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**In the night, Lord, I remember
your name, that I may keep
your law.** (Psalm 199:55)

You are my anchor

„Freunde des Wortes“

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Dear friends of the word,

Night time is a time of peace and reflection and a time of challenge and temptation. When the world around us and our soul come to rest, when we retire for the night and lie down, we feel different excitations within us. Thoughts, memories, desires and longings, questions and fears... all this comes to life in our hearts. It occupies our minds and moves us.

In these hours, when there are no distractions from the outside, our focus is turned inwards. We can feel ourselves – with our successes and failures, with all the things that make up our life – with our dependences, vulnerability and wretchedness. We yearn for the peacefulness of sleep because we can't cope with the chaotic thoughts, but sleep won't come.

We feel alone just at a time when we would need someone who understands us. In the search for this 'someone' we can find guidance in psalm 199: “ In the night, Lord, I remember your name, that I may keep your law”! A praying person has a steadfast trust in the experience of the prophet Jeremiah, especially in times of distress. “ Yet you O Lord, are in the midst of us, and we are called by your name.” (Jeremiah 14:9) – **God is there!** He revealed himself to Moses as the '**I am who I am**' (Exodus 3:14). He is present just like a person I can confide in.

Dear friends of the word, it happened just before a peace camp. In the middle of the night I received a call of a group of teenagers who weren't allowed across the border. They missed their flight! I didn't know what to do. My soul felt restless. Again and again I asked Jesus: **Help me!** Slowly I gained an inner confidence that made me understand: “Trust me and book again.” The group could enter the country via a different route. The next evening they arrived in a joyful mood. Let's tell Jesus again and again, especially at night time: **You are my anchor!**

For the OnWordTeam

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