

Rest in Jesus

7 Nighttime Devotions
to Calm an Anxious Heart

Erica M. Baldwin
ohhisgoodness.com

Introduction:

Replacing the Terror of Night with True Rest



Uncertainty and anxiety can overwhelm us, rule our minds and steal our sweet slumber, especially in a season full of unknowns. As we lie down for much-needed sleep, instead of relaxation, our muscles tighten, our fingers clench and our heart races as we replay the newsreels of panic and endless what-ifs. The terror of night creeps in unexpectedly and unannounced, our breathing shallow and rushed.

Whether we are facing personal unknowns, job loss and economic despair, illness or the threat of it, loneliness, distance from loved ones, or a season of waiting, we need a way to get off the hamster wheel of worry. Though I consider myself a veteran of handling life's curveballs (due to a life-altering genetic condition that I carry daily in my DNA), I had a recent 3 a.m. panic attack brought on by current events. Nothing could still my mind, my breathing or my heart rate.

Desperate for peace, I fumbled around in the dark, reaching for my phone and opening my Bible app to the book of Psalms. My mind slowly transitioned from panic to God's presence. My breathing began to temper. My heart rate steadily returned to normal. I re-read the verses of Psalm 91 over and over again. I was finally able to get a few hours of rest. God's Word brought me back to the reality of His presence, reminding me that He has not left us to fend for ourselves.

As we navigate these unprecedented times together, let's recognize our grief and fear - then invite God's presence to cover and calm us. Let's do what the Psalmist in Psalm 77 did:

- (1) **I cry aloud to God, aloud to God, and he will hear me.**
(6) **I said, "Let me remember my song in the night; let me meditate in my heart.
Then my spirit made a diligent search."**

When you dread lying down because sleep eludes you, may your spirit make a diligent search for God's goodness and His greatness. May this devotional guide you to God's rest with these reminders from Scripture, song and prayer.

Devotional Guide



These short reflections are designed to be read at night to set your last thoughts of the day on Christ's love for you, as you seek peaceful rest in a time of anxious sleeplessness. Of course, feel free to do these any time of the day! Keep a journal or your Bible nearby to jot down or underline important Scriptures you want to remember.

These devotions contain personal illustrations, Bible passages that focus on rest and hymn lyrics to reassure you of God's presence. Each night ends with a short prayer. As your last thoughts of the night turn to God and His goodness, may He comfort your unsettled heart and calm your anxious mind.



ESV Bible - All scriptures are quoted from the English Standard Version unless otherwise noted. (biblehub.com)

Disclaimer: I am not a medical professional or licensed counselor. Please seek professional attention for anxiety, insomnia, and other mental health needs as appropriate.

A God Who Never Sleeps

Insomnia has been an unwelcome friend of mine the last several years. After I hit my “second wind” around 11 p.m., I often find myself still wide awake at 1 a.m. then a familiar dread creeps up knowing sleep will still evade me at 3 a.m. I lie there, panicking and stressed that I’m not getting much-needed rest. Nothing seems to work - reading, music, deep breathing, white noise, even a dose of my last-resort sleep aid, Benadryl. Those of you who also struggle to settle into a deep sleep can identify with my misery.

I can assure you, my insomnia-induced fitful nights are *not* productive. In fact, they’re a breeding ground for worry, anxiety and panic. The “what if” reel plays on a loop in my mind, often creating full-on action sequences of worst-case scenarios. The next day is full of stress as I anticipate when exhaustion will overtake both my body and my mood.

But while we fight for sleep, we can find comfort in a God who *never* sleeps or slumbers. His awake time, which is around-the-clock, is *always* fruitful. He’s guarding us and protecting us from the enemy’s attacks. He’s listening to the intercessory prayers of others, the Holy Spirit and Christ himself. He’s covering us, delivering us and deflecting attacks meant to harm us.

Psalm 121:1-4 assures us:

I lift up my eyes to the hills.

From where does my help come?

My help comes from the Lord, who made heaven and earth.

He will not let your foot be moved; he who keeps you will not slumber.

