



## Through the Night

*On my bed I remember you; I think of you through the watches of the night. Psalm 63:6*

Have you ever heard a voice call your name in the middle of the night, waking you? You sit up quickly and ask, “Who’s calling me?” There’s no answer. So you lie back down, but you’re wide-awake now. It is so very quiet and dark, like being in a closet.

Many thoughts crowd into your mind then; the past day’s events, plans for the coming day, family members, friends, etc... And you can’t get back to sleep. But don’t despair; use it as a time for prayer.

What a marvelous opportunity to talk to God about all those things you have on your mind. In fact, perhaps it was He who called you, just as He talked with Samuel. He is giving you a special time to talk to Him without any distractions and also to listen to Him. *Be still, and know that I am God.* Psalm 46:10a

It is a perfect time to focus on the Lord and what He has done for you, praising Him for His many attributes of wisdom, mercy, love, power, and how they have affected your life. Thoughts of His goodness fill your heart with gratitude and thankfulness for the many blessings you have received. As you recall them, you realize how many times that God has answered your prayers. Oh, perhaps it was not in the way you suggested, but He did so in an even better way.

You know too, in your heart, that there are times when not everything you did, said, or thought was pleasing to Him, and you ask for His forgiveness.

Perhaps you have not thought of them for a while, but people who have touched you in one way or another suddenly pop into your mind. Offer a prayer of thanksgiving that the Lord brought them into your life. What about the people with whom you associate now? Pray that opportunities will be offered so that you will be an influence for good to them.

What a perfect time, in this still of the night, to pray for family and friends who are sick or hurting in some way. They may be tossing and turning in unrest at that very moment, and because of your prayer in their behalf, our loving Physician grants them peace and rest.

A stanza from a favorite hymn gently floats into your mind:

What a friend we have in Jesus, All our sins and griefs to bear!  
What a privilege to carry Ev’rything to God in prayer! (LSB #770, LW #516)

You drift off to sleep in peace and awaken refreshed in the bright sunshine of another day that God has given you. Then you recall having been awakened in the middle of the past night and praying to God. You are somewhat embarrassed, because you know you fell asleep while praying. You say to yourself, “I should not have done that. There were more people I wanted to pray for.” However, can you think of a better way to go to sleep than in the presence of our loving Lord? What a wonderful privilege!

Prayer: Gracious God, Heavenly Father, thank You for allowing me to come into Your presence at any time, even through the night. Amen.

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