

Baptist Bugle

August 2020

First Baptist Church of Morris

Pastor - Steve Larson

Youth Director - Leslie Meloun

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Pastor's Ponderings –

While there was no semi-annual meeting this year due to COVID-19, I put together a time table of events to show how our world has changed since March.

Through it all, it's good to remember that God is still in control. He has never lost control. As now and always, He holds the world in the palm of His hand. Nothing shall be too hard for God. God can't be stopped. You cannot stop God. May we never forget and always remember; God cannot be stopped.

"I lift up my eyes to the hills - where does my help come from? My help comes from the Lord, the Maker of heaven and earth." *Psalms 121:1-2*

Sunday, March 8..... seems to be our last 'normal' Sunday, if you will. This week the country really began to change. Hoarding, all of a sudden was everywhere. There was wide spread fear and panic. You couldn't find a roll of toilet paper anywhere. Already this week, the media is stoking the fires of fear and panic. And as it turned out, this would be our last week for schools to be open.

Sunday, March 15..... we did have church this morning; both the 8:00 and 10:45 services. AWANA was canceled that Sunday evening. As it turned out, this would be our last Sunday meeting together. On Monday, the President handed down new recommendations that people no longer gather in groups of 10 or more. On Friday afternoon the Governor ordered a new 'shelter in place' order for the entire state until April 7th.

Sunday, March 22..... first Sunday with no church. But we were ready, and had a system in place to record a message and put it on Facebook, as well as the church's website. Still no toilet paper, paper towels, cleaning supplies or disinfectant wipes. Shelves are becoming more and more bare. Becoming harder to find milk, eggs and canned goods.

Sunday, March 29..... we decided this week that we would change the office hours. It's just so quiet there's no reason to keep the office open all day. The new office hours will be from 9:00-Noon Tuesday thru Friday. We got word from the Governor on Saturday that the 'shelter in place' order would be extended through the end of April. Also there will be no school through the end of April.

Sunday, April 5, Palm Sunday..... it was very strange to have an empty church on Palm Sunday. We continue to broadcast the message for Facebook each week and put it on the website. We learned how to do communion on Facebook for the Maundy Thursday Service broadcast on Thursday. So many Americans are out of work due to COVID-19, and businesses shutting down, one has to wonder how long the country can keep this up.

Sunday, April 12, Easter..... again, very strange to have an empty church on Easter morning. This is week 4 of 'shelter in place'. We got the word this week that there would be no school thru the end of the school year. And there would be no High School graduations.

Sunday, April 19..... on Thursday of this week, Governor Pritzker extended the 'shelter in place' order thru the end of May. You could hear the air go out of everybody's balloon. Very discouraging.

Sunday, April 26..... week 6 of 'shelter in place'. The Deacons and the Trustees got together this week to construct a letter to send out to the congregation with regards to the financial situation of the church during this 'shelter in place' order.

Sunday, May 3..... some states are starting to move a little bit, but not Illinois. As of May 1st in Illinois, it is mandatory that you wear a mask when out in public. People are starting to push back. Protests in Springfield and around the state. It would seem as though people are fed up and have had enough. Most of the state has moved into Phase 3 this week, but we are still in Phase 2, along with Chicago.

Sunday, May 10..... week 8 of 'shelter in place'. The Grundy County Sheriff put out a letter this week telling people how they would respond/or not respond to gatherings such as wedding receptions and graduation parties, assuring people they would not be ticketed for gathering.

Sunday, May 17..... the 3 Boards got together this morning at church to discuss moving forward as a church. How do we do that, what does that look like, etc. On Friday of this week the President said to all Governors in all states, that he wanted churches in America open, effective immediately. Effective this coming Sunday the 24th the President wants churches open. The President said that if liquor stores and abortion clinics could be open because they are considered essential, then churches should be considered essential, they should be open, and people allowed to worship. The Trustees and I talked on Saturday. We agreed that we should re-open. We would re-open slowly and carefully. We set a re-open date of Sunday May 31st; one service, no red chairs, folding chairs only.

