

# I Lay Down and Slept

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“I cried unto the Lord with my voice, and he heard me out of his holy hill. I laid me down and slept; I awaked; for the Lord sustained me. I will not be afraid of ten thousands of people, that have set themselves against me round about. Arise O Lord: save me, O my God: for thou hast smitten all mine enemies upon the cheek bone; thou hast broken the teeth of the ungodly. Salvation belongeth unto the Lord: Thy blessing is upon thy people. Selah.” (Psalm 3:4-8)

This man lies down and sleeps! He may have just heard the evening news with all its frightening details. He may have just received notice of personal disaster, evil tidings, threats from deadly enemies; yet he sleeps! He takes no tranquilizers, no sleeping pills. He just lies down and rests. How can he do it?

He has cried unto the Lord. His prayer was no mealy muttering of memorized mumbling, not a parroting of prepared petition. It is a cry! “Arise, O Lord! Save me O God.” It is a cry of distress from a heart that feels itself in mortal danger, that knows it will surely be destroyed except help comes from the Lord. He is then able to rest, for the God to whom he cries is a Delivering God. He is a God with abundant testimony of His past deeds. “He has smitten all my enemies. He has broken the teeth of the ungodly.” He will not fail now.

This man, who lay down and slept, awakes. The Lord has heard him out of His Holy Hill. Having heard him the Lord sustains him. He is preserved. Jesus promised that he who believes in Him shall never die. When those who fear God and trust in Christ lie down, they know that they will arise. God will never suffer them to perish. How this worried, harried, frustrated generation needs to know such a God!

Because this man fears God, he fears no man. No, he will not fear ten thousand men set against him and surrounding him on every side. This one fact he knows in his heart, and it is evident in all his actions: “Salvation belongs to the Lord.” There is only one Savior in the universe. That is the God with whom we have to do. His name is Jesus and his blessing is upon all who trust in him. We can find no other hope under which we can safely rest. We need none, for He is sufficient.