**Tuesday 11th August**

Psalm 63: 6-8

On my bed I remember you;
    I think of you through the watches of the night.
Because you are my help,
    I sing in the shadow of your wings.
I cling to you;
    your right hand upholds me.

We are in a heatwave! I expect you don’t need me to tell you that! Sometimes we find it rather difficult to sleep when the temperature doesn’t drop below 20 degrees at night. But there are other times in our lives too, when we find ourselves awake whilst the rest of the world sleeps. It may be that you are up with little ones, you are working shifts, or perhaps you find yourself staring at the ceiling playing different scenarios through your mind unable to find peace. In all of those situations, God is there. Psalm 121 tells us that He ‘neither slumbers nor sleeps’.  The watches of the night can become very long if we are awake. I find it a good discipline to turn your thoughts to the Lord in those times. Begin to pray. Ask Him to make your conscious of His loving presence. Place those things that are keeping you awake into the Lord’s hands. Pray over your children. Use the opportunity to listen for His still small voice – I think sometimes God has to speak to us at night because it’s the only time He can get our attention! And as you recognise that He is with you, remember that He shelters you and is upholding you.

*Father, thank you that even when we feel alone, you are there. Thank you for your loving kindness that you keep watch over us. Help us to turn our attention to you when we are sleepless. Teach us how to sing in the shadow of your wing. Amen*

