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Finding Rest Amid the Raucous by Josh Dowdy

In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. Psalm 4:8

Do you ever freak out a little at bedtime? At one-point last year, I had a couple of weeks when every night I feared I would die in my sleep. It really caught me off guard. Why was I thinking this way? Then I realized, after almost ten years without attending a funeral, I had been to two in as many months. Makes a guy think about things.

I tried combating my distress with the following thoughts: God sustains us every breath, and—from the Apostles' Creed—I believe in the resurrection of the body, and the life everlasting. After a couple weeks of still waking up alive every morning, things went back to normal. I remember those nights when I read the last verse of Psalm 4.

In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Earlier in this psalm, David laments living among the mockers. These mockers ridicule those who trust in the Lord. Worse still, they prosper financially, though all they provide the community is strife. Despite the raucous, however, David finds true rest. He does so for one reason—'you alone, O Lord, make me dwell in safety.'

The world tempts us to draw comfort from provisions, rather than from the Provider. Maybe business is good, or a stressful situation turned out fine. But these things bring only temporary relief. In Psalm 4, David relies on eternal hope. What about you and me? Why do we lie down and sleep in peace?

Josh Dowdy attends Shades with his wife and two daughters. He enjoys writing and coaching soccer.

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May the 4th Be With You!

We're wrapping up our spring semester of Wednesday night activities with another great community event. Come out to the Shades Pavilion and Rec Field for a fun night for the entire family filled with free food, inflatables, face painting, games and a Jedi Academy! Invite your friends and neighbors to come with you and use this opportunity to introduce them to Shades! The fun starts at 5:30pm on Wednesday, May 4. Come join us for a great night of family fun!

For more info on how to get involved with Men of Shades, visit www.shades.org/men

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