

Are You Sleeping Well?

by Warren Wiersbe

David's experience in Psalm 3 teaches us that trusting God can give us peace in our hearts, protect us from harm, and give us perspective in difficult situations.

Scripture: Psalm 3:8

Topics: "Trust In God", "Inner Peace"

Description

Warren Wiersbe emphasizes the importance of trusting the Lord even in the midst of difficult circumstances, using David's experience fleeing from his son Absalom as an example. David's ability to sleep peacefully in the wilderness despite the danger and betrayal he faced showcases his deep trust in God's protection and provision. Wiersbe highlights that the true struggle lies within the heart, where inner spiritual and emotional agony can keep us awake at night, emphasizing the need to seek God's peace and perspective in challenging situations.

Transcript

Read Psalm 3:1-8

How well we sleep sometimes indicates how much we really trust the Lord. David said, "I lay down and slept; I awoke, for the Lord sustained me" (v. 5). We may think we can do that anytime. But what if we had been where David was? He was fleeing from his son Absalom, who had turned against him and had driven him from Jerusalem. Now David was in the wilderness with his army. It would be difficult to lie down and sleep knowing that you are in a dangerous wilderness and that your own son is against you. Oh, it wasn't the physical danger that kept David awake. He knew God would protect him. It was the inner spiritual and emotional agony of having his own flesh and blood trying to seize the kingdom from him.

But David said, in effect, "Lord, You are able to give me peace in my heart, the protection I need, the perspective I need. You are able to help me in the midst of this difficult situation." The heart of every problem is really the problem in the heart. David knew that it was not the army on the outside that would keep him awake but the agony on the inside.

This psalm starts with David's cry, "Many are they who rise up against me" (v. 1). He's pleading for help. The psalm ends with David's singing a song of praise (v. 8). Your day might begin by your pleading for help. But if you are trusting the Lord, it could end by your praising Him for the help He has given you.

Difficult circumstances often rob us of our peace and our perspective. When you find yourself in adverse circumstances or in the face of frightening consequences, admit your trouble and affirm your trust in Him. Then be encouraged that God protects you and gives you peace in the midst of the storm.

Source: <https://sermonindex.net/speakers/warren-wiersbe/are-you-sleeping-well/>

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