

silencio

"I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely." Psalms 63:6-8 NLT

A racing mind, a restless soul.

Sleep evades.

Rest unfulfilled.

What should I do in the dark and quiet hour of the night?

How should I find peace? How will peace find me?

I will think on my creator, he has made me. He'll know what to do. He'll know how to lead me to sleep and to bring me peace.

Here's where you see the intimacy of relationship between the psalmist and his God - in the middle of the night. A time when all human beings must face their frailty and fears. A time when all pretense and fake strength is laid down and the real you lies staring at the ceiling or the sky. Every human being has these lucid moments of truth in the night. Every human stares into the mirror of darkness and sees their enemies, their shortcomings, their weaknesses. David sees something else, something outside himself. He sees God. He not only sees God, he sees his own position, his place of safety and belonging. He sees himself under God's wing, and is protected. It's here that he can sing a song of joy, of confidence. Because he is secure in his creator's love. He clings and God holds. He believes he is clutching to his God, but truthfully, it is God that is holding him.

In that safe and song-filled moment, he finds sleep and peace comes to him in the night.

Dad,

How many times has my mind raced, my heart pounded in the night trying to bear the fears of the unknown and solve the problems that are too big to even understand? I like David's way of remembering whose he is and where he resides. May mind soul find sleep and peace come to me in the night, just as it did with him.

contemplatio

rest in the presence of God, allowing the words revealed to take root