

Dear Friend

The following quote was featured in a recent "This Day's Thought":

We sleep in peace in the arms of God, when we yield ourselves up to His providence, in a delightful consciousness of His tender mercies; no more restless uncertainties, no more anxious desires, no more impatience at the place we are in; for it is God who has put us there, and who holds us in His arms. Can we be unsafe where He has placed us?

*François Fénelon*

François Fénelon (6 August 1651 – 7 January 1715), was a French Roman Catholic archbishop, theologian, poet and writer. Today he is most often remembered as the author of *The Adventures of Telemachus*, first published in 1699 - source: Wikipedia.

How are you sleeping these days? When we are under stress and strain, or otherwise having difficulties related to our mental health, the quality of our sleep is almost bound to suffer. According to the NHS website sleep problems are common and they offer some very helpful tips and ideas to help improve our sleep pattern. If you are experiencing difficulty in this area, then you might find their advice helpful. I just googled 'insomnia' but then found I was too sleepy to go any further!

François Fénelon seems to me to have hit on something else that is vital if we are to sleep peacefully and well, which is to recognise two things: First, God has placed us where we are, and secondly God holds us in his arms.

We all need to 'yield ourselves up to God's providence' if we are to 'sleep in peace in the arms of God'. May we be willing to entrust our whole lives - body, soul and spirit - to the One who has put us in exactly the right place and whose desire is to enfold us in his arms so we may experience His tender mercies.

If we feel we are going to face another sleepless night tonight, may our glorious God help us to give to him our restless uncertainties and anxious desires, so by aligning our wills with God's will, we may sleep in peace, resting in his arms, knowing we are exactly where we should be.

Verse for today:

I lie down and sleep; I wake again, because the Lord sustains me.

*Psalm 3.5*



Something else to help us sleep:

'Why did you eat yeast and shoe polish before going to bed last night?'

'So I can rise and shine!'

May God grant you rest and a refreshing sleep tonight and every night, so that you, too, may rise and shine and give God the glory!

With love and prayers

Simon