

Ecclesiastes 5:12, “The sleep of a labouring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep.”



To remember the reference, you can think about how we use our hand to labor. Our hand has five fingers (The chapter).

Most of us work at a job eight hours a day, but when we come home the work does not cease. We continue to labor. John 11:9, “Jesus answered, Are there not twelve hours in the day? ...” There are twelve hours in a day for our labor (The verse).

As we get older, we realize the value of sleep. Going without sleep results in health issues and mind concentration. Our bodies and our spirits need sleep.

The Bible gives us the remedy for sweet sleep: labor. You may go to bed with hunger pains, but you can wake up feeling refreshed!

This is not an excess of labor that leads to riches. This person whom is granted sweet sleep is fully trusting in the Lord to provide their every need. Each day they dedicate their time to the Lord and work at whatever job God has put in their path. And if they do go to bed with hunger pains, their sleep is sweet because they are not worrying about their next meal. They know God will provide.

