

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 5th

THE GIFT OF SLEEP

[part 2 of 2]

* Peace is a prerequisite for sleep. Before lying down at night, through prayer and praise, remove from your mind all anxieties, grudges, resentments, failures, and disappointments.

Be careful *[anxious]* for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. (Philippians 4:6–7)

As you cast your cares upon Him, you will find peace. Then you will find it will be easy to go to sleep, free from fear and anxiety in the knowledge that God is watching over you and everything that pertains to you.