

About a month ago I wrote an article about me buying a puppy and naming her Mosa (it's an African name that means grace). I bought her before she was old enough to leave her mother, so this past Saturday, she was finally able to come home. I am so excited to have her with me. However, having a puppy puts a big strain on sleep time. The first night I had her, I got almost no sleep. We went to bed at 11:00 pm, she was up at 3:00 am. We went outside so she could poop and pee and she did. (So far she's only gone 3 times in the house.) So we got back inside after she went potty and I put her back in her crate. She whined for 30 minutes and finally stopped. Then at 4:00 am she whined for another 30 minutes. At 5:00 am she whined for another 30 minutes. I was almost ready to take her back just so I could get some sleep. At 6:00 am she whined for 30 minutes and I finally got out of bed at 7:00 to take her for a walk. Sunday night was the exact same. I literally got about 4 hours of sleep on each of those two nights. By Monday I was ready to try something new. I took the advice of a couple other people who suggested I put a sheet over the crate so that Mosa could not see outside. She whined for about 5 minutes at 3:00 am, but after that she didn't make a peep. Tuesday night was the same way. I was actually able to get some sleep.

It's amazing to me how much difference it can make when the dog can see and when it cannot see what's going on around it. When Mosa looks around and feels alone, she whines, but if she doesn't pay attention to what's going on around her, she can make it through the night peacefully. This kinda leads me to think about Jesus and Peter walking on the water. Jesus was walking on the water and told Peter to come to Him. Peter began to walk out towards Him, but when he saw the wind and the waves he was afraid and began to sink. Peter began to sink because he was afraid. (Matt 14:22-33)

When we take our eyes off Jesus and look at the circumstances, life can look scary. If I look at all the things that are going on around me and how fast the world is moving and all the problems and struggles of the day, I get stressed and frustrated and scared. It is only by focusing on Christ that I am able to live with peace. Thank God for sheets that cover dog crates and help me get sleep that way. Thank God that if I just keep my eyes on Him, He can help me get sleep at night.

Matthew 11:28-30

28"Come to me, all you who are weary and burdened, and I will give you rest.

29Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30For my yoke is easy and my burden is light."