

Friday 22nd May 2020

“And God said, ‘Let there be light,’ and there was light. God saw that the light was good, and He separated the light from the darkness. God called the light ‘day’, and the darkness He called ‘night’. And there was evening, and there was morning - the first day.” Genesis 1:3 - 4

Night and darkness can overstimulate our imagination. Fear and worry grow, making mountains from molehills.

When you were a child did you like to have a bedside lamp burning or a light shining from the hallway because you were afraid to be alone in the dark? Perhaps you dreamt of monsters or unknown horrors ready to pounce from the shadows.

“O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.

“I have seen you in the sanctuary and behold your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands. My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you.

“On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. My soul clings to you; your right hand upholds me.

“They who seek my life will be destroyed; they will go down to the depths of the earth. They will be given over to the sword and become food for jackals.

“But the king will rejoice in God; all who swear by God’s name will praise him, while the mouths of liars will be silenced.” Psalm 63 v 1-11

This Psalm of David tells us about his sleepless and uncomfortable nights, we can relate to this as we also can have many reasons why we cannot rest. Fear of what lies ahead, decisions that must be made, the illness of a loved one, financial difficulties, and loneliness, to mention a few. We welcome daylight when it appears. Think back to what gave you comfort and a feeling of security when you were a child, the light from the lamp piercing the darkness.

Our light is Jesus.

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’” John 8:12

Jesus is the true light pointing us to Him and our heavenly Father.

We should follow David’s example in Psalm 63 by turning our thoughts to God. David remembered all the ways God had already helped him and he greeted the next day with songs of praise.

Sleepless nights can be turned into a quiet time of reflection, thanksgiving and worship. Let us use disturbed nights when we feel helpless by turning to God asking for His help and guidance making a point to thank Him for his many blessings day by day. This is a sure way to find rest and peace.

Thank you Jesus that you are the light in our darkness help us to walk in your light for you are our guiding light giving us courage and strength in our daily lives. Amen.