

When Sleep is Illusive

Psalms 3& 4

When sleep is bad for us

- **during sermons!** *Eutychus Acts 20.9*
- **with girlfriends** *Samson Jdg 16.19-20*
- **on guard duty** *Saul's soldiers*
1 Sam 26.2
- **in storms at sea** *Jonah Jonah 1.5-6*
- **instead of praying** *Jesus' disciples*
Mat 26.40-45
- **when there's work to be done**
Prov 6.9-11; 10.5; 19.15; 20.13

When sleep is hard for us

- **stress at work** *Jacob Gen 31.40*
- **disturbing dreams** *Nebuchadnezzar*
Dan 2.1
- **bad decisions** *Darius Dan 6.18*
- **oversights** *Xerxes Est 6.1-3*

God may speak when we can't sleep
Job 4.12-17; 33.15-18

sleep is hard when our mind
is in overdrive Eccles 5.12

Psalm 3

- **David's distressing situation vs1-2**
 - strength of opposition**
 - overwhelming vs 1-2,6**
 - source of opposition**
 - own son**
 - sting of opposition**
 - the game is up v2**
- **David's focus on God v3**
 - his shield Gen 15.1; 1 Pet 1.5**
 - his splendour 1 Cor 1.31**
 - his spirit-lifter 2 Sam 15.30**
 - his sustainer vs4-5**
- **good sleep is a gift from God**
Acts 12.6; Prov 3.24-26

Psalm 4

- **David's distress v1**
godless surroundings

- **David's focus on God**
the godly are for God v3
our own hearts must be pure v4
dedicate self afresh to God v5
make the right sacrifices
Ps 51.17; Rom 12.1;
Heb 13.15-16
trust God completely v5
remember how good God is!
vs 6-7; 1 Peter 1.8
experience God's joy

- **good sleep is a gift from God**
Ps 127.2; Prov 3.24