Sunday, May 24..... on Thursday of this week the U.S. Supreme Court ordered Governors to lift restrictions on churches. Justice Brett Kavanaugh handed down the ruling. Governor Pritzker agreed, but followed with a list of recommendations/precautionary guidelines for churches in Illinois.

Also this week, on Monday, George Floyd, Jr. was killed in Minneapolis. We had no idea what would happen to America.

Sunday, May 31..... we re-opened church today. We did our Facebook recording at 8:00am like we've been doing. Then at 10:00am one regular service, open to 50 people, using only folding chairs. No offering plates passed, people can leave their offering upon exiting. The

worship team is leading in worship. Grundy County moved into Phase 3 yesterday. We also have something new to offer people as of Sunday morning, May 31st – if people are not ready to come in to church yet, they have the option now of sitting in the parking lot and listening to the radio broadcast of the 10:00am service at 103.9FM.

Sunday, June 7..... we continue with our 8:00am Facebook broadcast and our 10:00am regular service. We're getting around 35 people in church and 8-10 cars with people sitting in the parking lot listening to the radio broadcast while sitting in their vehicles. All the carpets in the church were thoroughly and professionally cleaned this week.

Sunday, June 14..... 3rd Sunday back to church with a regular service. Getting 35-40 people in the building. The Men of Action met together on Tuesday evening for the first time since the shutdown. The sub-committee met on Monday evening to discuss plans for moving forward as a church. One thing that no one saw coming is all the riots and protests in America since the death of George Floyd, Jr. on May 25th in Minneapolis. Truly America is in turmoil. And surprisingly, you don't hear much about COVID-19, it's all about the unrest and the protests.

Sunday, June 21..... 4th Sunday back to church. Still averaging 35-40 people in the building and 5-10 cars in the parking lot. The Women's afternoon Bible Study started meeting together again this Wednesday. On Thursday of this week the entire state moved into Phase 4.

Sunday, June 28..... 5th Sunday back to church with 35-40 people in the building, 5-10 cars listening on their radios in the parking lot.

Sunday, July 5..... 6th Sunday back to church. AWANA met together this evening at the church for the first time since the shutdown. The Youth Group is meeting once again as well. They met twice in June for a get together and activities. Their plan is to meet every other week in July for fun activities together and fellowship.

You read through something like this and it forces you to think back, possibly re-live some things that you've gone through. And the point is not to re-discover our fears, but to remember that Jesus has been with us, leading and guiding every step of the way. **Our God is Faithful!** So let's remind ourselves today, as we stand on God's Word, that no matter what we go through, our God is with us to the end.

"He will not let your foot slip-He who watches over you will not slumber; the Lord watches over you – the Lord is your shade at your right hand; the Lord will keep you from all harm-He will watch over your life; the Lord will watch over your coming and going both now and forevermore." From the book of Psalm 121

"I take, O cross, thy shadow for my abiding place; I ask no other sunshine than the sunshine of His face; content to let the world go by, to know no gain nor loss, my sinful self my only shame, my glory all the cross!"

May God be our focus,

Pastor Steve



OPPORTUNITIES FOR PRAYER AND BIBLE STUDY



Women of Prayer
Tuesdays at 2:00 pm



Men of Action

Tuesday evenings at 7:00 pm

Are beginning a new study, "*How God Makes Men*" by Patrick Morley

All men are invited to join us!

Women's Afternoon Bible Study

Wednesdays at 1:00 pm

We are studying a DVD series "*Perfect Ending - Why Your Eternal Future Matters Today*" by Dr. Robert Jeffress

All women are invited to come

Please contact Helen Brehm at 815-942-6625



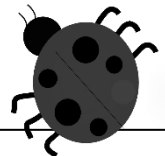
Women's Evening Bible Study

Wednesdays at 6:30 pm

Have begun studying "*Better; Study of Hebrews*" by Jen Wilkin

All women are invited to come

Please contact Colette Kirby at 815-942-9527

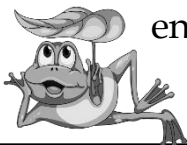


Single Moms' Group

Every other Wednesday Evening at 6:00 pm (*new time for now*)

If you are a single mom or know of one who would

enjoy meeting with others, please invite them to come with you!





