

EQUIP MEN (5)

A:

Q: What can sleep become? How?

“Do not love sleep or you will grow poor; stay awake and you will have food to spare.” (Proverbs 20:13)

A:

Q: Are there ever times when sleep should be sacrificed? How is Jesus’ example instructive for us?

“One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles.” (Luke 6:12-13)

A:

Q: What is sleep a picture of? What does our sleep and waking remind us of? How can this be a daily encouragement to us?

“We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him... the dead in Christ will rise first.” (1 Thessalonians 4:14, 16)

A:

Don Carson:

“Sometimes the godliest thing you can do in the universe is get a good night’s sleep – not pray all night, but sleep.”

Application: **Ask God for a good night’s sleep and find a way of getting one**

Q: What practical things can you do to get the sleep you need?

Introduction

Godly men aim to glorify God

“So whether you eat or drink or whatever you do, do it all for the glory of God?” (1 Corinthians 10:31)

We learn how to do this from THE godly man

Jesus read the Bible. Jesus prays. Jesus loves the church. Jesus slept.

“A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the stern, sleeping on a cushion.” (Mark 4:37-38)

Why did Jesus sleep?

He was human.

“Jacob’s well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about the sixth hour.” (John 4:6)

He trusted God.

“I lie down and sleep; I wake again, because the LORD sustains me.” (Psalm 3:5)

“I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.” (Psalm 4:8)

Godly men are thankful for sleep

Q: How much sleep do you get each night?

Q: Do you think you sleep too much or too little?

Q: Why don't you sleep more?

Learning from Science

Adrian Reynolds:

"Our sovereign God allows even those who don't acknowledge Him to understand something of humanity and have the wisdom to fix things that go wrong."

How much sleep do we need?

- Babies: 16-18 hours.
- Infants: 13-14 hours.
- Children: 9-10 hours.
- Teenagers: 8-9 hours.
- Adults: 7-8 hours.

Mental Health Foundation:

"Sleep is as important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health. Sleeping helps to repair and restore our brains and our bodies."

What are the consequences of not getting enough sleep?

Physical: Sleep loss increases the risk of a cold, obesity, high blood pressure, developing or dying from heart disease.

Emotional: Sleep loss produces apathy, irritability, weepiness, impatience, anger, and increases the risk of depression and anxiety.

Intellectual: Sleep loss slows our thinking, compromises our memory, and makes it difficult to focus and learn.

Moral: Sleep loss can lead to a lack of self-control.

Societal: Sleep loss is linked to a greater risk of a driving accidents

Learning from Scripture

Q: What is sleep?

"In vain you rise early and stay up late, toiling for food to eat – for he grants sleep to those he loves." (Psalm 127:2)

A:

Q: What is sleep evidence of?

"My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip – he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep." (Psalm 121:2-4)

A:

Q: Why do we need sleep?

"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place." (Mark 6:31-32)