

CATCHING Zs (VERSION 2)

Message: God never sleeps

Scripture: Psalm 121:3b

ZZZZZZZ

Good morning! Before we get started I need to do something. Excuse me for a minute.
(Close eyes, hang head down and pretend to sleep. Snore a little, then “wake up”.)

Oh, sorry. I just need a little nap. Do you take naps? Do you take one every day? Are they short naps or long naps? Do you snore when you sleep?

You all sleep at night, right? Most people sleep at night. Of course, some people work at night so they have to sleep during the daytime. Sounds kind of backwards, doesn't it?

Everyone sleeps at one time or another – except God. The Bible says that God never sleeps. It says right here in Psalm 121, verse 3, “He who watches over you will not slumber.” God never sleeps. He never sleeps because He's so busy watching over us all day and all night. He doesn't want even one minute to go by without watching over us, so He just doesn't sleep. I don't know about you, but it makes me feel pretty good to know that God cares about us so much that He won't even take a nap.

Let's thank him for that now: Father God, thank you for watching over us and taking care of us. We know that because you never sleep, we can sleep safe and secure in the shadow of Your wings. In Jesus' name we pray. Amen.