



Delightful Nights



“Oh, the joys of those who do not follow the advice of the wicked, or stand around with sinners, or join in with mockers. But they delight in the law of the Lord, meditating on it day and night.”

Psalm 1:1-2 (NLT)

Sometimes I think, “If only I could sleep through the night without waking, it would be such a blessing!” I’m still waiting... Nonetheless, I have received a true blessing. Having given up on fighting to sleep, I have come to learn that some of my most intimate times with God

arise as I lie in bed, deep in quiet solitude. My body is warm and comfortable, my mind surprisingly clear and alert, highly attuned to the most important things. God and I have incredible talks in the night. I share and reflect, thinking about who he is, who I am... I ask big open-ended questions and listen for God's response.

"I reflect at night on who you are, O Lord; therefore, I obey your instructions." Psalm 119:55

Like a miner discovering a vein of gold, I have found great treasure in the night. Makes me think that God intentionally wakes me... perhaps it's a treasured time for him as well?

Reflect: What do I do when God wakes me in the night?

Have you a tendency, entrenched in your work, your life, to be dominated by problems, disappointments and "to do" lists? Me too! So, it was as if the neon light "DELIGHT" flashed on the page as I read Psalm 1. The Spirit convicted me. I was not "DELIGHTING," are you?

Historically, my nights awake were filled with problem solving and worry. Often, I'd find myself stewing about something someone said or something I said to someone. Like a dreadful song stuck in my head repeating endlessly, my mind churned. Peaceful slumber eluded me. Ugh.

Newly convicted, my nightly awake times have become truly special.

"Let your face smile on us, Lord. You have given me greater joy than those who have abundant harvests of grain and new wine. In peace I will lie down and sleep, for you alone, O Lord, will keep me safe." King David (Psalm 4:6-8)

Envision God's face, a huge smile stretched across it, as he watches you lying there. Your nighttime transformation starts here. How might this change your disposition? As if looking in a mirror, I find myself smiling back! ...And unsurpassed peace ushers in a Delightful Night.

**Consider: Delighting in the Lord at night fills me with joy,
overflowing into the next day!**

Having shifted into a time of delight, let your thoughts dwell on the Lord, the One David so beautifully described. Notice how the Lord's enduring promises quell your worries.

*"The Lord is my shepherd;
I have all that I need.
He lets me rest in green meadows;
he leads me beside peaceful streams.
He renews my strength.
He guides me along right paths,
bringing honor to his name.
Even when I walk
through the darkest valley,
I will not be afraid,
for you are close beside me.
Your rod and your staff
protect and comfort me.
You prepare a feast for me
in the presence of my enemies.
You honor me by anointing my head with oil.
My cup overflows with blessings.
Surely your goodness and unfailing love will pursue me*

*all the days of my life,
and I will live in the house of the Lord
forever.”*

King David (Psalm 23)

Experience your spirit emboldened as your heart is quieted by confidence in the Lord. You'll find joy overflowing to fill your next day!

*Imagine: **My Mission powered by nighttime prayers.***

God burdened Nehemiah's heart with news of the ruined condition of Jerusalem, even more the demoralized Jews who were suffering the consequences of dishonoring God.

“Look down and see me praying night and day for your people Israel. I confess that we have sinned against you. Yes, even my own family and I have sinned!” (Nehemiah 1:6)

Nehemiah shows us that amid a Delightful Night, we have a tremendous opportunity to petition the Lord for those he's burdened our hearts with, those we serve through our Mission, ourselves included. Don't miss it!

Intimacy with the Lord during Delightful Nights melds your heart with his, overflows you with unsurpassed joy, and ironically, you'll shortly drift back to sleep. Why not transform nights of worry and dread into...

Delightful Nights?

Go off the grid and ask these questions:

Coach's Questions

- What has my time awake at night been like?
- How will I transform this time to create Delightful Nights?
- What prayer for those God has burdened my heart with will I lift up to God when I lie awake at night?

Spirit Talk

Post this where you will see it regularly.

Create Delightful Nights

"I lie awake thinking of you, meditating on you through the night."

King David | Psalm 63:6



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