Behold, he who keeps Israel will neither slumber nor sleep.

As God’s child, He won’t let your foot slide one inch past His providence - even our slightest movements are under God’s watchful care.





Psalm 91:1-6 confirms that God is protecting us, day and night:

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

For he will deliver you from the snare of the fowler and from the deadly pestilence.

He will cover you with his pinions, and under his wings you will find refuge;

his faithfulness is a shield and buckler.

You will not fear the terror of the night, nor the arrow that flies by day,

nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

When we are His, we have special protections from our Father. Psalm 91:9-10 attests that "because you have made the Lord your dwelling place" evil will not be our downfall. Those who "hold fast to me [God] in love" can count on God's protection (Psalm 91:14-15).

You see, God doesn't just have divine insomnia. God is awake because of His limitless resources and infinite care over His creation. He's not hands off, letting His world and His people panic over a pandemic, our health, our finances, or anxiety over the unknown. God is not disinterested; He is not waiting to see how this all plays out.

Day or night, God is our Helper. If sleep evades us, we can still rest in His tender care. Wide awake in our beds, we can know God is wide awake, too. We can rehearse His goodness over and over - and trust Him for the true rest that will replace our terror of night.

A Song

Perfect submission, all is at rest,
I in my Savior am happy and blest,
Watching and waiting, looking above,
Filled with His goodness, lost in His love.

This is my story, this is my song,
praising my Savior, all the day long;
this is my story, this is my song,
praising my Savior all the day long.

Blessed Assurance, Fanny Crosby, 1873

A Prayer

Father, thank you for defending me
from harm every hour of the day
and night. Fill my thoughts with
your goodness as I seek restful
sleep tonight.

Thank you for being the God
who never sleeps so I can rest
safely in You.

Finding Fresh Courage

I've never considered myself a courageous person. Bravery and valor were reserved for epic fairy tales, real-life soldiers of war and those who step boldly into the great unknown. I'm afraid of heights, birds (yes, birds) and the busy road that I travel almost daily near my house.

Even in many Christian circles, today's age of self-help, self-made success stories tout courage as "You can do it! You've got the power! You are the master of your own destiny!"

But in my quest to avoid this man-made confidence, I mistakenly confused weakness with the virtue of humility. "God wants me weak," I thought. But here's what I'm learning. I *am* weak - physically, emotionally, spiritually. I get weary from trials, physical illness and prayers that aren't answered how and when I want them to be.

Slowly, God is redefining "courage" for me. Courage is found by embracing my fleshly weakness while boldly clinging to God's strength - both can be wholly true. It is the Source of my bravery that makes all the difference.

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 2 Corinthians 12:9

Now, I'm no math whiz (though I did win two first-place trophies in a sixth grade math contest, though I haven't progressed much since), but I like the looks of this mathematical inequality:

God's sufficient grace + Christ's power > My insufficient striving + my weakness

Humility and awe of God's glory don't equal lack of strength - in fact, they embolden us to pray, to endure lengthy spiritual battles and to hope with certainty.



God's Word tells His people again and again to be strong.

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go." Joshua 1:9

Be strong, and let your heart take courage, all you who wait for the Lord! Psalm 31:24

Finally, be strong in the Lord and in the strength of his might. Ephesians 6:10

Living with hope in the face of fear – such as life with an incurable genetic condition or persevering through a global pandemic – requires bravery. We have a hope that does not put us to shame (Romans 5:5, Psalm 119:116) because we have a Hope-Giver who never fails. When the clouds of uncertainty or panic roll in, we need courageous faith that requires supernatural strength.

The 250-year-old poem (and hymn) below talks of a faith that looks expectantly, not fearfully, at the clouds – knowing that the One who sends them also brings great mercy. May we rest tonight, trading our fearful dread to fresh courage.

.....
 We have a
hope
 that does not put us to
 shame because we have a
Hope-Giver
who never fails.

A Song

Ye fearful saints, fresh courage take;
 The clouds ye so much dread
 Are big with mercy and shall break
 In blessings on your head.

