



My RX for Insomnia
By Carrie Dameron

“On that night the king could not sleep. And he gave orders to bring the book of memorable deeds, the chronicles, and they were read before the king.” (Esther 6:1)

What do you do when you are unable to sleep? Do you listen to music or use an app on your phone to occupy your brain until you get tired? Do you read books or get out of bed to watch television or videos?

I have to admit I have had some very difficult times with insomnia. Some of it is part of getting older; our bodies don't sleep as well as they used to. Don't you miss the ease and depth of sleeping when you were younger? I do. In addition to aging, stress or overwork can wreak havoc on our ability to shut off our brains and rest.

The scripture above is found in the account of Queen Esther. During a bout of insomnia, the king asked his attendant to bring the chronicles of his kingdom. Like reading the newspaper, King Ahasuerus wanted an update on what was happening in his kingdom.

While the king may read about the events of his kingdom, I would prefer to pray. One of my favorite passages is Psalm 136.

Give thanks to the Lord, for he is good,
for his steadfast love endures forever.
Give thanks to the God of gods,
for his steadfast love endures forever.
Give thanks to the Lord of lords,
for his steadfast love endures forever;

As you continue reading the psalm you will see clear sections marked out by a repeating refrain, “his steadfast love endures forever.”

Versus 4-9, focus on the Lord's awesome works in creation: made the heavens, spread out the earth above the heavens, made the great lights, the sun, and moon and stars.

The next section, verses 10-22, provides a brief account of the Lord's work on behalf of the Israelites: struck down the firstborn, brought Israel out, divided the Red Sea, overthrew Pharaoh, killed mighty kings, and gave a heritage to Israel. This is the section I alter for myself. I will begin to recount the good deeds the Lord has done in my life:

Blessed me with children and grandchildren
“his steadfast loves endures forever.”
Provides a job for my husband and me
“his steadfast loves endures forever.”
Guided me through caring for my mother
“his steadfast loves endures forever.”

And so on...

Stop now and take a moment to write down the immediate needs the Lord has fulfilled.

This is my RX for insomnia, recounting the personal good deeds the Lord has done for me along with proclaiming “his steadfast love endures forever.”. Depending on what has happened that day or my current stress, I will alter my accounts and ensure I conclude with a final refrain:

Give thanks to the God of heaven,
for his steadfast love endures forever