The Gift of Sleep

By Derek Prince

This is Derek Prince with a word for you from the Word.

"I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety." (Psalm 4:8 NIV)

One of the beautiful revelations of Scripture is that sleep is a gift of God for His beloved. And so David could say, in the midst of pressures and war and things that were going very badly all around about him, "I will lie down and sleep in peace." Why? Because his security depended on the Lord. Not on situations, not on circumstances, not on the broken promises of men, but on the eternal, unchanging promises of God's own Word.

He said, "For you alone, O LORD, make me dwell in safety," in security, in peace. Consequently, when nighttime came and David lay down to sleep, he knew he was going to sleep in peace. There are so many today that do not have that blessed assurance. When nighttime comes they toss and turn, they are anguished; they're distressed, they're afraid, they're perplexed. The worries and the cares of the day follow them into the night. Why not take a lesson from David? Why not determine that your security and your peace are found in God, that He can make you dwell in safety, and you will be able to say, "I will lie down and sleep in peace." There's a blessed remedy for insomnia.