God Moves in a Mysterious Way,
 William Cowper, 1774

A Prayer

Father, thank you for being the Source of my strength and courage. I don't need to succumb to fear; You are with me. I can trade dread and uncertainty for unshakable trust in your presence and provision.

Lord, help me trust your heart when I cannot trace your hand.* Give me fresh courage to say, "I trust your goodness even when I can't see your plan."

*Based on a Charles H. Spurgeon quote from his sermon
 "A Happy Christian"

DAY 3

I'm Not Okay & Neither are You

After three weeks of social distancing due to the coronavirus, our eight year old was having a hard time. He was sarcastic, argumentative and just plain discontent. Like much of the country, we've moved from comfortable routines to online school and a LOT of togetherness. While we've enjoyed the extra walks, board games and movies, things were just *off*. After a talk with him about his attitude and behavior, sighing I said, "This is hard for everyone right now."

He immediately started crying. He needed the freedom to acknowledge his feelings and know that it's okay. He needed to grieve our normal - and so did I.

Instead of saying, "We all are having a hard time and you need to shape up!" it was important to recognize our weakness in that moment and to collectively grieve. God doesn't say, "Life is hard, get over it, buttercup!" God says this instead:

"Come to Me, all who are weary and heavy-laden, and I will give you rest." Matthew 11:28 (NASB)

This is a familiar verse; but in the midst of hardship, we often think God wants us to prove ourselves, to demonstrate how strong *we* are. These times, however, are really proving grounds for *His* presence, *His* peace and *His* promises - and the deepening of our faith in these things.

Rest is a gift from God. If we figure it all out, if we pull ourselves together to present only our Sunday best to Christ, we have nothing left to surrender to Him. As we recognize our weakness, we can place that burden that's too heavy for us with the Creator God. He's handling this - I can't and therefore I shouldn't.

Elisabeth Elliot, a prolific Christian author and missionary, said this of her ability to handle the loneliness that accompanied her suffering, including the murder of her missionary husband Jim Elliot: "I didn't. I couldn't. I have to turn it over to Somebody who can handle it."



She said her loneliness became an offering to God: “Lord, here it is. I can’t handle it.” Like Elisabeth Elliot, we can turn our weakness over to God as an offering.

“Lord, I can’t handle it. Here’s my _____ (sleeplessness, despair, fear, anxiety, loneliness, dread). You take it. I trust you with it.”

When we sacrifice control over our trials, weakness and sin, we have no idea what God will make of them for His glory – both in us and through us to minister to others.

From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. Psalm 61:2 (KJV)

God understands when we are overwhelmed. His care for us is rooted in the knowledge of our weaknesses. He doesn’t comfort us in spite of our fragility, but *because* of it. He doesn’t draw near to us because we are capable of rescuing ourselves, but because we are not. He doesn’t offer rest because we’ve earned it, but because without Him, we can’t truly experience it.

You’re not okay – and I’m not okay, either. At night, as we desperately seek the repair that our bodies and our minds need, let’s honestly come to God with our fears. Cry out to him in your distress.

A Song

Oh soul are you weary and troubled?
No light in the darkness you see?
There’s light for a look at the Savior
And life more abundant and free.

Turn your eyes upon Jesus
Look full in His wonderful face
And the things of earth will grow strangely dim
In the light of His glory and grace.

Turn Your Eyes Upon Jesus,
Helen Howarth Lemmel, 1922

A Prayer

Father, I’m tired and my exhaustion makes me fearful for another night without sleep. You don’t hold my humanity against me. Thank you that you can be trusted with my weakness.

I can’t handle it, Lord, but you can. I offer you my weariness with trust that you alone provide true rest.

DAY 4

The Search for Rest

Have you ever felt like the psalmist Asaph in Psalm 77 (verses 2-4, 7-9)?

*In the day of my trouble I seek the Lord;
in the night my hand is stretched out without wearying;
my soul refuses to be comforted.
When I remember God, I moan; when I meditate, my spirit faints.
You hold my eyelids open; I am so troubled that I cannot speak.*

*“Will the Lord spurn forever, and never again be favorable?
Has his steadfast love forever ceased? Are his promises at an end for all time?
Has God forgotten to be gracious? Has he in anger shut up his compassion?”*

Look at the descriptors - stretched, refuses to be comforted, moaning, fainting, troubled, unable to speak. When I look at some of the darkest days of my own suffering, these adjectives all ring familiar.

