

Jeremiah 31:26

Authorized King James Version (KJV)

Upon this I awaked, and beheld; and my sleep was sweet unto me.

Analysis

Upon this I awaked, and beheld; and my sleep was sweet unto me. This brief but profound verse records Jeremiah's response to the vision of restoration he received in verses 23-25. The phrase 'upon this I awaked' (zot haqiytzoti, זֹאת הַקִּיְצָתִי) indicates Jeremiah awoke from a prophetic dream-vision—a recognized mode of divine revelation (Numbers 12:6, Joel 2:28). The prophet 'beheld' (ra'ah, רָאָה, saw/perceived)—surveying both the dream content and its implications upon waking.

Most remarkably: '**my sleep was sweet unto me**' (shenati areivah li, שְׁנָתִי עָרֵבָה לִי). The adjective arev (עָרֵב) means sweet, pleasant, agreeable—used of honey's taste (Proverbs 24:13) and pleasant words (Proverbs 16:21). After decades of pronouncing judgment, warning of destruction, and being rejected by his people, Jeremiah finally received a message of pure hope. The sleep was sweet because the dream content was sweet—God's promise of restoration brought deep satisfaction and rest to the weeping prophet.

This verse humanizes Jeremiah, showing the emotional toll of prophetic ministry and the corresponding relief of receiving a hopeful word. It also validates the dream-vision as genuinely from God—its 'sweetness' aligned with God's character as covenant-keeper and redeemer. Revelation 10:10 echoes this when John eats the scroll that is sweet in his mouth but bitter in his belly—God's word brings both comfort and challenge.

Historical Context

Jeremiah's ministry spanned approximately 627-586 BC, covering Judah's final decades and Jerusalem's destruction. For forty years, he prophesied judgment, endured persecution, was imprisoned, and watched his warnings come true. Chapters 30-33 (the 'Book of Consolation') represent the hopeful counterpoint to decades of doom—God would restore after judgment. This 'sweet sleep' likely occurred during or after the Babylonian siege, when Jeremiah was imprisoned (32:2-3). Despite present suffering, the vision of future restoration brought deep comfort. The sweetness wasn't escapism—Jeremiah still faced persecution—but hope grounded in God's character and promises.

Related Passages

Romans 1:17 — The righteous shall live by faith

Hebrews 11:1 — Definition of faith

Study Questions

1. What does Jeremiah's 'sweet sleep' teach us about the emotional impact of God's promises on those who proclaim hard truths?
2. How can God's promises of future restoration bring present peace even when circumstances remain difficult?
3. In what ways should Christians today experience the 'sweetness' of biblical hope in the midst of suffering or persecution?

Interlinear Text

לֵי: עַ רְבָה וְשָׁנְתִת יְ וְאָרְאָה הַנְּקִיצָת תִּי זֶ אַת עַל
H5921 H2063 Upon this I awaked H6974 H7200 and beheld H8142 and my sleep H6149 was sweet H0