

A Good Night's Rest



Psalm 4:6-8

Many, Lord, are asking, “Who will bring us prosperity?” Let the light of your face shine on us. Fill my heart with joy when their grain and new wine abound. In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

**

Are you sleeping well at night? We all yearn for a good night's sleep. However, when all you can think about is the never-ending struggles you face, it is difficult to obtain restful sleep. Is it that others don't see your worth, or is it the inability to progress, an addiction, or a weakness in your personality that you cannot overcome? Is it a battle that you wish to shield yourself from others? When you are by yourself and your thoughts are consumed by overwhelming struggles, you cannot find peace. Who can provide you with true rest?

When I worked as a Chaplain in a hospital, I met a woman in a hospital room and read Psalm 4 to her. Her eyes widened at verse 8, which says, “In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.” This moment was revelatory for her, as she realized that only God could give her a good night's sleep and safety. I learned that she had suffered from sleepless nights her entire life. To protect herself, she even kept a metal stick under her bed. However, when she brought all her worries to the Lord, she felt a sense of peace and protection. The light of God's presence shone on her, and she was saved by this simple passage from Psalm. Trusting in God alone can bring a sense of peace and security, allowing you to have a good night's sleep. That is the power of the truth.

Is there any negativity in your own life that is bothering you? So, tossing and turning in bed? Then, get up and pour your heart to the Lord, and you will receive his peace. Let His brilliant light shine on you and fill your heart with His peace. You will feast on God's presence and drink to your heart's content in the Spirit.

Grace and peace,

Pastor Hae-Jeong