

Pastor Randy's short devotion for Wednesday, March 8<sup>th</sup>:

"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to his beloved." (Psalm 127:2)

Psalm 127 is one of the recommended Psalms for use in a wedding worship service. A few verses later, the Psalm describes the family as a blessing from God. So when I meet with a couple to plan the worship service of their wedding, this is one of the Psalms I read through together. Every time I read verse two, the above verse, I cringe a little. I confess to the couple, "I am guilty of this verse, rising early and going to rest late, eating the bread of anxious toil." It seems that all of us have busy schedules and our life has turned up the speed of the treadmill and we are going, going and going. Even though at night we may be exhausted, we stay up a little late getting ready for the next day or trying to complete some house hold chores that need to be done that we didn't get to earlier in the day. Then when we do get to bed, it is hard to shut off our minds. We rehearse the days activities. We think about what all needs to be done tomorrow. Sometimes we have to figure out how to add, what didn't get done today to tomorrow's schedule. We go, go, go, eating the bread of anxious toil. The Psalmist is telling us to get off the treadmill, get off the worry train. The Lord's gift to us is rest. The Lord's gift to us is sleep. God is telling us, "I got this. I got you. Rest."