



Week 5: Nighttime RX for Sleep

You need not fear the terrors of the night, the arrow that flies by day, (Psalm 91:5)

In our previous devotions, we explored the security found in God of the Most High. How his refuge and shelter provide a strong secure dwelling place. Beginning in verse 5, the psalmist shares various scenarios, which builds our confidence in security of dwelling of the Almighty.

When I read the verse: *You need not fear the terrors of the night, the arrow that flies by day*, I thought of Satan and the different terrors he can inflict.

Imagine the following scenario: *Your day has been one of love and trust for God. No matter what concerns may have arisen; you have stayed faithful and strong. Let us take our current pandemic. Yes, you have worries—economic worries for your job as your hours have been cut; concern for your family’s health as your relative begins to cough and run a fever; emotional concerns as you notice an increase in anxiety and depression. Yet, through each one of the worries and throughout the day, your faith has not wavered. You have stayed connected with the Lord through prayer, worship and fellowship. The Lord’s shield protected you and you feel comforted under his wings. Until nighttime--You wake up in the middle-of-the night and your anxious mind has taken over. You begin thinking about all the worries you have and they are suddenly insurmountable. Your daytime calmness and resolve, has somehow changed to doubts and panic. Questions run through your mind: What if my wife has the virus, will I get the virus? My boss says my cut in hours is only temporary, but what if I lose my job? How will I feed my children? The security of the day is gone and your nighttime has become a terror. Satan has not only thrown arrows at your faith, he is also terrorizing your nighttime.*

Thankfully, the psalmist reminds us that the Lord’s protection is 24/7. We can be reminded of this protection through prayer and scripture. Just like we combat the enemy during the day, we can combat him during the night (Ephesians 6:16). If you are disturbed by doubts, fears, insecurities, or your past haunts you during the night—pray against this. Your nighttime (RX) or prescription includes the following:

Every night at HS or ½ hour before bed do the following:

- Read a passage of scripture
- Listen to soothing worship song
- Pray to the Lord to provide a protective covering over your mind while you sleep.
- Mediate on Psalm 91:1-2 or comforting verse as you doze off to sleep.

May the Lord’s peace and comfort bring you rest.

Write out and memorize: Psalm 91:5

Reflect:

What worries/stresses can disturb your nighttime rest? Write them out and then use the RX for Sleep to invite the Lord's peace into your night.

Prayer:

O Lord, my protector at night, may I rest under your strong wings of protection secure against the terrors of night and the arrows of the evil one. Amen

Blessings

Carrie

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