

Vulnerability

By Abigail Rayn



*In peace I will lie down and sleep,
for you alone, O Lord, will keep me safe.* Psalm 4:8 NLT

Cats by nature are not very trusting. They will roll over and expose their belly only when they feel content and safe. When they expose the vulnerable area of their belly and vital organs they are basically saying, "I trust you with my very life."

In a movie about a runaway teenage girl, she told the child protective custody agent that *she didn't need anyone to keep her safe because God was taking care of her*. Every night when she went to bed, she gave her prayer requests to God in faith and with complete trust she believed that He would keep her safe.

Do we have faith God will keep us safe? That we can trust Him with our very life? Am I really able to expose my weakest, most vulnerable areas to Him?

I once went through a season of extreme sleeplessness. Difficulty falling asleep, waking at 3:00 every morning and running on less-than-optimal rest plagued me day after day for months, then years. Circumstances in life overwhelmed me every day. I had no peace and definitely did not feel safe. As I look back at that time in my life now, I now see how God protected and carried me through those dark nights as my soul cried out to Him relentlessly. I clung to the assurance that He would get me through it. And He did. In the process, I learned how to completely surrender my helplessness to Him. Initially, I tried doing it on my own; everything from counting sheep to chamomile tea; from diet and exercise changes to melatonin and other sleep drugs. Then I began a practice of reading and meditating on an

evening devotion before bed, reciting scripture in my mind and praying. Soon I would drift off to sleep without realizing it and if I woke during the night, I would pick up right where I left off.

Though circumstances have since changed since those dark days, I still occasionally experience a bout of anxiety that threatens to disrupt my sleep. But I know enough to not avoid this comforting evening ritual because I am aware that my Heavenly Father is waiting to hear from me and carry me into a restful slumber. As I crawl into bed and feel the cool crisp sheets on my skin, my body sinks into the downy mattress, feelings of safety warm my soul. I inhale deeply and exhale slowly allowing the rhythmic breathing to cycle with words of scripture. God knows all that I will bring to Him tonight, even before my first thought forms, yet it is in my bringing it to Him that our bond of trust is growing stronger. I know I can trust him to give me peace and keep me safe.

I love how God uses the common things in life to show me His love and presence, in every situation. This day He used my cat Autumn to remind me of His constant presence and watchfulness over my life; in hours of wake and even when I sleep. He reminds me to be vulnerable with Him and trust Him with every part of my life.