**Sleep Well**

**By David Jeremiah**

When I remember You on my bed, I meditate on You in the night watches**.** (**Psalm 63:6)**

Scientists and researchers aren't sure why we sleep. When we don't sleep, we are tired, less alert, irritable, and have poorer memory. So we sleep to prevent those things from happening. We do know this: The mind is active while we sleep. Many believe it is helpful to give the mind positive and peaceful thoughts while drifting off to sleep.

And what could be more positive and peace-inducing than thoughts of God's love and care? Meditating on Scripture before going to sleep is encouraged by verses like Hebrews 4:12

*"Scripture is alive and active, able to separate soul from spirit, able to reveal the thoughts and intents of the heart"* (paraphrase). (Hebrews 4:12)

Why not give our mind "food for thought" that is alive and active, truth the Holy Spirit can use even as we sleep to create ideas, desires, insights, and motivations for our life? And if we awake from sleep in the night with a troubled heart, a whispered prayer to God for rest and peace is better than tossing and turning (Philippians 4:6-7).

*Give your mind and body the rest it needs by sleeping peacefully in the knowledge that God is at work in you for His own good pleasure* (Philippians 2:13).

We sleep in peace in the arms of God, when we yield ourselves up to His providence. ~**François de la Mothe Fénelon**

[Sleep Well by David Jeremiah](http://tpg.informz.net/InformzDataService/OnlineVersion/Ind/bWFpbGluZ0luc3RhbmNlSWQ9MzY1MzQ1OCZzdWJzY3JpYmVySWQ9NzY5Mjg1NDky)