



Peaceful Rest

Closing Devotion

In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety (Psalm 4:8).

As we close our eyes to rest our minds continue to race with thoughts of the day's worries: "If only I would hear the key in the door, I'd know my teenager is safely home. Until then, I can't sleep."

"If only I could take back those angry words! How will I face her tomorrow? Will she accept my apology? I can't sleep."

"If only I was certain I will be hired. The interview went well, but ... I just can't sleep."

Troubles of the day often lead to sleepless nights. Could those long hours be used to pray, to reflect on God's past mercies and future care? A beginning might be to pray with the psalmist, *Make me to know your ways, O LORD; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long (Psalm 25:4-5).*

Peaceful sleep can come, knowing that our Father in heaven is lovingly watching over His children ... *May the LORD bless his people with peace! (Psalm 29:11b)*

Prayer: Dear Lord, when we are overcome by trouble and worry, help us to turn to You. Forgive our weakness. Calm our hearts, ease our minds, and give us peaceful rest. In Jesus' name. Amen.

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