

MORNING WORSHIP SERVICE
Theme: Counsel in the Night Seasons
Text: Psalm 102, 119:148
Title: Awake in the Night Watches

23 July 2006

(I) DESCRIPTION OF THE PROBLEM OF SLEEPLESSNESS

*"I am like a pelican of the wilderness;
I am like an owl of the desert;
I lie awake,
And am like a sparrow alone on the housetop" Psalm 102:6-7*

1. Interesting comparisons

a) A pelican in the wilderness

- i) Gorges itself with fish
- ii) Flies into the wilderness
- iii) Remains there all alone doing nothing till all the food is ingested

b) An owl of the desert

- i) A little owl (Athena Glaux)
- ii) Seen at twilight in Palestine
- iii) Solitude

c) A sparrow alone in the housetop

- i) House sparrow
- ii) Alone on the housetop

2. I lie awake

a) Aloneness

b) Stillness of the night

(II) DEALING WITH THE PROBLEM OF SLEEPLESSNESS

*"My eyes are awake through the night watches
That I may meditate on Your word" Psalm 119:148*

1. The night watches

a) Divided into three watches (four hours each)

- i) First watch (Sunset 6.00pm to 10.00pm)
- ii) Second Watch (10.00pm- 2.00am)
- iii) Third Watch (2.00am- 6.00am Sunrise)

- b) Need to be wakeful
- c) Watchfulness well utilized

2. The practice of Meditation

*"When I remember You on my bed,
I meditate on You in the night watches" Psalm 63:6*

*"Oh, how I love Your law!
It is my meditation all the day."* Psalm 119:97

*"I remembered Your judgments of old, O LORD
And have comforted myself"* Psalm 119:52

*"O LORD, how great are Your works!
Your thoughts are very deep"* Psalm 92:5

a) Subject of Meditation

- i) God Himself
- ii) The Word of God

b) Practice of Meditation

- i) Remembering God (His attributes)
- ii) Recalling all His deeds

c) Cultivation of a love for Meditation

- i) Great use of time
- ii) Fruitfulness