

Embrace
Holy
Living

RE- FLECTING GOD

03/01/22 - God's Got You

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Psalm 63:6-11

For those of us who have experienced sleepless nights, we know what tension and worry can do to our bodies. The assault of our imaginations can bring about sleeplessness, stress, and fatigue. In Psalm 63, David is under attack and his enemy is seeking to destroy him. David is a mighty warrior, and yet he lies awake thinking, praying, and contemplating his own life and future.

However, do not miss the hope that is nested in Psalm 63. Just like David, we are to remember that God is faithful. God stands with us in the watches of the night. We are not alone. Remember this when we lie down on our beds and ponder our past experiences, present realities, and future possibilities. Verse 7 teaches us "you are my help, I sing in the shadow of your wings." The metaphor is a priceless reminder that God protects us as an eagle protects its young. The Lord will bring peace and calm when we are under attack, worried, or in despair. Remember, God's got you in the watches of the night.

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