NO Congregational Prayer
 Sunday, August 2
 4:30 pm

(We are still holding off meeting together)

Boards to Meet on Tuesday, August 11
 3:00 pm – Board of Diaconates
 5:30 pm – Board of Christian Education
 5:30 pm – Board of Trustees

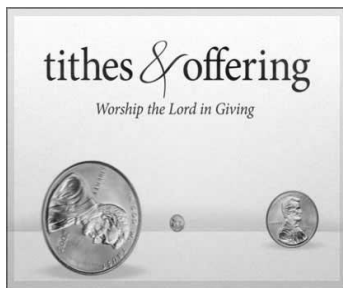
Your Board Chairman will let you know for sure if you are physically meeting together

UNIFIED GIVING

<u>Month</u>	<u>Monthly Amt. Needed</u>	<u>Monthly Amt. Received</u>
July	\$25,720.00	\$21,669.00

“The Monthly Amt. Received includes offertory that has been mailed in.”
 Church Mortgage Balance as of July 26, 2020 \$47,849.82

Thank you for your generous and faithful giving!!!



This past year \$3,266.00 has been given to be applied to the ‘principal only’! Anyone wishing to contribute toward lowering the principal should write ‘apply to principal only’ on their check. For accounting purposes, it would be appreciated if you would write a separate check if giving for ‘principal only’, rather than including it in your regular giving check. Thank You!

JEWEL-OSCO FRESH DONATION

(temporarily suspended)

Jewel-Osco continues to donate fresh food each Sunday morning.
 The donated fresh food is that which is dated and must be used.

We have a great need for volunteers to go to Jewel at 11am on Sunday mornings to pick up the food and bring it back to the church. If you are able to serve in this capacity once a month or so, please sign up on the sheet on the bulletin board near the library.

If you have any questions, please see Deb Ritke, our coordinator.

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. ~ Jeremiah 29:11



JOIN US FOR SUNDAY SCHOOL!

(temporarily not meeting)

Sunday mornings

9:30 am – 10:30 am

Nursery – 3 years and under

Preschool – 2nd Grade – Teacher Lisa Vaksdal

3rd – 5th Grade – Teacher Kara Paulson

6th – 8th Grade – Teacher Diane Gagliardo

9th – 12th Grade – Teachers Mark and Gayle Conrod

Adults – Teachers Jeff and Claudette Swiggett

Sunday School Matters...

We are still in the “social distance” mode. We want everyone to remain healthy! The “positive outcome” of this means that our parents and children are now being instruments of teaching and learning God’s word from each other! Prior to the institution of Sunday School, Christian education was part of daily life. Parents, grandparents and children all took part in Bible learning from the only book some families owned! Sadly, once Sunday School became part of Christian education many parents put their own instruction on the “back burner”. So, here we are in 2020 doing what God has intended us to do from the beginning! Let’s embrace this and instruct our children!

Sunday School is still a vital support system for bringing God’s word to everyone of all ages! It helps us learn and grow spiritually to receive God’s word and to proclaim it to others!

We look forward to meeting again in the fall. Until then, here are a few helpful resources:

- **Teaching the Divisions of the Bible** from cefonline.com
- **The Bible Project** – helping people experience the bible as a unified story that leads to Jesus. Find this at bibleproject.com
- **THE BIBLE** – as a family, learn to recite all 66 books of the bible!

Scripture memorization is crucial! Please work with your children on developing a mental resource of scripture verses! Below are the 3 new verses along with the review verses.

