

MEDITATIONS ON THE TRUE CHRISTIAN LIFE

...."This book of the law [the Word of God] shall not depart from [always be in] your mouth, but you shall meditate on it day and night, so that you may be careful [take heed] to do according to all that is written in it; for THEN you will make your way prosperous, and THEN you will have success".... Joshua 1:8 NASB

July 4th

THE GIFT OF SLEEP

[part 1 of 2]

* Are you troubled with insomnia? Do you lie awake and restless some of the night—every night?

In millions of beds, there is a nightly battle. It's the power of God versus the power of Satan. Since God is the author of sleep, a good and necessary gift, then Satan is the author of insomnia. Satan seeks to steal your sleep, thereby destroying your health, peace, and well-being. Sleeplessness breeds nervous disorders, depression, stress, and many kinds of illness.

If you suffer from insomnia, there is a promise in God's Word for you: "He giveth his beloved sleep" (Psalm 127:2).

Therefore, you have a sure cure for sleeplessness: you can rout Satan and sleeplessness the way Jesus defeated the devil— by declaring, "it is written."

Take your sleep, not by counting sheep, but by quoting God's wonderful Word.

Say, "Devil, IT IS WRITTEN that God gives His beloved sleep, according to Psalm 127:2!"

Say, "Devil, IT IS WRITTEN that I will both lay me down in peace, and sleep: for the Lord makes me dwell in safety according to Psalm 4:8!"

Say, "Devil, IT IS WRITTEN that when I lie down, I shall not be afraid: yea, I shall lie down and my sleep shall be sweet, according to Proverbs 3:24!"