

Sleep Well! Read Psalm 4

Do you find yourself having trouble sleeping? Does the present and forgone conclusion that the coronavirus is coming your way create sleepless nights. If you've lived long enough, some situation you've experienced has kept you up at night.

David found himself in a time of distress. What does David do in this time. Let's look at some verses in Psalm 4.

1. He remembers what God does when he was in distress in the past, "You have given me relief when I was in distress." (v.1)
2. He asks God to hear his prayer, "Be gracious to me and hear my prayer" (v.1)
3. He remembers that God had set him apart, "know that the Lord has set apart the Godly for Himself. (v.3)
4. He reminds himself that God hears his prayers, "the Lord hears when I call to Him." (v.3)
5. He reminds others who to trust in, "put your trust in the Lord." (v.5)

And what is the outcome? David sleeps well. Read that final verse slowly, "In peace I will both lie down and sleep: for you alone, O Lord, make me dwell in safety." (v.8)

No matter what comes our way, the Lord will be with us.

We are praying for each of you.
If you need anything please let us know.

Thanks so much to those that have continued to give. In order to give or continue to give you can come to the office today until 4:30 p.m. and tomorrow (Friday 03/27) 8 a.m. - 4:30 p.m. Beginning on Monday, March 30 the office hours will be 10 a.m. - 2 p.m. until further notice. Please call first before you leave home. You can give online www.mbcworship.org and by mailing in your offerings.