



Quiet time

May 20, 2019

PSALM 4:8 NKJV - (8) I will both lie down in peace, and sleep; for You alone, O LORD, make me dwell in safety.

I will both lay me down in peace, and sleep. Most people lie down, and most sleep, daily, for without rest and sleep life could not be preserved. But alas! How few lie down in peace! Peace with your conscience and peace with God! David had then two great blessings, rest by sleep and peace in his soul. He had a happy soul; and when he laid down on his bed, his body soon enjoyed its restfulness, as the conscience was in peace. And he had a third blessing, a confidence that he should sleep in safety. And it was so. No fearful dreams disturbed his repose, for he had a mind tranquilized by the peace of God. As to his body, that enjoyed its due rest, for he had not overloaded nature either with dainties or superfluities. Question, are not many of our sleepless hours to be attributed to our disordered soul to a sense of guilt on our conscience, or to a fear of death and hell?

Pray constantly till thou get the light of God's countenance, till His Spirit bears witness with you that you are a child of God. Then your sleep will do you good: and even in your sleep, your happy soul will be getting forward to?

The demonic kingdom works on a foundation of lies, deception, manipulation and denial in order to establish an open door of agreement for torment. Satan will use your own words to gain that entry point.

"I am suffering from fear again."

"I am oppressed and confused."

"I am reliving my past!"

Any sentence that begins with "I am" and does not line up with your God given identity allows identity theft and harassment to steal your peace.

SCRIPTURE READING: PSALM 85:8

THOUGHT FOR THE WEEK: The absence of God creates "Anxiety."