

O Come, Let us Adore Him!

44

SLEEP IN HEAVENLY PEACE

PSALMS 1, 4, 5

FOR THE GROWING CHRISTIAN:

As always, Jesus sets for us a great example of dependence on, and praise for God, in His constant communication of prayer throughout His earthly ministry. **Luke**, especially notes many occasions where one would find Jesus in prayer. Check these out:

5:16 - in the midst of His ministry.

6:12 - before choosing His disciples.

9:18 - strengthening for leadership.

9:28 - before moments of glory.

22:31-32 - interceding for His disciples.

22:41-42 - in moments of great stress.

23:46 - in the darkest moment of His life.

This is why the author of Hebrews (5:7) can speak of Jesus' earthly life as characterized by prayers and pleas to His Father!

Where is a moment in your life that could benefit from the introduction of habitual alone time with God? Morning coffee? Lunch? After work? After the game? To kick off/end the weekend? Be on the lookout for a good Psalm to read regularly at that time.

FOR THE MATURE CHRISTIAN:

Psalm 3 was most likely written by David when he was fleeing Jerusalem after the coup instigated by his son, Absalom (2 Sam. 15-18). But this psalm is appropriate for anyone facing overwhelming odds. What are your fears at this moment? Who or what are your foes? What burdens overwhelm you? Write them down then read Psalm 3. Just as with David, God is your shield - that is easy enough to understand - but God is also your glory. This Hebrew word expresses the heaviness of God's presence around you. Your challenges may be overwhelming, but God's presence with you is even more so! Know that God hears your anxieties as you lay them before Him in prayer; exchange them for peace and power! Read John 16:33; 2 Cor. 12:9; 1 Peter 5:6-7. God will be with you all the way through to His victory!

December 2024 Growth Goals

- ✦ Read at least 50 Psalms.
- ✦ Memorize one of the weekly memory verses.
- ✦ Watch the Bible Project videos on the Book of Psalms (available on the website).
- ✦ Plan for a moment alone in prayer or to read a memory verse before each "event" this month (party, concert, family get-together, etc.).

FOR CHILDREN:

Winnowing is how farmers separate the kernel of wheat (*the part you grind to make flour*), from its husk (*what the Bible calls "chaff"*). To winnow, you just drop a handful of wheat in front of a steady stream of air (*you can use a small fan, or wait for a windy day*). The kernel is heavy enough to fall straight down into a bowl. The chaff will just blow away!

Now read Psalm 1. Living life without God is described as the blowing chaff. It has no foundation, no security. But living life God's way is steady and strong, like a well-rooted tree!

WEEKLY MEMORY VERSE:

"In peace I will both lie down and sleep,
For You alone, Lord, have me dwell in safety."

PSALM 4:8

WEEKLY AFFIRMATION:

*I Woke Up This
Morning Because The
Lord Sustains Me!*