Del Norte Triplicate COMMUNITY

The Lord Who Visits Us in the Night

By Tori King September 24, 2026

The Lord's counsel gives wisdom and advice on how to live, whether He was hiding in a cave or ruling from a palace.

Psalm 16:7: David said, "I bless the Lord who gives me counsel; in the night also my heart instructs me."

The fact that David mentions that nighttime is when some of this counsel, instruction, and correction comes is likely because, in the life of a king—as you can imagine—one responsible for overseeing an entire nation, the day is full of meetings, administration, public responsibilities, and all kinds of pressing activities. It is not unlikely that David felt so pressured that it was hard for him to find time for reflection or meditation. When nighttime came and everyone went to sleep, and he was all alone and everything was quiet and still, he could finally pause from the pressures and be more reflective and receptive to the working of God in his heart.

The Lord often deals with us very deeply. The Lord Himself, through our deep affections, is instructing us. Psalm 1:2: David says that he meditates on the Law day and night. This means he reads the Word of God for instruction, discipline, and direction. When we study the Word of God, it is written on our hearts. By waking up with God’s truth fresh on our minds, our hearts are anchored so that we "shall not be shaken."

Psalm 17:3: "You have tried my heart, and you have tested me. You have visited me in the night." Many times David was running from his enemies and escaping from King Saul, who wanted to take his life.

The Lord tests believers today, too, but how believers respond is extremely important. The Lord disciplines those whom He loves. Hebrews 12:11: "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it."

What decisions are you facing? Spend time with the Lord and build a close relationship with Him. Humble yourself before the Lord and get to know the God who will visit you in the night while you sleep. He will give you counsel and direction for your life. The Holy Spirit will comfort you and open your heart to receive a Word from the throne room of God.