New Verses

1. **Christ died for us:** *“But God demonstrates His own love for us in this: While we were yet still sinners, Christ died for us.”* Romans 5:8
2. **Assurance that God is Creator:** *“In the beginning, God created the heavens and the earth.”* Genesis 1:1
3. **Assurance that God is always with us:** *“Remember I am with you always, even to the end of the age.”* Matthew 28:20

Verses for Review

1. **The value of memorizing God’s words:** *“I have hidden Your word in my heart that I might not sin against You.”* Psalm 119:11
2. **We can give Him all of our cares and worries, because He cares:** *“Cast all your worries on Him because He cares for you.”* 1 Peter 5:7
3. **When we feel afraid:** *“When I am afraid, I will trust in you.”* Psalm 56:3
4. **God’s great love for us:** *“For God so loved the world that He gave His one and only Son, that whoever believes in Him will never perish, but have eternal life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.”* John 3:16-17
5. **Truth about sin:** *“For all have sinned and fall short of the glory of God.”* Romans 3:23
6. **The greatest gift of God:** *“For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.”* Romans 6:23

Our prayer is that you become committed to learning more of God’s word and apply it to your life.

Mary Motter & Kay Kemmersbach
Sunday School Superintendents

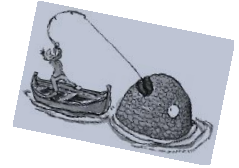




If I Were a Butterfly
song chosen by Ethan Duvick

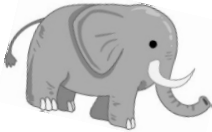


If I were a butterfly,
I'd thank you, Lord, for giving me wings.
And if I were a robin in a tree,
I'd thank You, Lord, that I could sing.
And if I were a fish in the sea,
I'd wiggle my tail, and I'd giggle with glee,
But I'd just thank You, Father, for making me *(clap)* Me!



'Cause You gave me a heart,
And You gave me a smile
You gave me Jesus,
And You made me Your child.
And I just thank You, Father, for making me *(clap)* Me!

If I were an elephant, I'd thank You, Lord, by raising my trunk.
And if I were a kangaroo, I'd just hop right up to You.
And if I were an octopus, I'd thank You, Lord, for my good looks.
But I'd just thank You, Father, for making me *(clap)* Me!



'Cause You gave me a heart,
And You gave me a smile
You gave me Jesus,
And You made me Your child.
And I just thank You, Father, for making me *(clap)* Me!
And I just thank You, Father, for making me *(clap)* Me!

RALLY DAY!

September 2020

Teacher Appreciation
Picnic at the church

Fall Sunday School (*hopefully*) begins in September!
Watch for details of dates!

*"Children are not a distraction from more important work.
They ARE the most important work."*

C.S. Lewis

OUR YOUTH OUTREACH



Awana Club
First Baptist Church
Ages 4 yrs. to 8th grade

We are very excited to have started an Awana Club here at **First Baptist Church!** Awana Club is held the 1st and 3rd Sunday of each month at **6:00 – 7:15pm**. You may register by calling the church office @ 815-942-0812. Registration is required.

Awana Club mtgs. this month...

August 2 –Meeting at Church
August 16 –Meeting at Church
August 30- Ice Cream Social w/Youth Group

Questions –
call Cheryl Johnson or Kristi Larson



Youth Group
Ages 5th – 12th Grade

Sunday, August 9
2-4 pm
Putt Putt Golf
Pizza and/or ice cream

Sunday, August 23
6-8 pm
Bike Ride or
Scavenger Hunt around town

Sunday, August 30
TBA
Ice Cream Social w/Awana

Questions –
Call Leslie Meloun

3 Things We Teach Our Children When We Pray

By Ken Berding

I am becoming increasingly convinced that one of the most significant ways we convey spiritual truth to our children is through our prayers. I believe that when we pray with our children, our children learn about our relationship with the Lord and what we believe about God. Let's look at three things we teach our children when they listen to us pray.

1. When we pray, our children learn that we have a sincere relationship with the Lord.

This past Sunday I was talking with a friend about what children learn when they listen to their parents pray. He shared with me that when he was growing up his father's prayers were formulaic and seemed artificial to him. But in recent years my friend has noticed a change in his elderly father's relationship with the Lord. What's significant is that the chief way he has come to recognize the change is by listening to the way his father prays.

