

*Many people have a difficult time sleeping. Feeling sleepy and heading for bed but immediately becoming awake with worrisome thoughts and the day's dramas encircling like birds of prey, problems with no solutions, heavy burdens and problem solutions recycling for hours, with sleep evading and eroding though badly needed, become the usual. These are very hard experiences because of our tiredness from the day just lived, and the full schedule set and necessary for the tomorrow.*

*I first heard this song (All Through the Night) as a schoolgirl...had no spiritual concepts and a poor concept of God, but somehow I loved this as a lullaby. And at some point I found out it was composed in the 1700's. Recently, very suddenly, this came wafting into my head, sound and all, then entered my heart with comfort and thanksgiving. While I know the word 'child' caused this to be considered a bedtime lullaby for children...I keep having this thought that child means also 'child of God'...so these days I am reading these awesome words over at bedtime. May I offer these words to you from our Father, about whom the Bible says, "He gives His beloved sleep." (Psalm 127:2)*

*I even wondered if some nursing home residents would be comforted and sleep better at night if they had copies of this precious lullaby. Just wondered. (le)*

*With Prayer:*

**Father, when I can't sleep and for all nursing home residents who can't sleep, make your presence known because You are the Father, the Comforter, the Great Shepherd of the sheep, and You and Your Words give peace when the spiritual ears are open to hear and the heart to receive. May the words of this lovely lullaby be heard by myself and your children. In the name of Jesus, Amen.**

*(le/May 2023)*

**All Through the Night**



Sleep, my child, and peace attend thee  
All through the night;  
Guardian angels God will send thee  
All through the night.  
Soft the drowsy hours are creeping,  
Hill and vale in slumber sleeping,  
I my loving vigil keeping,  
All through the night.

While the moon her watch is keeping  
All through the night;  
While the weary world is sleeping  
All through the night.  
Over thy spirit gently stealing,  
Visions of delight revealing,  
Breathes a pure and holy feeling,  
All through the night.

Deep the silence round us spreading,  
All through the night;  
Dark the path that we are treading,  
All through the night.  
Still the coming day discerning,  
By the hope within us burning,  
To the dawn our footsteps turning,  
All through the night.

Star of Faith the dark adorning,  
All through the night;  
Leads us fearless toward the morning,  
All through the night.  
Though our hearts be wrapped in sorrow,  
From the home of dawn we borrow,  
Promise of a glad tomorrow,  
All through the night.