



EVENING PRAYER DEVOTIONAL

TUESDAY, MARCH 24, 2020

Readings: Psalm 63, 64; Proverbs 22; Ephesians 4:17-end

“When I remember you on my bed, I meditate on you in the watches of the night. Because you have been my helper, therefore under the shadow of your wings I will rejoice.”

I stay up late more than I should. I like to tell people I am a night owl, but with Netflix and Disney+ there is just so much to watch these days. But there are nights where my own anxiety keeps me up. I think way too much about what I could have done or should have done, and then wonder what the next day will bring. Some nights I suppress this with watching 1990s nostalgia Marvel cartoons. But the psalmist offers something better.

We remember the Lord on our bed, and meditate on him in the watches of the night. The Daily Office is a remarkable gift from the Church because it sets our prayers in motion throughout the hours of the day. All of time belongs to the Lord, even the hours of the night where we are most anxious and probably just need to go to bed. But before we lay our heads upon the pillow, we remember the Lord. We remember how He has revealed Himself to us all throughout Scripture, and ultimately through our Savior

Jesus Christ. This puts everything in perspective when the psalmist declares, “because you have been my helper.”

When the psalmist uses the word “helper” it is a word often in the context of divine rescue. It is the kind of

help where we find ourselves between the Red Sea and the murderous Egyptians. It is the kind of help where we are thrown in the fire, and yet the Lord still preserves us. It is the kind of help where we even feel trapped in our own thoughts at night, and the Lord never quits on us. But our chief divine rescue and help has already come. He has come and self-identified in our pain, heartache, and sinful depths. He is Christ crucified, the man of sorrows, and advocate of sinners. We once stood con-



demned and judged before Almighty God, but now in Christ, we are justified, forgiven, and adopted into the Kingdom of God. Remember the Lord in the watches of the night, because He is your helper in all things.

Baptized child of the Triune God, rest easy upon your pillows tonight. Amen.

- Fr. Joe