I grew up with a mother who had a sensitive relationship with the Lord, and I knew it from the way that she prayed. When I was a child she used to tell me that even if all my

friends stopped being my friends, Jesus would always be my friend. I believed her. The reason I believed her is that when she prayed I could tell that she was talking to her closest friend.

2. When we pray, our children learn that we actually believe that God can and will answer our prayers.

Honestly, learning how to pray in groups in the United States has been kind of tough for me. When my wife and I lived in the Middle East, we were often around Christians who were expecting God to do big things. We knew it because of the way that they prayed. But one message has come through loudly and clearly to me in most of the prayer meetings I have attended in the United States: we don't actually believe anything is going to happen when we pray! I want my children to know that when we pray, we are speaking to a God who is strong enough to answer our prayers and who cares deeply enough to act on our behalf.

3. When we pray, our children learn what we believe about God.

The basic biblical pattern is praying to the Father, on the basis of what the Son has done, empowered by the Spirit. It is, of course, possible that we could communicate to our children a deficient view of the Trinity by praying always to Jesus as a friend, or being overly Spirit-focused in our prayers. (I am not saying that a prayer thanking Jesus for his death on the cross or a prayer to the Holy Spirit asking for him to empower you for witness is wrong, just that it isn't the biblical pattern.)

Your children will learn from you that God is holy by listening to the way you confess your sins; that God is a God of power when you worship him; that God truly cares when you call upon him in your time of need, and so on.

When I'm alone with the Lord, one of the prayers I pray more than any other is: "Lord, I want it to be real. I don't want to be a fake. I need your grace to live out what I teach." And now, by God's grace, I want my children to see the same thing in me. I don't pray for them; I pray to the Lord. But I think it's good to remember that our children are listening.

When I'm Lying in My Bed



When I'm lying in my bed,
and the furniture starts creeping,
I just laugh and say, 'Hey, cut that out!
and get back to my sleeping!
'Cuz I know that God's the biggest
and He's watching all the while.
Whenever I get scared of things,
I think of Him and smile!
'Cuz God is bigger than the boogie man!
He's bigger than Godzilla,
or the monsters on TV!
Oh, God is bigger than the boogie man!
And He's watchin' out for you and me!



Where's God When I'm
Scared?
Written by Cindy Kenney

WHAT: Live Nativity - "Oh! Come Let Us Adore Him!"

WHEN: December 11 & 12

TIME: 5:00 - 8:00pm

Plans are that we will go forward with this outreach.

We will be making costumes, a stable needs to be built, signs need to be made and some will be purchased, publicity, food etc. The animals (including camels!), which are the majority of the cost, are already reserved and a deposit has been made.

Considering what the nation and our world is being faced with for the last few months, we feel that this will bring a hopeful message to the residents and visitors of our community at Christmas. We would like for you to remember this as you are led to make a donation for this outreach. If you donate, please designate it as "Live Nativity."

This will be a church wide endeavor and we are looking forward to working together as we bring God's message to a weary world!

****We still need - seamstresses, 1-gallon milk jugs (250-300 total), and a group of men to disassemble a barn given to us to use as the stable. Please contact Stan with any questions.*

"Do not fear, for I have redeemed you; I have summoned you by name; you are Mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

Isaiah 43:1-2



Feed My Starving Children

August 22, 2020 (Restrictions apply)

November 14, 2020 TBA

11:30am - 1:30pm

We are able to volunteer again at the "Feed My Starving Children" facility in Aurora. **Right now they are only allowing 5 people at a time, so check with Jen or the church office for further information.**

This is the 6th year we will have gone, and it is an amazing day of packing meals to feed children around the world!

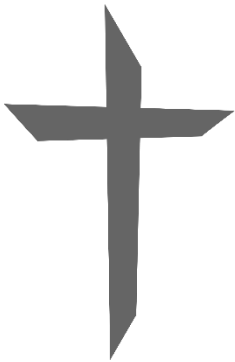
Any questions, contact Jen Goebel

AUGUST MEMORY VERSE.....



