

**Resting in the
lord; whilst
asleep**

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One

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Your divine word tells me that, **“you created me to be;”** not to do. Am I so busy doing that I don't have time enough just to be; to be silent before God; to be attentive to him; to be sensitive to his still quiet voice, to just sit in his presence doing nothing.

I find this a difficult thing to do, to just sit there with God, because 90 percent of the time I fall asleep, and perhaps that is what God is just wanting from me.

There is nothing nicer for a parent than to watch their little child sleep, it is so soothing to watch. Maybe that is all God wants from me some days, just to sleep silently in his presence, knowing he can awake me any time he desires, but is content to just watch over me as I sleep. I am the one who feels guilty that I didn't stay awake, just like his apostles on the night he was betrayed by Judas. Is that guilty feeling inside of me when I fall asleep during prayer? It probably is.

I find it difficult just to be in God's presence not to be doing something for God but just sitting there perhaps dozing going in and out of sleep. And Satan puts on me guilt that I didn't stay awake for that one hour that I take out with God, and as I write this I am becoming aware that this is the way it has always been when I sit trying to be still before God, when trying is difficult instead of just sitting there anyway falling asleep or not. It is the intention to be still with God that counts, to just sit there quietly saying nothing, and not worrying if I fall asleep. {My children used to come and sit with me when we were watching television, and they would lay against me, and try as they might struggling to stay awake they would eventually fall asleep, and I was quite content with them just laying there with me. And I believe that God feels the same way, we can give him praise anytime we desire when we feel refreshed.

Perhaps this was God's plans for me to rest in him, just to take time out quietly, just sitting there dozing and not praying; and this is where I get things wrong because even dozing is my prayer because I want to be there with God, taking time out to worship him in my resting, he doesn't always want me singing or praising or praying he wants me just to be his child.

Other times when I am trying to be still before God I am sorely tempted with rotten thoughts that keep flooding my mind as I try and be still before God, and at times I am so distracted by stupid thoughts that I can't be bothered to sit quietly because the stupid thoughts of silly things, not sinful things but stupid things, like bits of TV programs, or something I saw keep coming to my mind, and at times I get distracted by flowers or plants or the door in my prayer bunker, and by lines going down the wall or some other silly thoughts that keep me distracted from giving God all my attention. Those thoughts are distractions and are not sinful or disturbing to God and everyone has them not just me or you.

This morning when I went to my bunker to pray, I had tiredness on me that I couldn't shift; I tried singing louder and faster songs but it wouldn't lift. I rebuked Satan and every demonic

power away from me, and still I was dulled, I would rather have just sat there doing nothing but dozing but I felt that I better sing and minister to God, and it was so very difficult.

Inside of me I didn't want to sing to God, but felt that I needed to push myself, to awake and sing to God, when maybe all God wanted was me being there with him. **Just sitting there listening to him instead of him listening to me.** That would make a big change. Every day I go to my bunker to minister to God in song and play the guitar, and that is six days out of seven that I do this, and some days are so hard to get through one hour and I keep looking at my watch seeing if the hour had finished so I could stop. And that is not worship or praise or ministry, it is a job I am doing and at times a difficult job instead of a delight.

Most days I feel joyful and inspired to sing and play different ways, but not always and instead of me thinking that it was Satan interfering with my ministering to the Lord it was probably God himself trying to get me to shut up and just sit there with him.

I am just thinking how would it feel like if my friend came to my house every morning and started singing and playing their guitar, I am sure there would be days when I would love it and then there would be days I would just love for them to sit and chat or just sit watching some programme on TV silently. I would not always be delighted to have to listen to them singing and there would be days that I would love to be singing with them rejoicing in God together. Come to think of it, I have been to meetings where friends have gathered before God and I loved to just sit and talk with them about the lord and about scripture or share God's miracles that he is doing through us and then someone would say, 'we'd better pray,' and silently I sighed, 'Oh God.' I was enjoying the fellowship and not realising that God said, 'when two or more are gathered together in his name then he was there also,' we didn't have to sing, all we had to do was breath, we forgot he promised to be present with us in our gathering together in his name, **he never said you have to sing and worship and praise**, you can just share about me, or when you share scripture, the word of God, **you share me**, as I am the word of God.

I just shared with a friend about falling asleep when praying and he said he done the same many times and like me he also felt guilty about falling asleep, and then like me also he tried to make it up again, trying to cram prayer into his day. And I realised there must be millions of Christians who feel like this, who like me have been deceived by Satan into thinking they have to fill in time with more prayers. When all God asks of us is to be, he created us to just love him, just as he loves us. And when I shared what I believed the Holy Spirit was saying when he said in this book about our children falling asleep and we look at them lovingly as they sleep, he laughed, and said it was great when his son would fall asleep, it was great, peace and quiet at last. Lol and he and his wife were very content to just let him lay there on the sofa while they watched TV.

