

He Gives His Beloved Sleep

Psalm 127.1–2

Don Ruhl • Savage Street, Grants Pass, Oregon • April 18, In the year of our Lord Christ, 2021

Scripture Reader and Reading: Dominic Meyer – Psalm 127.1–2

Song Leader and Song Suggestions: Phil Joseph – No Suggestions

Prelude:

I. Recently, I read what most people call The Lord's Prayer.

A. A part of it caught my attention, where Jesus said:

11 "Give us this day our daily bread."

– Matthew 6.11

B. I thought to myself

1. that I do not believe I have ever said,

2. "Lord, give me this day my daily bread."

a) I may have said it in recitation of this prayer, but

b) it is not something that I regularly say, and

(1) I certainly do not say it daily.

(2) Moreover, I do not believe I have ever heard anyone else

(a) make this prayer.

(b) Do you ask the Lord daily for your bread?

C. Undoubtedly, someone thinks

1. that they just heard me say

2. that I do not give thanks for my food.

a) Yes, I thank God for my food,

b) not only daily but at every meal.

D. Jesus wants us to ask for the daily necessities of life,

1. whereas, we just kind of assume

2. that they will always be available for us.

- a) However, I do not believe we can make that assumption.
- b) The Bible shows plenty of times
 - (1) when drought or famine, or generally both
 - (2) hit a nation, as during the time of Joseph.
 - (a) At those times, people may not have had their daily bread, or
 - (b) that may have been all that they had.

II. A couple of weeks ago,

A. I applied this to sleep.

B. Sometimes sleep is non-existent or there is not much of it.

- 1. It is something that we just assume we shall have every night.
- 2. I regularly thank God for a night's sleep, but
 - a) not until just a couple of weeks ago
 - b) as my current sinus infection was beginning,
 - (1) did I think of asking God to give me my nightly sleep.

C. I was sleeping in a recliner for the night,

- 1. trying to prevent that build up in the sinuses that comes with infections.
- 2. However, sleep fled from me,
 - a) so I thought of Matthew 6.11 and
 - b) asking for our daily bread.
 - c) Then I thought why not ask God for my nightly sleep.
 - (1) I talked to him about sleep and
 - (2) how he knows that we need it, for
 - (a) he created us with the need for sleep, and
 - (b) I stated how much I needed the sleep, and
 - i) why I needed the sleep.
 - ii) Brethren, I fell asleep deeply, and

- (1) I gave God the glory when I awoke, and
- (2) I give it to him now.

D. Every night after that,

1. I continued asking God to give me my nightly sleep
2. just as he wants me to ask for my daily bread!
 - a) In the morning, I make it a point to thank him for answering my prayer.
 - b) Since I take medication
 - (1) that causes me to have to
 - (2) use the restroom every 90 minutes around the clock,
 - (a) my sleep does not last long.
 - (b) However, I plead with our heavenly Father, and
 - i) he gives me my sleep again.
 - ii) I know that my sleep is in his hands.

III. A few times, I forgot to ask for sleep.

A. When I remembered, I prayed again, and

B. he gave me sleep.

1. However, it bothered me that I had forgotten,
2. which is how I want it to be,
 - a) that I might persuade myself
 - b) that he owns all of my life, including my sleep.

IV. Therefore, along with or instead of counting sheep,

A. talk to the Shepherd, and

B. not just of things troubling you, but

1. kindly ask him to give you your nightly sleep,
2. which he created you to need every night!

V. This does not give us license to do things

A. that keep us from sleeping.

B. Even as he gives us our daily bread, yet,

1. we still have to pay attention to what we need, the amount, avoiding gluttony, etc.,
2. so it is with sleep.
 - a) We ask for our daily bread, but
 - b) that does not relieve us from
 - (1) working for our bread,
 - (2) shopping for our bread,
 - (3) preparing our bread, and so on.

C. So it is with sleep.

1. We may still have troubles with sleep.
2. We cannot sabotage ourselves by doing things that keeps us from sleep.
 - a) We pray for God about needing sleep, but
 - b) we also have responsibilities for getting the sleep we need.

