hours go by, and by the time we finally do fall asleep, it's time to get up again.

But just as God collects all our tears and knows our sorrows, He also knows our fears, frustration, worries and anxieties. God knows what you worry about, even though we are not supposed to worry, because it shows lack of faith in God, we still do it anyway. I know personally I worry about whether I am a good enough husband, dad and grandfather, and if I am doing my best to provide for my family. I also wonder about my ability to teach God's word, and I wonder why God would use a sinner like me to even teach His word for years now on the Internet. So many things we worry about and even spend long nights tossing and turning because of them.

So what is the answer to all of this? We have to read today's devotional verse, along with a few verses after it.

† ***Psalms 56:8-11 (Living) You have seen me tossing and turning through the night. You have collected all my tears and preserved them in your bottle! You have recorded every one in your book.
The very day I call for help, the tide of battle turns. My enemies flee! This one thing I know: God is for me! I am trusting God--oh, praise his promises! I am not afraid of anything mere man can do to me! Yes, praise his promises.***

God knows and sees and is for you, so trust in Him. Once you do, you will have less sleepless nights, and sleep like a baby in the arms of your Father, GOD!!!

† ***Proverbs 3:24-26 When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet. Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; For the LORD will be your confidence, And will keep your foot from being caught.***