When our suffering seems to continue without end, we begin to question God's presence. *Where are you, God? We question His love. If you loved me, this pain would end! We question his compassion. How long, O Lord? When will you provide relief and comfort?*

But the verses couched in the middle of these groans and weariness in Psalm 77 offer a path to rest for our weary souls.

*I consider the days of old, the years long ago.
I said, “Let me remember my song in the night; let me meditate in my heart.”
Then my spirit made a diligent search:
Psalm 77:5-6*

This diligent search leads Asaph to these deliberate, mind-directing acts: remembering His deeds of old, pondering His works and meditating on the holiness and greatness of God (Psalm 77:11-13).



When we are tossing and turning, when our eyelids are held open by fear or even God-given insomnia, God invites us to remember. It's an often-repeated theme in the Bible - from the forgetful Israelites to Jesus' disciples, recalling God's past works can persuade our hearts of His present presence and His future goodness. And our fitful nights are the perfect time to do so.

We can battle our worry with recounting His past faithfulness in our lives. Keep a notebook by your bed - a "blessings book" or a prayer journal, so you can easily recall His works in your life. Jot down references and read accounts of God's faithfulness - of his promises to Abraham and Sarah, of freeing the Israelites from slavery, of fulfilling His promise to Simeon to see the Messiah before he died, of Jesus' promise of a Comforter to live inside every believer.

What is the result of these nighttime meditations? An unshaken faith.

I bless the Lord who gives me counsel; in the night also my heart instructs me. I have set the Lord always before me; because he is at my right hand, I shall not be shaken. Psalm 16:7-8

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. Psalm 62:5-6 (NIV)

In case we are ever tempted to think God doesn't care, let's remember the sacrifice of His precious son Jesus and His faithfulness to cleanse us from sin and unite us with Him in eternity. Let's cling to an unshaken faith, even when circumstances threaten to overwhelm.

A Song

Does Jesus care when my way is dark
With a nameless dread and fear?
As the daylight fades
Into deep night shades,
Does He care enough to be near?

O yes, He cares, I know He cares,
His heart is touched with my grief;
When the days are weary, The long night dreary,
I know my Savior cares.

Does Jesus Care?, Frank E. Graeff, 1901

A Prayer

Father, as I do a diligent search of your past works, I see your love and care in my life personally and from the beginning of time. When I refuse to be comforted, open my eyes to your immovable presence.

Thank you, Lord, that my hope comes from you alone and I can place unshakable faith in you.

He Hems Us In

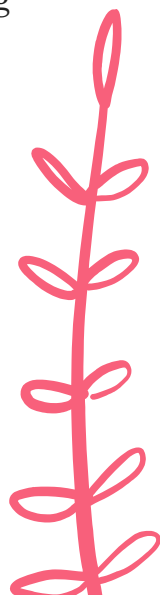
Our son is an active sleeper - he flops around in his bed, talks in his sleep, has vivid dreams and occasionally yells out and sleepwalks. The first time he sleepwalked, he was about four years old. I'm a light sleeper, and his room is right next to ours, so I'm usually stirred when he wakes up during the night.

This particular February night, however, I woke up to sounds in the kitchen at 1 a.m. - at the complete opposite end of our house. I glanced in our son's room as I passed his door, noticing by the glow of his nightlight that his bed was empty. Calling out his name, I saw a light as I approached the kitchen and assumed it was the pantry light. As I got closer, I realized the side door was wide open and the light was coming in from our side porch. Terror struck my heart as I rushed outside.

I heard him crying and saying "Mommy" as he emerged from between our cars on the parking pad, shirtless (as he always sleeps) in the 40-degree air. I cried out his name as he walked blindly toward me, passing me on the stairs. "I'm going back to bed," he mumbled as he headed back to his bedroom. Shaken, I said, "Oh, no! You're sleeping in Mommy and Daddy's bed tonight!"

