

## **On The Road To Emmaus**

In our walking through this life, we get tired. When we get tired we are more prone to stumble and fall. Not only do we get weary but it seems to get dark outside with an annoying regularity. This darkness called night just intensifies our longing for rest.

Our answer to this physical limitation is that we have to lay down and try to sleep. Many times we do this without a thought or a prayer. However, if our conscious mind begins to remind us to pray we may respond with something like, "Now I lay me down to sleep, I pray the Lord...."

It is in this forgetfulness we are in the greatest danger of not resting. Our rest is disturbed with thoughts of the problems of the day. In the same way we ruminate on the potential problems that we will face tomorrow. The end result is that we do not rest.

However, God has given us in His Word some great assurances;

*"In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety." (Psa. 4,8 ESV)*

*"If you lie down, you will not be afraid; when you lie down, your sleep will be sweet." (Prov. 3,24 ESV)*

*"I lay down and slept; I woke again, for the LORD sustained me." (Psa. 3,5 ESV)*

As you are coming to the end of this day on the road to Emmaus, are you ending your day in sweet fellowship with the Lord? Remember it is our Lord who gives us the sleep that is described as "sweet".

May you enjoy a "sweet" rest when you lay down tonight so that you are prepared for the next days journey on the road to Emmaus.

## **A fellow disciple**