

December 12, 2020

Because God loves you, He Provides- Part 186

Did you know that God loves you more than anyone else could ever love you?

God proves His love to you by **His giving restful love**. **Ps. 127:2, “It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for He gives to His beloved sleep.”**

It is the Hebrew word for *sleep* is **she na** which means *restful sleep*. If you are like me, there are some nights that my head hits the pillow and I don't think I even move until the next morning. But there are probably just as many nights when I need to sleep, but my mind just won't shut down. The cares of the day weigh heavily on my mind and I tend to stress and ponder what the outcome will be tomorrow.

As Solomon wrote in this Psalm, we can all be caught up in the affairs of work, family, and decisions. Anxiousness and worry can be tyrants that can consume our very being. We can work hard, stay up late, get up early and put so much energy into our day-to-day lives, that we can easily miss the more important; our family, our relationships, and our Lord. But, enter in our loving Father and His beautiful reminder to us; that when we cast our cares upon Him, He will give us restful sleep.

In other words, Our Father knows how to calm us and remind us that we are His and that He has a wonderful plan for our lives. He will bring peace in the midst of the storm. He will bring joy in the midst of sorrow. And, He will give you rest; sweet wonderful sleep.

Dear Father, You are good to Your children. You watch over us and You will continue to do so. You love us so much and You will cause our minds to be at peace so that we can rest in You. Thank You Lord. In Jesus Name, Amen