



“I lay down and slept, yet I woke up in safety, for the LORD was watching over me.”

Psalm 3:5

The May 29, 2020 edition of TruNorth Daily Devotional with Dr Jim Brown:

“Three Days in Psalm 3”

“Peace in the Midst of the Storm”

Psalm 3:5-8

“I lay down and slept, yet I woke up in safety, for the LORD was watching over me. I am not afraid of ten thousand enemies who surround me on every side. Arise, O LORD! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! Victory comes from you, O LORD. May you bless your people. Selah.” (NLT)

Sleep is so necessary and, in this case where David was fleeing from his own son, it was a blessing. David sings here that he was able to sleep unafraid because the Lord was watching over him!

Do you sleep comfortably knowing that the Lord loves you and is watching over you? Or do you – like many – feel that if you don’t turn it, the world won’t spin?

Sleep is an interesting feature God built into mankind when He designed us. He could have made it unnecessary or perhaps made us to only need one hour instead of nearly a third of our day. But He felt this was best... and who am I to debate God! Through the years science has

shown, what God knew all the time, how important sleep is and all the positive things that happen when we sleep.

The Living Bible says it like this: ***“Then I lay down and slept in peace and woke up safely, for the Lord was watching over me. And now, although ten thousand enemies surround me on every side, I am not afraid. I will cry to him, ‘Arise, O Lord! Save me, O my God!’ And he will slap them in the face, insulting them and breaking off their teeth.”***

David knew the same truth about God that Paul wrote later: ***“If God is for us, who can be against us?”*** (Romans 8:31) And of course God is the same today as then, right? ***“For I the Lord do not change.”*** (Malachi 3:6)

Finally, the last verse here says: ***“Salvation belongs unto the LORD: Thy blessing is upon thy people. Selah.”***

Other words for salvation here could be: deliverance, victory or liberation.

What are you facing today? This week? This month? This year? Where are you looking for victory or deliverance?

The word “salvation” is amazing but we often think of it only as the “first step” of our being born again and not in terms – as David was using here – of our daily difficulties. So, let me ask again... WHERE are you looking for the victory, the deliverance from the stress, depression, hurt or whatever it is that you’re facing. Are you looking to the government to deliver you or to the Lord?

“Selah.” Pause, reflect and marvel at the wonders of God!

Prayer: Lord, help me to have the right focus. Help me to stop looking anywhere other than to YOU for what I need in life. You know how I feel and what I need. I am putting my trust in You. Thank you for the answers that are coming my way! Amen.