

November 16, 2021

Ps. 4:8 *In peace I will lie down and sleep, for You alone, LORD, make me dwell in safety.*
(NIV)

The Hebrew word used here for *peace* is a derivative of shalom; it is **beshalovm** which means *to be at ease, prosper, and rest in perfect peace*. I don't know about you, but there are some times at night when I lay my head down to rest, but there is no rest. My mind will not shut down and I replay situations over and over again. As the hours pass, I then get frustrated because I know that I will not get enough sleep and that it will affect me the following day.

David had learned an important lesson in his life. He knew that His God was bigger than any trial that he faced. As I had said earlier in one of my daily devotions: there are only two things in life to worry about: things you can change and things you cannot. If you can change them, then do it. If you cannot change them, then what good is it to worry?

Dwelling in safety is an analogy of a peaceful rest where the worries of this world are nullified and covered by the Father. Jesus used this same thought with his worried disciples in **John 14:27** *Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.* (NIV) Our LORD gives us peace so that we can rest in Him and trust His leadership and provision for us.

Dear LORD, help us to rest in Your peace. Calm our minds and our hearts. Help us to dwell in Your safety. In Jesus Name, Amen