

When you lie down, you will not be afraid; when you lie down, your sleep will be sweet. Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be at your side and will keep your foot from being snared.  
- Proverbs 3:24-26

### Afraid

The word "Afraid" stems from the word for "Fear". "Fear" can be used in relation to a healthy fear, a respect, awe or reverence; **but** here in Proverbs 3 it is used with a foreboding sense of approaching danger and terror. Therefore, we are encouraged, God is our Defense and Protector against danger and terror. We are strengthened to trust God and not to be afraid of all the bad things that "could happen", but instead, to concentrate on God, our Guide and Champion. The Lord will continue to Shield us against all things that play on our fears.

### Lie Down, Sleep

The people during Old Testament times made sure they were as safe as possible where they had chosen to take a nap or to sleep for the night. In those days, danger was often close at hand. A sleeping person was not able or ready to defend themselves or their loved ones. Hence, if a family had chosen to "lie down and sleep", then they had already made sure that they were as safe as possible. The meaning here is that we are safe and sound with the Lord watching over us. We can relax, because God has made sure that we are safe under his protective care; we can be assured that our rest and "sleep will be sweet".

### The Lord at Your Side

"Have no fear of sudden disaster", because "the Lord is at your side". In other words, God protects us while we are awake and moving about - he is right there at our side, walking with us day-in and day-out. In the previous paragraph we saw that our lives are protected even while we sleep. Now we see that we are protected through our day to day lives also. As the old Celtic statement reminds us: God sends his Holy Spirit to be with you at all times, in fact, the Spirit is above you and below you, to your right and to your left, in front of you and behind you, within you and around you. We are protected in this life! God does not rest where our protection is concerned.

He will not let your foot slip - he who watches over you will not slumber;  
indeed, he who watches over Israel will neither slumber nor sleep.

- Psalm 121:3,4

### Keep Your Foot from being Snared

"God will not let your foot slip" - Psalm 121:3

As we have seen above - God watches over us while we are sleeping and while we are awake. Here we see that God will not allow our paths to get us into danger, God will "keep your foot from being snared". If we move into a scary area or into an activity that is not good for us, God will intercede. God will redirect us, let God do what needs to be done!