“Be Bold
And Courageous”

Joshua 1:9



MOVING FORWARD...

WE HAVE BEGUN SUNDAY SERVICES AT CHURCH!!

One Service at 10:00 am

We will be meeting inside the building
(You may also sit in your car in the parking lot
and listen to the service on FM 103.9)

We hope to begin Sunday School in September
NO Nursery available at this time

Please bring your mask and your own Bible
Practice social distancing with chairs (if not family)
Offering plates will be available at each door

There will be hand sanitizer available throughout the building
The Church will continue to be sanitized regularly

**As we move forward and as conditions permit,
we will be putting together an outdoor service.
We will notify all of you ahead of time, via the church's Facebook page.*



Just a reminder..... There will be NO Neighborhood Fest this year

Lord, teach me how to follow Your Word and bring every care and anxiety to You. Help me to trust that You will handle the situation in a way that is best for me. When I do this, then fill me with Your peace allowing me to know everything will be alright. Amen



August Birthdays

1 Kyle Schwalm, Theresa Baggett, Elane Ward
3 Melanie Zierman
4 Greg Larson, Bob West
5 Kim Enlow
6 Herman Wisslead
7 Kaden Linn, Ginger Hoaglund
8 Denise Rylander
9 Bill Brown, Amanda Hitchcock, Landy Walker
11 Robert Clark, Rodney Clark
13 Lisa Vaksdal
14 Debi Schultz, Meganne Johnson
15 Elijah Hamilton
16 Beverly Swiggett
18 Rebecca Ellis, Bob Marx
22 Marlene Burnside
23 Jon Lanning
24 Olivia Schultz, Ed Robertson
25 Kevin Sennott
29 Judy Needham
30 Nancy Hiney

August Anniversaries

1 Rick and Kim Enlow
3 Alan and Shirley Love
4 Jeff and Amanda Carlson
6 Pastor Steve and Kristi Larson
11 Joe and Kay Hemmersbach, Chris and Melanie Zierman
12 Brian and Christy Johnson
13 Chris and Kristen Day
26 Todd and Ginger Hoaglund
28 Brian and Diane Gagliardo



CHECK OUT WHAT'S NEW IN THE CHURCH LIBRARY!

You'll find the books in the "Check Out What's New" section,
located on the top shelf next to the book return basket.
HAPPY READING!

From the writers/co-producers of the film "God's Not Dead". Based on a true story, **UNPLANNED** brings us an eye-opening look inside the abortion industry through one woman's inspiring true story of transformation. Abby Johnson believed in a woman's right to choose, and as one of the youngest Planned Parenthood clinic directors in the nation, she was involved upwards of 22,000 abortions. Until the day she saw something that changed everything, leading Abby to become one of the most ardent pro-life advocates in America.

UNPLANNED
Based on a True Story

DVD/Digital



ALSO NEW IN THE KID'S LIBRARY SECTION.....

VBS

Go on Five exciting adventures with a real life dinosaur researcher!! He also shares his passion for the Gospel and creation! (All ages)

ABC'S OF GOD'S PLAN (3DVD's)

Beginning with creation all the way through God's plan of salvation and His finished work in our world!!

THE ANSWERS BOOKS

8 Books answering kids questions about God. It may answer some adult questions too!!
(Ages 5-11)

I REALLY WANT ANSWERS

3 well-illustrated, scientifically accurate, fun to read books that inspire a love for the gospel and science! (Ages 4-12)

THE DOOR OF SALVATION

Only one door to be saved from the flood and one door to personal salvation!
(Ages 4-10)

Practicing the Presence

by Max Lucado

How do I live in God's presence? How do I detect his unseen hand on my shoulder and his inaudible voice in my ear? A sheep grows familiar with the voice of the shepherd. How can you and I grow familiar with the voice of God? Here are a few ideas:

Give God your waking thoughts. Before you face the day, face the Father. Before you step out of bed, step into his presence. I have a friend who makes it a habit to roll out of his bed onto his knees and begin his day in prayer. Personally, I don't get that far. With my head still on the pillow and my eyes still closed, I offer God the first seconds of my day. The prayer is not lengthy and far from formal. Depending on how much sleep I got, it may not even be intelligible. Often it's nothing more than "Thank you for a night's rest. I belong to you today."

