

Refreshing Sleep

by C.H. Spurgeon

God promises sweet sleep to those who lie down under His protection, trusting in His care and security.

Scripture: Psalm 4:8, Proverbs 3:24, Matthew 11:28

Topics: "Peace in God", "The Gift of Sleep"

Description

C.H. Spurgeon emphasizes the promise of Proverbs 3:24, assuring believers that they can lie down without fear and enjoy sweet sleep, even amidst life's challenges. He encourages those who are anxious or sick to find comfort in God's protection, likening it to the security of royalty. Spurgeon illustrates the peace that comes from surrendering cares and ambitions to God, allowing for true refreshment in rest. He cites examples of Peter and martyrs who found profound peace in sleep despite dire circumstances, highlighting that sweet sleep is a reflection of a sweet life filled with love and meditation.

Transcript

When thou liest down, thou shalt not be afraid. yea, thou shalt lie down, and thy sleep shall be sweet. (Proverbs 3:24)

Is the reader likely to be confined for a while to the bed by sickness! Let him go upstairs without distress with this promise upon his heart "When thou liest down, thou shalt not be afraid."

When we go to bed at night, let this word smooth our pillow. We cannot guard ourselves in sleep, but the Lord will keep us through the night. Those who lie down under the protection of the Lord are as secure as kings and queens in their palaces, and a great deal more so. If with our lying down there is a laying down of all cares and ambitions, we shall get refreshment out of our beds such as the anxious and covetous never find in theirs. Ill dreams shall be banished, or even if they come, we shall wipe out the impression of them, knowing that they are only dreams.

If we sleep thus we shall do well. How sweetly Peter slept when even the angel's light did not wake him, and he needed a hard jog in the side to wake him up. And yet he was sentenced to die on the morrow. Thus have martyrs slept before their burning. "So he giveth his beloved sleep." To have sweet sleep we must have sweet lives, sweet tempers, sweet meditations, and sweet love.

Source: <https://sermonindex.net/speakers/ch-spurgeon/refreshing-sleep/>

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