

Daily Devotion For March 14, 2022

**“<sup>2</sup>In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.”** Psalm 127:2

This weekend, we sprang forward into Daylight Savings Time. I’m not sure about you, but I have a hard time waking up an hour earlier. Probably because I get up by 5:30 a.m. to make my 6:00 a.m. swim class at MPC.

One of the simplest pleasures in life is a good night’s sleep. Sleep is something that we should not take for granted as there are many people who are insomniacs and have a very difficult time getting a good night’s rest.

Psalm 127 was an ancient psalm that was sung by God’s people as they traveled each year to a festival of worship at the temple in Jerusalem. Yet it deals with issues that still ring true in our world today. Our lives are consumed by work, family, concerns about health and safety, etc. A mantra for today is “I’m so busy”. But this psalm reminds us that unless the Lord is an active participant in all we do, our efforts will be in vain.

The psalmist writes God, “grants sleep to those he loves.” This can also be translated, “while they sleep, he provides for those he loves.”

**Thought For Today:** Reflect upon the truth that even while you sleep God loves you. He will provide and care for you. Cast your cares upon Him and enjoy a good night’s sleep.

**Today’s Prayer Focus:** Thank God that even while you sleep, he loves you. He is taking care of you and providing for your needs. Deo Volente.