

Glad Tidings

“And we bring you good tidings of the promise made unto the fathers...” (Acts 13:32)

Vol. XXIV

April 13, 2014

No. 15

Faith's Quiet Confidence

(Jerry Fite)

Sundowning or sundown syndrome is a condition that occurs in approximately twenty percent of people suffering from dementia and Alzheimer's. As the sun goes down, people with this condition become disoriented, confused and agitated. They may want to wander during the night in their confused state. It is a difficult time of the day for them, and their care givers.

When the sun goes down and night time approaches, do you look forward to peaceful rest? Or, do you worry about what will occur during a vulnerable time of your day?

David did not worry when the sun went down. His faith rested in God. In the fourth Psalm he writes, “*In peace will I both lay me down and sleep; for thou, Jehovah, alone makest me dwell in safety*” (Psalm 4:8). We may feel safe with an activated alarm system or a loaded gun by our bed at night. These are appropriate, but they demand that we awaken out of our sleep to defend ourselves or take necessary action. It is good to have a God overseeing our safety when we are sleeping. In peace we can both lie down and sleep.

David sees the evening time as a good time to pray to God. He has need for God's mercy, and appeals directly, “*Answer me when I call, O God of my righteousness.*” He prays with confidence because God has answered his prayerful requests before. “*Thou hast set me at large when I was in distress*” (Psalm 4:1). David reflects at bedtime of the times when stressful moments were pressing down on him, and how God delivered him, given him room to breathe again. Faith's quiet confidence tells us God can deliver again, for He is faithful and changes not (Malachi 3:6).

David also prays with confidence for he knows “*Jehovah hath set apart for himself him that is godly. Jehovah will hear when I call unto Him*” (Psalm 4:3). The godly, who live their waking hours keeping their tongue from speaking evil while departing from evil and doing good, have God's eyes and ears open to them and their needs. “*The eyes of Jehovah are toward the righteous, and His ears are open unto their cry*” (Psalms 34:15).

Bedtime is a great time to reflect quietly upon God and ourselves. Especially should we en-

gage in such reflection if we are walking in sin. David writes, “*Stand in awe and sin not: commune with your own heart upon your bed, and be still*” (Psalms 4:4). David is appealing to the “sons of men” who “love vanity and seek after falsehood” (Psalm 4:2). He encourages them to soberly think in the quietness of the hour of their standing before God. Stand in awe! Sin not! Be still! These are proper thoughts and actions that should move one to live right before God.

While David exhorts the sinner to commune with their own heart at bedtime, it is a good time for us who desire to live godly. Maybe you have spent some of your waking hours chafing over God's demands upon you. Upon your bed, reflect and “be still!” Maybe you have spent a whole day thinking you were “the center of the universe”. It is time now to soberly reflect upon God, and “stand in awe! Bedtime is a good time to mold our minds with the right perspective and resolve to “sin not” in the days ahead.

Reassuring words and a proper diet can help people with “sundown syndrome”. God's Word can equip us with quiet confidence at the end of our day.