

DEREK PRINCE
MINISTRIES INTERNATIONAL

Devotional

The Gift of Sleep



Day 2/101
Through the Psalms
By Derek Prince

> I lie down and sleep;
> I wake again, because the LORD sustains me.
> I will not fear the tens of thousands
> drawn up against me on every side.
> (Psalm 3:5–6)
>
> I will lie down and sleep in peace,
> for you alone, O LORD,
> make me dwell in safety.
> (Psalm 4:8)
>
> He grants sleep to those he loves.
> (Psalm 127:2)

One of the beautiful revelations of Scripture is that sleep is a gift of God for those He loves. David found himself under tremendous pressures, surrounded by enemies on every side, his very life threatened. He speaks of "tens of thousands drawn up against me on every side." Yet in the midst of it all he knows the blessedness of untroubled, restful sleep.

He gives two reasons: "Because the LORD sustains me" and again, "For you alone, O LORD, make me dwell in safety." His security depended solely on the LORD – not on circumstances, or on material provisions, or on the fragile promises of men, but on the eternal, unchanging promises of God's Word.

Each night he committed himself to the LORD. He lay down in confidence in the LORD. He knew that his soul was safe in the LORD's keeping. He could sleep and he could awake without anxiety, without fear, without the torment of sleeplessness.

There are many today who do not have this blessed assurance. When nighttime comes, they are distressed, perplexed, fearful. The worries and cares of the day follow them into the night. If you are one of these, take a lesson from David. Recognize in God Himself your all-sufficient source of security and peace. Then accept by simple faith His love gift of sleep.

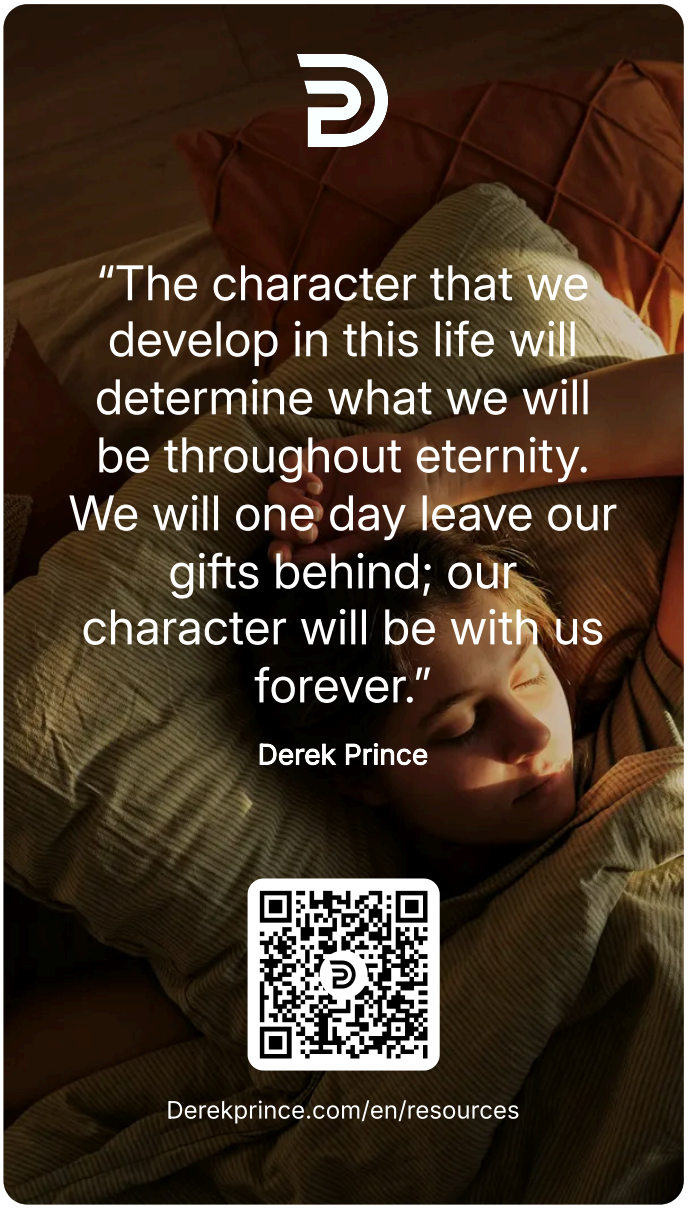
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Transcript: WD-B033-002-ENG

Last Updated: 01 Oct 2026

Website: Derekprince.com/en/resources



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