

God's Promise of Peace

(<https://inspiration.org/daily-devotional/>)

"I will lie down and sleep in peace, for you alone, Lord, make me dwell in safety." Psalm 4:8NIV

Sleep. Something central to God's design for us. Yet millions find it hard to sleep. A recent study reported that spending related to sleep aids has increased by nearly 9 percent a year, and now totals more than \$32 billion.

Part of the problem may be the lack of balance in a person's lifestyle, or simply the pressures of daily life. One recent study confirmed that Americans are working more and sleeping less. Discussing this study, an executive at the National Center on Sleep Disorders Research commented, "Sleep is as important as a healthy diet and exercise in terms of health and wellbeing."

Yet more than half of adults admit they are not getting enough sleep. Nearly 70 percent say they have troubles that make it difficult to sleep.

Every Christian should realize that the starting point for rest and sleep is through a relationship with Jesus Christ. Just think about the life of Jesus. When crossing the Sea of Galilee on a boat, He fell asleep, and remained asleep even though a storm raged all around. Terrified, the disciples were amazed that Jesus could sleep. When they woke Him, He simply "rebuked the wind and the raging waters." He said to the disciples, "Where is your faith?" (Luke 8:22-25).

The Bible assures us that God wants us to have faith that He can give us peace and rest. He does not want us overwhelmed with problems, but wants to take away our burdens. He wants us to trust in Him and not be plagued with stress or worry. Not to allow the uncertainties and pressures to dominate our lives.

Today, if your life is filled with turmoil, God promises to give you His peace. And if you ever have trouble sleeping, call on Him. Remember His Word: "Cast all your anxiety on Him because He cares for you" (1 Peter 5:7).

News and Notes

- Our community soup kitchen has been moved to the 1st Friday of every month at 5:30pm instead of the 3rd Tuesday. The next soup kitchen will be November 3. For questions, please visit with Gary.
- A printed prayer request list is available by the bulletins in the foyer. If you have a prayer request you would like added please fill out the prayer request card in the pocket of the seat in front of you or email prayer@scottsbluffchurchofchrist.org.

Birthdays

Janie Bechtold	10/09	Chris Stillahn	10/12
Pablo Alfaro Jr	10/14	Lupita Bechtold	10/24
Megan Rudy	10/25	Pablo Alfaro 3	10/30

If you birthday has been inadvertently left off this list please let Shannon know.

Those Serving

10/8/2017

Opening Prayer: Jeremy
 Song Leader: Chris
 Scripture Reader: Tim
 Closing Prayer: Shane
 Devotion: prayer

Announcements: Chris

Table: West Dan
 Center Jay
 East Gary
 Preacher: Tom
 Song Leader: Shane

10/15/2017

Opening Prayer: Gary
 Song Leader: Shane
 Scripture Reader: Jeremy
 Closing Prayer: Chris
 Devotion: Tom

Announcements: Shane

Table: West Gary
 Center
 East Jay
 Preacher: Tom
 Song Leader: Jay