Give God your waiting thoughts. Spend time with him in silence. The mature married couple has learned the treasure of shared silence; they don't need to fill the air with constant chatter. Just being together is sufficient. Try being silent with God. "Be still, and know that I am God" (**Ps. 46:10** NIV). Awareness of God is a fruit of stillness before God.

Give God your whispering thoughts. Through the centuries **Christians** have learned the value of brief sentence prayers, prayers that can be whispered anywhere, in any setting.

Imagine considering every moment as a potential time of communion with God. By giving God your whispering thoughts, the common becomes uncommon. Simple phrases such as "Thank you, Father," "Be sovereign in this hour, O Lord," "You are my resting place, Jesus" can turn a commute into a pilgrimage. You needn't leave your office or kneel in your kitchen. Just pray where you are. Let the kitchen become a cathedral or the classroom a chapel. Give God your whispering thoughts.

And last, *Give God your waning thoughts.* At the end of the day, let your mind settle on him. Conclude the day as you began it: talking to God. Thank him for the good parts. Question him about the hard parts. Seek his mercy. Seek his strength. And as you close your eyes, take assurance in the promise: "He who watches over Israel will neither slumber nor sleep" (**Ps. 121:4** NIV).

If you fall asleep as you pray, don't worry. What better place to doze off than in the arms of your Father.

From Just Like Jesus

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.....**Many** of us have been there. Middle of the night. Darkness surrounds. Stars shining brightly. All is quiet. All should be at peace.

Except for one problem. We can't sleep.

Thoughts are swirling, anxieties pressing hard. Peace feels far away. Fear seems to be bigger in the dark. It's hard to see or think with clarity. Too many things can keep us awake. Wide awake. If you've lived long enough, you may have found yourself there.

Maybe the kids woke you up, or the new pet. Maybe it's just a bad dream. Or something you ate. Yet often it goes much deeper than that. Worry or stress, money problems, deep loss or grief can steal away precious hours of sleep. Illness, disease, or pain that we or our loved ones might be facing, can cause true rest to be a constant battle. Sometimes even the pain of broken relationships brings great heaviness to the soul. Unforgiveness, resentment, and anger, make it difficult to turn off our thoughts and rehearsed scripts, to find rest again.

For whatever reason, sleep and deep peace feel far away.

Recently when our family walked through a very difficult trial, I found myself there. Night after night, I was awakened by the deep hurt and pain in my heart. I prayed, I cried, I longed just to sleep again. But often, the only thing I found that could bring peace and comfort to my spirit was God's Word.

I would say out loud every verse that came to my mind, praying His powerful reminders back to Him. Sometimes I would read chapter after chapter, until sleep came again. I would awaken, the [Bible](#) still laying open, right over my heart. It didn't make all our problems go away. It wasn't a magical, instant solution. When I woke up, the pain was still there. But through time, I realized this: my mind, heart, and spirit were being renewed day by day, night by night. His peace, healing, and comfort were washing over me every time I spoke his words, believing them to be true.

I was desperate for help. And God was there.

Close. He still is.

His words are living, active, and powerful. They are the only thing that can bring us true peace in this life, whether it be through the brightness of day, or in the darkest of night.

If you find yourself there right now, or have just walked through a difficult hardship and still struggle with fear-filled thoughts or overwhelming feelings in the night, here are some Bible verses for sleep that might help to healing and peace. Allow the Scriptures to calm your mind and experience a good night's rest.