D. I think that everyone of us knows what Jacob meant,

1. although not for the same reasons,
2. which he once explained:

40 “There I was! In the day the drought consumed me, and the frost by night, and my sleep departed from my eyes.”

– Genesis 31.40

- a) Sometimes that will just happen,
- b) even as getting our daily bread
 - (1) sometimes we will eat some food that is bad, and
 - (2) we will get sick.

VI. Psalm 127 speaks of sleep as a blessing:

- 1 Unless the LORD builds the house,
They labor in vain who build it;
Unless the LORD guards the city,
The watchman stays awake in vain.**
- 2 It is vain for you to rise up early,
To sit up late,
To eat the bread of sorrows;
For so He gives His beloved sleep.**

– **Psalm 127.1–2**

A. If you know and believe

1. that the Lord is building your house,
2. building your family,
 - a) you do not have to worry and fill yourself with sorrows,
 - b) preventing you from sleeping.

B. If you know and believe

1. that the Lord watches over your city,
2. that he is the one who sees to it that it has what it needs,
 - a) you do not have to worry and fill yourself with sorrows,
 - b) preventing you from sleeping.

C. Just know that the Lord has been taking care of you

1. since before you even thought about worrying over it.
2. How did you manage to make it to this day?
 - a) The Lord brought you through everything to preserve you this day.
 - b) Shall he suddenly go on vacation or neglect you tonight?

Persuasion:

I. When You Cannot Sleep

A. Read something boring

1 That night the king could not sleep. So one was commanded to bring the book of the records of the chronicles; and they were read before the king.

– Esther 6.1

1. That sounds incredibly boring to me.
2. It may not have been to him,
 - a) either way,
 - b) he found something
 - (1) that had not been taken care of, and
 - (2) so we have the Book of Esther.

B. Put it in the Lord's hands

**5 I lay down and slept;
I awoke, for the LORD sustained me.
– Psalm 3.5**

**8 I will both lie down in peace, and sleep;
For You alone, O LORD, make me dwell in safety.
– Psalm 4.8**

1. He will be up all night,
2. so why not let him think on it?

**4 Behold, He who keeps Israel
Shall neither slumber nor sleep.**

– Psalm 121.4

- a) If you have not been able to take care of it
- b) by the time you go to sleep,
 - (1) what makes you think

(2) you will be able to take care of during the night?

(a) Put it in his hands, and

(b) freeing your mind

i) will allow you to sleep, and

ii) that sometimes allows solution to enter your mind.

C. Pursue the way of wisdom

1. Proverbs 3 shows that the way of wisdom allows us to sleep:

21 My son, let them not depart from your eyes—

Keep sound wisdom and discretion;

22 So they will be life to your soul

And grace to your neck.

23 Then you will walk safely in your way,

And your foot will not stumble.

24 When you lie down, you will not be afraid;

Yes, you will lie down and your sleep will be sweet.

25 Do not be afraid of sudden terror,

Nor of trouble from the wicked when it comes;

26 For the LORD will be your confidence,

And will keep your foot from being caught.

– Proverbs 3.21–26

2. Have you wondered how Jesus could do the following?

24 And suddenly a great tempest arose on the sea, so that the boat was covered with the waves. But He was asleep.

– Matthew 8.24

II. Work Enough to Make Yourself Tired by Night

12 The sleep of a laboring man is sweet,

Whether he eats little or much;

But the abundance of the rich will not permit him to sleep.

– Ecclesiastes 5.12

21 Then Jael, Heber's wife, took a tent peg and took a hammer in her hand, and went softly to him and drove the peg into his temple, and it went down into the ground; for he was fast asleep and weary. So he died.

– Judges 4.21

Exhortation:

I. Do not sleep in the spirit:

11 And do this, knowing the time, that now it is high time to awake out of sleep; for now our salvation is nearer than when we first believed.

– Romans 13.11

14 Therefore He says:

**“Awake, you who sleep,
Arise from the dead,
And Christ will give you light.”**

– Ephesians 5.14

6 Therefore let us not sleep, as others do, but let us watch and be sober.

– 1 Thessalonians 5.6