

Proverbs 3:24

Authorized King James Version (KJV)

When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.

Analysis

Wisdom promises peaceful sleep without fear. The Hebrew 'pachad' (fear/dread) describes anxious worry that disrupts rest. Sleep quality reflects internal peace - the guilty and anxious sleep poorly; the righteous rest well. This verse promises that wisdom produces clear conscience and trust in God's providence, enabling peaceful sleep. Proverbs 3:24-26 expand this theme: wisdom delivers from fear because God is your confidence.

Historical Context

Ancient world lacked modern security measures - night brought vulnerability to theft, attack, wild animals. Peaceful sleep required trust in God's protection. Psalm 4:8 and 127:2 similarly connect godliness with peaceful sleep, contrasting anxious self-reliance with restful trust.

Related Passages

Romans 10:9 — Confession and belief for salvation

Ephesians 2:8 — Salvation by grace through faith

Study Questions

1. What anxieties disrupt your sleep, and how might growing in wisdom address them?
2. How does trusting God's providence enable peaceful rest even amid uncertain circumstances?
3. What practices before sleep might cultivate the peaceful conscience wisdom produces?

Interlinear Text

אִם	! שְׁכַבְתָּ	לֹא	תִפְחָד	! שְׁכַבְתָּ
H518	When thou liest down	H3808	thou shalt not be afraid	When thou liest down
	H7901		H6342	H7901
וְעֵרְבֵהּ	שְׁנֵתְךָ:			
shall be sweet	and thy sleep			
H6149	H8142			

Additional Cross-References

Psalms 3:5 (Parallel theme): I laid me down and slept; I awaked; for the LORD sustained me.

Psalms 4:8 (Parallel theme): I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

Proverbs 6:22 (Parallel theme): When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee.

Jeremiah 31:26 (Parallel theme): Upon this I awaked, and beheld; and my sleep was sweet unto me.

Leviticus 26:6 (Parallel theme): And I will give peace in the land, and ye shall lie down, and none shall make you afraid: and I will rid evil beasts out of the land, neither shall the sword go through your land.

Psalms 127:2 (Parallel theme): It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

Job 11:19 (Parallel theme): Also thou shalt lie down, and none shall make thee afraid; yea, many shall make suit unto thee.

Ezekiel 34:15 (Parallel theme): I will feed my flock, and I will cause them to lie down, saith the Lord GOD.

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