21 Bible Verses for Sleep and Scriptures for a Good Night's Rest

“Cast all your anxiety on Him because He cares for you.” (1 Peter 5:7)

“You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord Himself, is the Rock eternal.” (Isaiah 26:3-4)

“When you lie down, you will not be afraid, when you lie down, your sleep will be sweet.” (Proverbs 3:24)

“Peace I leave with you, My peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14:27)

“The LORD is close to the brokenhearted and saves those who are crushed in spirit.” (Psalms 34:18)

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Philippians 4:6-7)

“The LORD gives strength to His people; the LORD blesses His people with peace.” (Psalms 29:11)

“When I am afraid, I put my trust in You.” (Psalms 56:3)

“God is our refuge and strength, an ever-present help in trouble, therefore we will not fear...Be still, and know that I am God...the Lord Almighty is with us.” (Psalms 46:1-2, 10-11)

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things...and the God of peace will be with you.” (Philippians 4:8-9)

“In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” (Romans 8:26)

“In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.” (Psalms 4:8)

“Draw near to God and He will draw near to you...” (James 4:8)

“In repentance and rest is your salvation, in quietness and trust is your strength...” (Isaiah 30:15)

“Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.” (Matthew 11:28-30)

“...for he gives to His beloved sleep.” (Psalm 127:2)

“He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, ‘My refuge and my fortress, My God, in whom I trust!’ He will cover you with His feathers, and under His wings you will find refuge...” (Psalm 91:1-2, 4)

“But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow...” (Matthew 6:33-34)

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.” (Psalm 23:1-6)

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” (Isaiah 41:10)

“I lift up my eyes to the hills – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber, indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you...the Lord will keep you from all harm – he will watch over your life...” (Psalm 121:1-8)

Know that He is with you. Close. He will never leave you or fail you. Our God never sleeps or slumbers, He holds all things in His hands, even you. So you can rest, and get some sleep.

Peace.

Author: Debbie McDaniel



We are Secure in God's Hands

“Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith.” *1 Peter 5:8-9*

“Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.” *Ephesians 6:11-17*

“But thanks be to God, who gives us the victory through our Lord Jesus Christ.” *1 Corinthians 15:57*

“But the Lord is faithful, and He will strengthen you and protect you from the evil one.” *2 Thessalonians 3:3*

“Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you.” *Luke 10:19*

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.” *John 10:10*

“The Lord will cause your enemies who rise against you to be defeated before you. They shall come out against you one way and flee before you seven ways.” *Deuteronomy 28:7*

“I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” *John 16:33*

When we belong to Christ, the enemy never has the final word over our lives.

We are secure in God's hands.

What does Philippians 4:7 mean?



Let's look at the verse in its entirety:

“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Then let's break it into three phrases for more clarity on the meaning of this verse.

1. And the peace of God...

When you look at the word for “peace” in the Greek, the word means quietness, rest, or peace. The Amplified Bible uses the term “that peace which reassures the heart.” When you consider these meanings, you understand this peace gives you a sense of quietness or reassurance of heart that God will come through.

Notice also that it's the peace of God, which means that it reflects who God is. Since God is never rattled or anxious over any situation, He is sharing that part of His character with you.

2. ...which transcends all understanding...

When you look at this in the Greek, the word for “transcends” means to surpass, exceed, excel. The word for understanding means your mind, understanding, or reason.

3. ...will guard your hearts and your minds in Christ Jesus.

The word for “guard” here can actually mean a military guard. This peace will work to defend your mind from all invaders. It will take whatever defensive or offensive action is necessary to protect your heart and mind.

Let's put this all together for a full understanding:

The quietness or rest of God, which surpasses any understanding of your mind or anything you can reason, will watch over your heart and mind and will take whatever measures are necessary to keep them at peace.

Another way to think of it is...when you consider your situation and the peace you have in the midst of it, it won't make logical sense. You should be worried, but you're not. You should be panicking, but you're not. You should have anxiety, but you don't.

This is the kind of peace God offers. It's not a passive peace, but an active peace that is fighting on your behalf.

