

A Note from Pastor Wendy 17
July 31, 2020

Psalm 3:5 "I lie down and sleep; I wake again, because the Lord sustains me."

Even though we are in our homes due to COVID-19, it seems that there is not a spare moment in the day for taking a break. I do not know if any of you have been having this same problem, but there are times I feel like I need a vacation from everything.

There are some days that I spend entire days and evenings taking care of things just for the congregation. My family also keeps me busy with babysitting grandchildren and normal family responsibilities. AFS between March and until Rita left was almost a 24-hour watch and preparation for Rita's departure.

Even when we do not have the virus to blame, changes in our schedules give us stress that might keep us up all night. After extended periods of this type of schedule, those long hours bring extra stress can affect our performance and health.

This is the time for us to remember that God works the night shift, not you. Don't spend another sleepless night trying to figure out your issues. Trust that the Lord is working out all things for good. Let's give it up to God and go to sleep.

Breath on Me
While I Sleep
Tonight Lord!
That I May Wake Up Healed,
Blessed and Empowered.

Thank You Lord

Amen