FOR SO HE GIVES HIS BELOVED SLEEP



It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he gives his beloved sleep.

Psalm 127:2

The storm is raging, waves are crashing over the boat, yet he sleeps, without a care in the world!

He knows how to stay awake all night and pray.

He knows how to focus and concentrate.

But when it's time to sleep, he just abandons himself to the Father's care and sleeps.

"Lord, wake up! We're going to perish!"

"Where is your faith?"

We get drowsy when we should focus and stare at the ceiling when we should be sleeping.

What's wrong with us?

It is vain for you to rise up early, to sit up late, to eat the bread of sorrows...

Distractions.

We're distracted and drowsy when we should concentrate.

We're distracted and anxious when we should be sleeping.

So Jesus teaches us to focus on one thing.

Our Father, who art in heaven, Hallowed be thy name. Thy kingdom come,

Thy will be done on earth as it is in heaven.

If we turn our minds away from the rat race and center them on his kingdom, God helps us to focus during the day and to sleep during the night.

When we're focused on his kingdom we can take care of the work God gives us to do each day, and abandon ourselves to him in sleep each night.



For so he gives his beloved sleep.

Prayer- Beloved Lord, help us to stop choosing to eat the bread of sorrows. Help us to let go of our weariness and our distractions so we can abandon ourselves to you and find your sweet rest. Help us to concentrate on your kingdom, to center our cares on you, knowing you care for us, your beloved sheep.

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