

A GOOD NIGHT'S SLEEP

By Bill Pugh

Sometimes we sleep like a top, so the saying goes. But sometimes we wake up 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.

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

www.victas.uca.org.au/resources | Photo by freepik.com | January 2025



Moderator's Emergency Response Fund

The new *Moderator's Emergency Response Fund* helps Victorian and Tasmanian communities with assistance in times of emergencies.

Donations can be made at any time, not just in response to a specific emergency. To donate, visit www.victas.uca.org.au



Uniting Church in Australia
SYNOD OF VICTORIA AND TASMANIA