



Treasures of the Night

Ecclesiastes 5:1-12

Insufficient sleep is considered an official public health problem. Drowsy driving is responsible for 1550 fatalities and 40,000 nonfatal injuries in the US annually. The 100,000 deaths in US hospitals each year due to medical errors are significantly influenced by workers' sleep deprivation. However, nighttime should be a welcome opportunity for repose and peaceful sleep to the believer.

“The sleep of a labouring man is sweet” (*Eccl. 5:12*). We know that God gives His beloved sleep (*Ps. 127:2*), and that true rest is a treasure from Him.

Several times God used a special deep sleep (Hebrew “*tardemah*”) to accomplish amazing purposes. Genesis 2:21,22 tells us that God caused a deep sleep to fall upon Adam. Then, God took one of his ribs, closed the flesh, and made a woman from the rib! First Sam. 26:12 records God saving David by causing an abnormally sound sleep to come upon his enemy Saul and Saul's men.

Like many of God's gifts (e.g., time, food, and intimacy) sleep can be inappropriately and selfishly used. God warns us to love not sleep, lest we come to poverty (*Prov. 20:13*) and asks, “How long wilt thou sleep, O sluggard?” (*Prov. 6:9*)

We often fail to appreciate and take advantage of the wonderful gift of sleep from God. We may even resent our need for sleep, wanting to “get more done.” However, sleep should be a precious blessing.

Even when sleep fails, God has treasures for us. He can give us songs in the night (*Ps. 77:6*) and can bring thoughts of comfort and hope to our hearts. The quietness of the night can be a tranquil time, with He and I communing together without visual distractions.

We can close our eyes and peacefully sleep because God is always awake to protect us and help us. “He that keepeth thee will not slumber” (*Ps. 121:3-4*).

~George Zeller: www.middletonbiblechurch.org



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