

The house is quiet.
The lights are off.
The responsibilities of the day have ended.
Yet the mind refuses to rest.
We replay conversations we wish had gone differently.
We anticipate outcomes we cannot control.
We revisit wounds we thought had healed.
We carry burdens into the darkness
that seemed manageable in the daylight.
[We] stare at the ceiling while the hours slowly pass,
wondering why sleep will not come.
Scripture speaks surprisingly often about the night.
The Bible knows anxious nights,
fearful nights,
lonely nights,
grieving nights, and
praying nights.
It knows the experience of David [soaking] his couch with tears,
of Jacob wrestling through the darkness,
of [an unnamed psalm writer] crying out while others slept, and even
of our Lord praying in agony in the shadows of Gethsemane.

-Danson Ottawa

Absalom and all the men of Israel said, "The advice of Hushai the Arkite is better than that of Ahithophel." For the Lord had determined to frustrate the good advice of Ahithophel in order to bring disaster on Absalom (**2 Samuel 17:14**).

- A deteriorating position.

To be in a minority is itself a test of nerves; more so when the minority is shrinking and the opposition is active.

-Derek Kidner

- A protective relationship.
 - A mind at peace.
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- Significant life stress.
 - Emotional discomfort.
 - Environmental factors.
 - Disrupted sleep schedule.

He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep (**Psalm 121:3-4**).

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love (**1 John 4:18**).

- An honest prayer.
- 1. Sleepless nights expose the burdens we were never meant to carry.
- 2. Sleepless nights reveal our priorities.
- 3. Sleepless nights invite us to bring our anxiety to God.

Cast all your anxiety on him because he cares for you (**1 Peter 5:7**).

- 4. Sleepless nights point beyond the anxieties of the moment to the deeper restlessness of the human condition.

Our hearts are restless until they rest in you.

-Augustine

Come to me, all you who are weary and burdened, and I will give you rest (**Matthew 11:28**).

Every single thing that happens to me expresses God's love for me and comes to me for the furthering of God's purposes for me. Thus, so far as I am concerned, God is love to me—holy, omnipotent love—at every moment and in every event of every day's life. Even when I cannot see the why and the wherefore of God's dealings, I know that there is love in and behind them, and so I can rejoice always, even when, humanly speaking, things are going wrong. I know that the true story of my life, when known, will prove to be ... mercy from first to last—and I am content.
--J. I. Packer