

How You Can Find Peace in the Restlessness

As a general rule, my husband will fall asleep within seconds of going to bed. That can be very annoying as I try to quiet my mind and fall asleep myself. Of course, he smiles and tells me, "It's a gift." And yes, I grumble at that remark!

There are nights where I toss and turn and repeat and repeat and repeat. Can you relate? We all handle those nights differently. Some people get up and grab a cup of coffee; others will work. Still, others will lay there for hours refusing to give in.

God created our bodies in such a way that we need rest. The only way we can truly learn to rest is to allow our mind to be quiet, our eyes to close and sleep to come. However, have you found that easier said than done?

Those nights when my mind is churning, I must step back and ask myself several questions.

1. Is God keeping me awake?
2. Is there an area of my life where I am not submitted to God?
3. Am I walking in fear, anxiety or insecurity?

We all have nights where the storms of life rush in. God has taught me that during those seasons, I can lean back into His arms. As I learned to do this, I also learned to give those cares, anxieties and burdens over to Him. As He takes them, I feel the weight slip away, and the ability to sleep overwhelms me. I fall asleep knowing that I am safe in the Father's arms. In those moments, Psalm 3:5 comes to life, "I lay down and slept; I awoke, for the Lord sustained me."

The same God who is God of the daytime is also God of the

nighttime. There is nothing that is hidden from Him. I have found that when I lean back into Him and rest, things come into order. Rather than obsessing over what I cannot control, I reorder priorities, and He gives me wisdom as I wake to a new day.

We indeed can find peace in those restless nights. Want to dive deeper? Join us for this episode of *Real Truth with Ruth* as we talk about finding *Peace in the Restless Night*. {eo}

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