



How to Sleep Like a Baby, A Meditation on Psalm 3

Bob Saffrin

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The 21st century is the age of insomnia. The stresses of life have so multiplied in these times that sleeplessness has become truly epidemic. Check out the bookstore. There are hundreds of books to help you manage the pressure of life and there is more than books. They have DVD's reproducing sounds of forests, oceans, birds and rainfall. They have yoga and eastern mysticism, not to mention stress balls, stress beads, and body rollers that you roll up-and-down your head and your back to relieve stress! What does that tell us? I think it tells us that many people in our society, and Christians are not exempt, find it hard to cope with the anxieties of life. It's no wonder we can't sleep. None of us are immune to stressful, anxious days and fretful days can lead to sleepless nights. "How to Sleep Like a Baby" is a meditation on Psalm 3. It is God's prescription for those nights when your mind won't stop thinking about the struggles of the day.

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