

Sleep While You Pray by Laura Shaw

How many times have you nodded off during prayer, especially at night in bed? Well, now you can kiss the guilt good-bye! You know why? I just found out that it can be biblical to fall asleep while you're saying those bedtime prayers! I may be stretching it a little to capture your attention, but the Lord gave me such an amazing picture of worship today that I can hardly contain myself!

I was reading through the familiar Psalm 139 passage while planning a children's praise service. Instead of Him revealing something to show to the young ones, God put me on His lap and had a talk with me.

Psalm 139 is a passage to help us understand Himself better. *"O Lord, You have searched me and You know me....."* and on and so forth with such familiarity that most of us can quote half the passage without having even memorized it. We find great comfort in the fact that we cannot go anywhere from His Spirit where He cannot find us, that He created us in our mothers' wombs and that all of our days were determined before we were even born.

Today, instead of just seeing it as a comforting and intimate passage, I also found myself ooh-ing and aah-ing over His greatness revealed in it. A less familiar part of the chapter caught me off guard with its depth:

"How precious to me are Your thoughts, O God! How vast is the sum of them!

*Were I to count them, they would outnumber the grains of sand.
When I awake, I am still with You."*

Ok, now how did it switch from what He knows to what I know? That's worship, friends. He lets us see a little piece of who He is, and a result, we are amazed and humbled. Here's where falling asleep in the middle of our prayers comes in: When we get even a small realization of the way He works, we begin to take inventory of it all. We drift off with real thoughts of Him,.. (WAY better than counting sheep)...Then when we wake up in the morning, He is still at the forefront of our minds. Read that part of the verse again: *"Were I to count them, they would outnumber the grains of sand. When I awake, I am still with You."*

I don't know about you, but I am totally WoW-ed by this. When we are given insight into a part of God's character, we worship Him as a result. After we worship Him, we want to give ourselves over fully to this great and capable God. That's probably why the chapter ends the way it does: *"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."* Let's allow Him to captivate our thoughts today, fully knowing He will occupy our minds way into the evening hour. As we start our next, new day, we will beg Him to search us and know us better before our heads even leave the pillow. We may even decide to lay in bed and pray for awhile.