I woke my husband to tell him what transpired (ah, to sleep like a husband!) and he sleepily muttered something like "He's inside now, right?" and quickly fell back to sleep. (We joke about his ability to sleep so hard; don't worry, I have his full permission to share.) Soon, our four-year-old was breathing steadily beside me. My heart was still pounding as unnerving scenarios played out in my consciousness. *What if he would've closed the door behind him and locked himself out? I never would've known he left! What if he walked down the street? Where would he have gone? What if someone found him - or worse, no one did!?*

Let's just say, he slept in our bed the next three months while my heart rate returned to normal and we figured out a solution. I was in no hurry - he was safest right by my side. He has sleepwalked a couple more times since that incident, but thankfully our safety measures have kept him safe and given me peace of mind.



When I think about God's reassurances of His watch over us, I'm comforted. When our rest is threatened - even when we are unaware of the hazards (like my sleepwalking son is) and the spiritual warfare taking place - God never takes His watchful eyes off of us.

*You search out my path and my lying down and are acquainted with all my ways.
You hem me in, behind and before, and lay your hand upon me. Psalm 139:3,5*

God knows when we're asleep. He hems us in and keeps us safe - I love the imagery of His hand upon us, like a parent's on a sleeping child. There is safety with that hand resting on us; there is comfort and protection.

If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

Psalm 139:11-12

Psalm 139:8 says wherever we go - into the heavens or into the depths of the grave - as a saved child of God, we are held. Darkness, to God, is not a threat. He doesn't need to be alerted to our unrest; God is well aware, and we can rest under His protective care.

A Song

A wonderful Savior is Jesus my Lord,
a wonderful Savior to me;
He hideth my soul in the cleft of the rock,
where rivers of pleasure I see.

He hideth my soul in the cleft of the rock
that shadows a dry, thirsty land;
He hideth my life in the depths of His love,
and covers me there with His hand,
and covers me there with His hand.

A wonderful Savior is Jesus my Lord,
He taketh my burden away;
He holdeth me up, and I shall not be moved,
He giveth me strength as my day.

He Hideth My Soul, Fanny Crosby, 1890

A Prayer

God, help me not fear the dangers of night. You are there before me and never leave me. Your loving, comforting hand is upon me. The darkness of my thoughts and fears are not too dark for you to illuminate with the truth that You are with me.

Thank you for hemming me in and for your protective hand on me.

Rest Soundly, Sleep in Safety

Have you ever laid in bed in a panic because you've felt utterly alone? I have. Even though my husband sleeps soundly (and deeply) next to me, I can recall several times over the past decade that I've laid awake stressed and anxious.

Often, my heart rate is racing - a common symptom of anxiety - but it can be especially dangerous due to my vascular condition. The culprit could be as simple as too much salt intake to serious underlying physical issues, like potential infection or dehydration, that have prompted emergency room visits in the past. I've laid there in tears, praying, finally resorting to waking up my husband, who sleeps like a bear in hibernation.

"Steve," I'd whisper, having to nudge him with force to stir him. I'd explain my symptoms, and he'd talk with me about the possibilities - completely willing to take me to the ER if needed, knowing I hate middle-of-the-night hospital trips. With a chronic illness, I'm in tune enough with my body to know when a hospital visit is necessary. I won't put myself at risk, but I need my advocate (my husband) to know my current state just in case. I ask Steve to pray with me, and he does. Many times, these panic-induced midnight conversations and prayers are enough to ease my mind for at least some kind of rest.

I've realized that simply having my husband know that I'm in distress comforts me. He's been my advocate with countless doctors over the years. I know I'm in good hands if action is needed.

"Awareness of God's presence can kill the panic in our hearts," my church pastor said recently.

As I read the following Psalm, I realized that I have a secure place of honor with God, one that assures me that God hears my middle-of-the-night SOS calls. As a child of God because of Christ, he is ready to hear our cries and advocate for us - to defend our rest, grant us peace and assure us of our safety in Him.



