

Embrace  
Holy  
Living

# RE- FLECTING GOD

**12/28/11 - Sleeping Grace**

RG AUDIO 122811 Psalm 4:1-8

I can't sleep on planes. Doze maybe but no strength-restoring rest happens on a plane or other transportation vehicles for that matter. And I've had my share of sleepless nights when nothing but the undone and unmastered makes the night longer than any day. That's why when I read that God can make me sleep in peace, I know I have missed his help too many times.

This psalm reminds us that we don't have to wait for resolution of circumstances beyond our control before enjoying rest. God promises to be our resting place. When we stress out over the circumstances and people who seem to be working against us, we lose confidence in the one who is working for us. The confidence comes because we know the Lord is working for our best interests. Then, we can snuggle into the capable arms of the One who can do more while we are sleeping than we can do awake.