

A GOOD NIGHT'S SLEEP

By Bill Pugh



Sometimes we sleep like a top, so the saying goes. But sometimes we wake and can't get back to sleep.

Many thoughts and worries invade our minds. Some seek sleep therapy, others pills.

But maybe the Bible can help. When I wake up I vision the alphabet and a Bible character for each letter, starting from A to Z. If that does not work, maybe a warm Milo will help.

For matters of conscience, we can try to work it out. For sins, we can seek forgiveness and a new beginning.

There are no easy cures. Sleep is important for renewal of body and mind.

The Bible values the gift of sleep. The Psalmist advises us to take our worries and sins to our forgiving God, and then, *"I will lay me down and sleep in peace, for you O lord make me to dwell in safety."* Psalm 4:8

Reflection:

"Unless the lord builds the house, those who build it labour in vain. Unless the Lord guards the city, the guard keeps watch in vain. It is vain that you rise up early, and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved."

Psalm 127:1,2

The first and last words of the Greek alphabet are a wonderful description of God:

"I am the Alpha and the Omega, says the Lord, who is and who was and who is to come, the Almighty."

Revelation 1:8

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