

I Couldn't Sleep at All Last Night

(Psalm 63:6)

- Introduction:
1. Do you remember the 1961 song "Tossin' and Turnin'" by Bobby Lewis.
 2. One of the hooks of that song was a line that said, "I couldn't sleep at all last night."
 3. There are many reasons why people can't sleep at night.
 4. In this lesson, I want to impress upon you the peace we have in Jesus and how we can experience that peace.

I. Reasons Some Can't Sleep

- A. Anxious to do evil.
 1. (Micah 2:1).
 2. (Psalm 36:4).
 3. (Proverbs 4:16).
- B. Anxiety and worry.
 1. (Matthew 6:34).
 2. We live in a fallen world and there are many things that have the ability to make us anxious and worrisome.
- C. Guilt and regret.
 1. (Psalm 38:4).
 2. (Ezra 9:6).
 3. (Psalm 40:12).

II. How to Get Some Sleep

- A. Rest is in Jesus.
 1. (Matthew 11:28-30).
 2. If you're not in Christ, you're missing the peace you need (2 Thessalonians 1:6-9)
 3. (Philippians 4:6-7).
- B. Seek God in the night.
 1. Meditation (Psalm 63:6).
 2. Prayer (Luke 18:1).

- Conclusion:
1. Stop trying to carry your heavy load all by ourselves (1 Peter 5:7).
 2. Peace and rest can be ours as children of God, even when our world is crumbling around us.
 3. May we learn to trust him with our anxieties and fears.