But know that the Lord has set apart the godly for himself; the Lord hears when I call to him. In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. Psalm 4:3,8

See that in verse eight? In peace I will both lie down and sleep. What a gift! If you're reading this, you probably struggle with actually falling asleep when you lie down. As your mind races, your body tenses. Your insomnia may not instantly go away when you cry out to God - but you can be at peace because He's alerted to your distress. There is comfort in knowing the Great Comforter hears your cries.

If our minds are battling, it's God alone who makes us dwell in safety. I have personally experienced late-night rides to the hospital where I have been strangely at peace because I knew God's hand was on me. It's true that we cannot simply wish away our suffering or offer empty platitudes for the trials that cause distress and threaten our sleep. But while we are engaged in the physical battles of our undeniable circumstances, we can also actively partake in the spiritual battle for our faith and true rest.

Dr. Paul David Tripp, in his book *Suffering: Gospel Hope When Life Doesn't Make Sense*, writes: "Suffering is never just a matter of the body but is always also a matter of the heart...Suffering takes us to the borders of our faith."

On those borders of our faith, we can rest assured that God hears our cries and guards our safety with his everlasting love.

A Song

Be still my soul the Lord is on thy side
Bear patiently the cross of grief or pain
Leave to thy God to order and provide
In every change He faithful will remain
Be still my soul thy best, thy heavenly friend
Through thorny ways leads to a joyful end

Be still, my soul: your God will undertake
to guide the future as he has the past.
Your hope, your confidence let nothing shake;
all now mysterious shall be bright at last.
Be still, my soul: the waves and winds still know
his voice who ruled them while he dwelt below.

*Be Still, My Soul, Kathrina von Schlegel,
Translated by Jane Borthwick, 1855*

A Prayer

Father God, thank you for setting
apart your redeemed for yourself, so
that I can know you hear when I cry
out to you. Jesus is my advocate, and I
can dwell safely in that assurance that
You know my distress.

*Father, help me lie down and sleep in
peace, blanketed by your comfort.*

DAY 7

A (Triumphant) Song in the Night

This beautiful verse from the Old Testament prophet Zephaniah hangs over countless cribs in baby nurseries - a sentiment of calming lullabies sung over sleeping children. (Have you ever watched a child sleep? Doesn't their peacefulness erase all of the stress of the day?! As a parent, there's nothing quite as redemptive, is there?)

*The LORD your God in your midst,
The Mighty One, will save;
He will rejoice over you with gladness,
He will quiet you with His love,
He will rejoice over you with singing.
Zephaniah 3:17 (NKJV)*

The verse creates such a sweet picture of the Lord watching over our babies as they sleep, bottoms in the air, breathing peacefully in their cribs. But if you look at other translations and the root words at the end of the verse, this is how it reads:

*The LORD your God is in your midst,
a mighty one who will save;
he will rejoice over you with gladness;
he will quiet you by his love;
he will exult over you with loud singing. (ESV)*

Loud singing?!? I don't know about you, but I don't want *anyone* singing loudly while my child is finally sleeping soundly! The Hebrew word for "singing" here is *rinnah* - a ringing cry. Here, it means a shout of joy, proclamation and triumph.

The song referenced in verse 17 is not a quiet lullaby, but a cry of victory and proclamation of God's love for His redeemed people. God is going to battle for us. Other translations call God a "warrior who saves" in this verse.



Zephaniah 3 speaks specifically to the restoration of Israel, God's chosen people. First, God commands them to turn from their rebellion and return to Him. Secondly, the chapter details how God will judge the surrounding nations for their idolatry and self-sufficiency. But the greater context can be applied to believers today, His universal Church saved by Jesus Christ and sealed with the Holy Spirit, in the following ways.

God is with me. > I am safe.

God is a mighty warrior. > I am actively protected from Satan's attacks.

God delights in me. > I am confident of His love and can live without shame.

God will quiet me with his love. > I can rest securely because it depends on Christ, not me.

God sings over me in triumph and joy. > I know the battle ends in victory.