But the thing that most interested me was when he said, he also felt guilty about falling asleep during prayer, and I realised this was **deception** being **placed upon us** by our great enemy Satan, and I thought how many other Christians feel the same way.

Now I know what this is I am rebuking Satan off of me and away from me, and **I have put my time of prayer into God's hands, and give him my day;** so when I go to pray whether I fall

asleep or not I fellowship with my Father and Jesus and the Holy Spirit and it is acceptable to God.

Two

No more deception

No longer will I allow Satan to deceive me in this area. When I give God my day and my night each morning, then he takes every word I said to be true and that I meant it; so everything I do is glory to him anyway. I fall asleep for his glory, I rest in him and he holds me in his arms. When I don't feel like singing and praising aloud, I am ok to just sit there with him and be there with him, even if I fall asleep. If I feel tired I can always put on a worship music C/D and listen to it and fall asleep with worship in my ears.

Dorothy De Grandis said to me one time when I told her that I always fell asleep listening to one of her healing tapes, "praise the lord you are receiving healing, because most of what we hear when awake slides past us but when we are asleep then the subconscious mind takes over and there is no distractions of any kind while we are asleep." She told me that people who wished to learn a new language or learn something important they went to sleep listening to a tape or C/D and all they heard whilst asleep went into the memory and they learned what it was they were listening to easier.

Maybe God is trying to get by my busyness to speak to me.

I realised since beginning this book that prayer for me sometimes was a stress not a joy, **I needed to get my morning worship in or things would not go as well as they should during the day.** Now I know [that has been deception](#), God loves me and never asked anything of me except that I love him in return, but I felt that I had to sing because I play guitar and minister to him.

Don't get me wrong there is nothing I love more than worshipping God and ministering to him, but not when it is a pressure on me; now I don't have to let it get to a pressure with me, I can just rest in him when I am tired and doze with him, and not get stressed out about worshipping him, now I know [my rest is a form of worship](#); it is trusting God that he just wants me in his presence, to be relaxed and enjoying the experience, and that means taking in the annoying distractions that filter through my mind and giving them to God. God tells us in his word to return to him and rest in him. What good does praying knackered do? None at all, I am too tired to truly pray, so what I will do from now on is **give God my tired time**. In fact I remember a scripture from the Psalms that says lay upon your bed in silent meditation. I tried that hundreds of times and immediately fell asleep. My wife used to say to me, 'are you away up for your wee sleep now dear,' and I would reply indignantly; 'No I am away to pray,' and fall asleep anyway no matter how hard I tried to stay awake.

Three

In quietness and trusting

Isaiah 30:15

- **Amplified-Bible**
for thus said the Lord God, the Holy One of Israel: In returning [to me] **and**

resting [in me] you shall be saved; in quietness and in [trusting] confidence shall be your strength.

This is what the lord says about coming into that place where we just rest quietly in him, he says, 'returning to me again and resting in me and trusting in me shall be your strength.' He knows we all need proper rest. Patsy Walker a deceased friend of ours used to say, 'a tired soldier is no use to the lord,' and that 'we all need our proper rest before we do something for the lord' that he directs us to do.

Like any real parent God knows when we are tired needing rest, I seen my kids fight with sleep just to get staying up later at night, they struggled with sleep and sleep always won, and we would either carry them off to bed or let them lay there and cover them over with a coat or something that was handy.

God lets us sleep and while we sleep he watches over us and protects us and covers us with a blanket of love. And he is content to get on with the business of running the world and heaven. We need to ask God to forgive us for feeling that we failed him because we couldn't stay awake, so.

“Father in heaven forgive me for all the times **I felt** that I let you down by falling asleep during my prayer time with you. I know now that you didn't mind and in fact were quite happy with me sleeping in your arms. **‘Now I forgive myself for letting Satan deceive me into thinking I was a disappointment to God.’**

God made us to fellowship with him not to put us under pressure to pray. Prayer is a constant communication between you and God, there is sometimes no need for words or actions; the main thing in a relationship is the love you have for one another.

God gave me each day I live and each day I give it back to him to fill with his love and care. Prayer is an expression of the heart, and thank God for his Holy Spirit in us who prays for us when we don't know how or when to pray or what to pray for. Trusting God for each day is prayer and is rest for your soul. **In returning [to me] and resting [in me] you shall be saved; in quietness and in [trusting] confidence shall be your strength.**

Trying to live like Jesus lived is a prayer, trying to ignore when others hurt you is a prayer, doing the best you can is a prayer, failing and asking forgiveness is a prayer, just loving Jesus and the Father and Holy Spirit is a prayer.

2 Chronicles 6:41

- **King-James-Version**

now therefore arise O Lord God, into **thy resting place, thou, and the ark of thy strength:** let thy priests, O LORD God, be clothed with salvation, and let thy saints rejoice in goodness.

Even God had a resting place, where he took time out. This scripture says arise O Lord God into thy resting place, if God has a resting place so should we also have a resting place in him asleep switched off to the stress and worries of everyday life, just resting doing nothing, just be.

Amen