

***Sleep***  
Psalm 3

O Lord, how many are my foes!  
Many are rising against me;  
many are saying of my soul,  
"There is no salvation for him in God." *Selah*\*

But you, O Lord, are a shield about me,  
my glory, and the lifter of my head.  
I cried aloud to the Lord,  
and he answered me from his holy hill. *Selah*

**I lay down and slept;**

I woke again, for the Lord sustained me.  
I will not be afraid of many thousands of people  
who have set themselves against me all around.

Arise, O Lord!  
Save me, O my God!  
For you strike all my enemies on the cheek;  
you break the teeth of the wicked.

Salvation belongs to the Lord;  
your blessing be on your people! *Selah*

*I lay down and slept.*

Sleep. No big deal, right? Unless you can't. Ever been there? Maybe because of fear, like a child in a thunderstorm. Maybe because your mind is racing with thoughts that won't go away.

When King David wrote this psalm, we are told he was fleeing from his son Absalom. You see, Absalom wanted to be king NOW. So he started a mutiny against his own father and was going to have him killed. So David fled and was in hiding. Seems like that would be a sleep-stealing time for him!

*And yet . . . I lay down and slept.*

It wasn't just because he was exhausted. David knew that no matter who or how many rose up against him, he had one who would be with him always: *the Lord God*. David's life was in His hands. *Salvation* - saving - *belongs to the Lord*.

That gave David peace. He could sleep for he knew that even in the dark the Lord was watching over him and his life. He would awaken either to another day of fleeing from his son or with the Lord in eternity. Absalom could kill him but could not take his life.

That's good for us to know as well. For enemies are all around us, and many that we cannot see - including a gunman shooting into a crowd from a hotel window. How can we sleep? How do we live?

*I lay down and slept.*

Like David, we can sleep in confidence and peace because Jesus came and slept the sleep of death with us, and then rose from death, breaking its grip on us. His cross *broke the teeth of the wicked* one that were seeking to feast on us. So now, in Jesus, your sin cannot condemn you, satan cannot claim you, and death cannot hold you. Like David, we will awaken from our sleep, either to another day in this world and life, or with our Lord in eternity. Either way, we will live on.

So what is troubling you right now? Is there an Absalom in your life? Something robbing you of sleep? Pray this psalm. Lie down in peace. Your *salvation belongs to the Lord*.

*Lord, give me peace in a world filled with troubles and fears. Help me to both live and sleep knowing that my life is safe with you. Amen.*

*(\*Selah is an ancient Hebrew word whose meaning was lost. It is likely a musical term.)*