As we lie down tonight, anxious over what worries may flood our consciousness as we attempt to drift off into unconsciousness, we can take great comfort in these unchanging facts about our unchanging God.

When we are in turmoil and our hearts are weary, we can actively focus on these characteristics of God. And as we continue to recount His past works, we can take comfort that His steadfast love remains and His song is with us even in the night.

By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life. Psalm 42:8

A Song

All the way my Savior leads me;
What have I to ask beside?
Can I doubt His tender mercy,
Who through life has been my Guide?
Heav'nly peace, divinest comfort,
Here by faith in Him to dwell!
For I know, whate'er befall me,
Jesus doeth all things well,
For I know, whate'er befall me,
Jesus doeth all things well.

*All the Way My Savior Leads Me,
Fanny Crosby, 1875*

All the way my Savior leads me,
Oh, the fullness of His love!
Perfect rest to me is promised
In my Father's house above.
When my spirit, clothed immortal,
Wings its flight to realms of day
This my song through endless ages:
Jesus led me all the way;
This my song through endless ages:
Jesus led me all the way.

A Prayer

Oh, God, whether it's a sweet lullaby or a victory cry, I'm thankful for your song in the night. I am safe and secure. I can rest soundly because you are always with me and have sealed me for your day of redemption. I am in awe that you rejoice over me, delighting in me.

Father, may I sleep peacefully because of your song in the night.

12 Scriptures for Rest

And he said, "My presence will go with you, and I will give you rest."

Exodus 33:14

For thus said the Lord God, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength."

Isaiah 30:15a

But you, O Lord, are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and he answered me from his holy hill.

I lay down and slept; I woke again, for the Lord sustained me.

Psalm 3:3-5

In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Psalm 4:8

I bless the Lord who gives me counsel; in the night also my heart instructs me.

I have set the Lord always before me; because he is at my right hand, I shall not be shaken.

Psalm 16:7-8

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

Psalm 23:1-4

By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

Psalm 42:8

Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken.

Psalm 62:5-6 (NIV)

My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I will sing for joy. My soul clings to you; your right hand upholds me.

Psalm 63:5-8

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty.

I will say to the Lord, "My refuge and my fortress, my God, in whom I trust."

You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.

Psalm 91:1-2,5-6

If you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Do not be afraid of sudden terror or of the ruin of the wicked, when it comes, for the Lord will be your confidence and will keep your foot from being caught.

Proverbs 3:24-26

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

Matthew 11:28-29



For You

Friend, if you downloaded this devotional guide, first of all know that I am praying for you. I have experienced anxiety and despair over life's unknowns and circumstances that are far beyond my power to change. I understand how anxious thoughts creep up at the most inopportune times - and I want you to feel equipped with godly tools to face the cycle of worry.

Secondly, I pray this guide will help you see that God's Word makes a provision for us, His weak, beloved people in need of a Savior. And through reading His Word and other spiritual disciplines like prayer, praise and gratitude, we can come to God again and again in our weakness.

Finally, I pray as you make a "diligent search" during your unrest (Psalm 77:6) that you will find God present and good right where you are.



About Erica

Erica thought she had checked all of the "good girl" boxes when a trial so big knocked her faith from "firm" to "fragile." At the age of 33, right after the traumatic birth of her miracle baby boy, she was diagnosed with an incurable genetic connective tissue disorder. Facing an uncertain future, she became determined to cling to her faith by her fingernails through the deliberate practice of finding God's goodness even in life's most impossible days. She writes at ohhisgoodness.com, where she invites you to join her in chasing God's goodness when life seems like it's falling apart.



Erica lives in the South with her husband of 17 years and their active eight-year-old son. They just said good-bye to their 15-year-old Yorkie pup Lucy. They serve in their local church through Bible studies, discipleship, prayer ministry and more. They love exploring their city through afternoon drives or bike rides and trying local restaurants. While Erica does not love heights or birds, she adores thrift stores, Hallmark movies and hours-long coffee dates with friends.



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Sources

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A place to put your prayers before you lay your head to rest

ohhisgoodness.com





Rest in Jesus

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