

14 June 2020

To all members of the St James Traditional Services

**A Weekly Word of Encouragement: Transforming sleepless nights**

Psalm 63:1-8 – read it reflectively.

Sleepless nights, tossing and turning, anxious and afraid – who hasn't had experiences like this? King David knew all about it – out in the desert, driven from his home; having lost his kingdom, betrayed by his eldest son (see 2 Samuel 15-17).

Life is dear, but God's love is dearer.

To be near God is the best: better than a life of ease, better than wealth, better than health, better than honour, better than pleasure.

Despite his physical thirst and betrayed love, David's deepest longings are for God, and can only be met in His presence, experiencing His love, satisfying our deepest needs. A relationship with God lasts "as long as I live" and beyond – into eternity.

So use sleepless nights differently. Instead of letting your mind wander aimlessly, negatively or sinfully, sing praises to God, meditate on His love, His goodness, His protection. Cling to Him. Train your heart to turn your sleepless hours away from frustration and anxiety into cherished fellowship and intimacy with your Saviour.

**Prayer:**

Lord, I thank You that You are the God who satisfies. Life is precious, but You are most precious. Your love for me is better than life. Teach me in my times of restless anxiety to turn to You in prayer, with praise and thankfulness, until I experience that true satisfaction that is found in You alone. Amen.

**Remember:**

- keep praying daily
- keep reading God's Word
- keep in touch with one another, and know that I am only a phone call away: 0438 455 493.

With Christian love,

Robert