

A-W-A-K-E or S-L-E-E-P

In peace I will lie down and sleep; for you alone, O Lord, make me dwell in safety. Psalm 4:9

So often I hear of people, mostly women, including myself; waking up in the middle of the night and finding it hard to get back to sleep. I see Facebook posts written at 3 or 4 in the morning. We either lie there, tossing and turning or just let our mind race with things that are troubling us. So many things keep us awake.

A favorite hymn of mine begins with the words: "Now rest beneath night's shadow. The woodland, field and meadow; the world in slumber lies. But you, my heart awaking". I stop here and take the words a bit out of context thinking of things that keep my heart and mind awake:

Anxiety

Worries

Aches

Knots in my stomach

Exasperation

The hymn continues "and prayer and music making, let praise to your Creator rise." These are the words that bring me back to restful sleep. I think on the words of a hymn or other Christian music that I have heard, praising my Creator through the words. I've been told the Holy Spirit puts those words into my heart. This music helps me put those things that keep me awake into Jesus' loving arms and fall back to sleep. I think of sleep in this way:

Simply

Let

Everything

Evaporate with

Praise

Now as you enter your night of rest, you can pray the final two verses of my favorite hymn:

Lord Jesus, since You love me, Now spread Your wings above me
And shield me from alarm.

Though Satan would devour me, Let angel guards sing o'er me
This child of God shall meet no harm.

My loved ones, rest securely, For God this night will surely
From peril guard your heads.

Sweet, slumbers may He send you and bid His hosts attend you
And through the night watch o'er your beds.