

## A Lady Who Could Not Sleep

It has been rightly, and beautifully, noted that “The light can reveal nothing to God, and the darkness can conceal nothing from God.” Day and night are alike to Him. He sees as clearly in the night as He does in the day. This is one of the reasons that we can close our eyes in sleep at night. We can rest in the assurance that He remains awake and will care for us when we cannot care for ourselves. His vigilance over His people is as keen in the dead of night as it is at the height of noon. I am reminded of a dear lady who one night was troubled about a number of concerns and could not sleep. After turning and tossing for a long while she finally decided she would get up and read in her Bible. She turned to the Psalms and her eyes fell upon Chapter 121:3 and 4, which say, “He will not suffer thy foot to be moved: he that keepeth thee will not slumber. Behold, he that keepeth Israel shall neither slumber nor sleep.” After reading the rest of that Psalm she went back to bed, saying to herself, “Well, there’s no point in both of us staying awake,” and she soon went soundly to sleep and rested in peace through the remainder of the night. Perhaps we should consider her course of action when we find ourselves having difficulty sleeping.

Elder Ralph Harris