

[A Psalm of David, when he was in the wilderness of Judah.] *“O God, thou art my God; early will I seek Thee: my soul thirsteth for Thee, my flesh longeth for Thee in a dry and thirsty land, where no water is; to see Thy power and thy glory, so as I have seen Thee in the sanctuary. Because Thy lovingkindness is better than life, my lips shall praise Thee. Thus will I bless Thee while I live: I will lift up my hands in Thy name. My soul shall be satisfied as with marrow and fatness; and my mouth shall praise Thee with joyful lips: When I remember Thee upon my bed, and meditate on Thee in the night watches.”* *Psalms 63:1-6 KJV*



The older I get the less I sleep. It may seem to many it is all I do. In reality, I am not sleeping, but trying to sleep. I spend most nights in a fitful wake/sleep pattern. I'll close my eyes and an hour or sometimes less later a muscle spasm, cramp, or pain will suddenly vanquish sleep. To be sure, I go right back to sleep, but my rest is constantly interrupted. Many times, I just lie awake in thought, waiting for some pain to go away. How sage the advice of Solomon when he said, *“Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them.”* How often do the “night watches” prevent your rest? Oh, you may not be in pain of body, but pain of thought. Some distress or trouble causes thoughts of doubt and unbelief to fritter away your rest! It is in those moments of physical and mental distress that the Tempter will endeavor to fill your thoughts with self-pity and doubt. Notice in the text where David found his solace. He was being hunted as prey, yet his thoughts were of *“my God.”* It is in those desperate moments of sleeplessness we must stay our mind on thoughts of Truth and Light. *“Thou wilt keep him in perfect peace whose mind is stayed on Thee.”* When we think of peace, most often, a sleeping baby comes to mind; undisturbed rest. However, when our troubles are compared to the power and love of God, they are but “tempests in teapots.” If I find myself troubled and awake I ask God, “What do you want me to learn?” Many times I'll just get up and read God's Word for a while, writing down my thoughts for a later muse. The pain doesn't necessarily go away, but it does go out of mind. Truth stills the tempest. Every time I've been hospitalized, there was some soul that needed encouragement. One nurse actually took her break from another floor to come and tell me how God had used my last visit to encourage and strengthen her faith. I had to keep reminding her to thank God and not me. Many times it has greatly encouraged me to know that God used my suffering to help another. I know it must be quite a strain on my dear wife to watch, but through it she also has been able to see God's hand and help others herself. If I could be remembered for just one thing, let it be this: “He trusted God completely!”

My doubt and fear come in the night,
When all seems lost and there's no light,
True faith trusts not what fills the sight,
But always knows that God is right! ~CGP

Death is the final test of faith. A country doctor was doing rounds with his dog, but always left him outside. One day with a patient, the dog began scratching at the door. The patient said, “How does he know you're here? He can't see you.” The doctor replied, “He knows my voice.” Will God's Voice be known to you when He calls from the other side? The dog wasn't a doctor, but he was the doctor's friend and companion. Are you God's friend and companion?

“But ye believe not, because ye are not of my sheep, as I said unto you. My sheep hear my voice, and I know them, and they follow me.” *John 10:26-27 KJV*