



“I will both lie down in peace, and sleep; for You, LORD, make me dwell in safety.”  
Psalm 4:8

Sleep was intended to bring rest to both body and soul. It is not right to wake up from a night's sleep tired. Peace of heart comes from being right with God. “Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.” (Romans 5:1)

Is it possible to sleep when all around you is embroiled in conflict and uncertainty? To be awakened in the night and subsequently tormented in thoughts and imaginings is not the Lord's best for you. “And, behold, there arose a great tempest in the sea, insomuch that the boat was covered with waves; but *Jesus* was asleep.” (Matthew 8:24). Can you imagine such a thing? This was not a large luxury cruise ship, but rather a small fishing boat in a storm that was frightening to even experienced fishermen – and Jesus was sleeping soundly!

Others may take Jesus' peace of heart as either uncaring or ignorant of the imminent dangers associated with a trade He was unfamiliar with – but we know better! “And He was in the stern of the boat, asleep on a pillow; and they awakened Him, and said to Him, “Master, don't you care that we *may* perish?” (Mark 4:38) Jesus was at peace! How could death overtake Him by a mere storm? The Father's plan for Him was the Cross!

Peter had been imprisoned and was facing an early morning execution, yet he was sleeping soundly! The Master had already spoken to Peter how he would die – by crucifixion and as an old man at that – not by Herod's hand or sword! (Acts 12:5-7, John 21:18-19).

A man in the will of God is invincible! A man who knows the will of God supremely confident!

Draw near to Jesus. Cast your care upon Him; then go ahead, defy the Nay Sayers and the Media Types – enjoy a good night's sleep!

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