

SUNDAY, JANUARY 17, 2021

Can't Sleep!

...the commandment of the Lord is pure, enlightening the eyes.

Psalms 19:8

Sometimes when I toss and turn, I think perhaps it's the Holy Spirit who is nudging me awake. I can feel unsettled staring alone into the dark, and it may take a while to focus on his invitation. Finally, like Samuel did, I answer, "Yes, Lord, I'm listening!"

When this happens, I often find God wants to highlight a few events from my day. He might help me visualize the sunlit tree branches I had noticed. Perhaps I picture a friend who had cheered me up in the hallway, or recall hearing a song I particularly enjoy.

Then, I thank God for enlightening me to his presence in my experiences. With the comfort that he is near, I am able to rest in his care.

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Holy Spirit, my peacefulness and my sleep depend on your light! Amen.

Reflect: Close your eyes and let the Holy Spirit show you how he has been present to you today.

Read: Psalm 19:7-9 and Isaiah 5:20