

Biblical Sleep

Selected Scriptures - NCBC, January
20, 2019

Main Point: **What you believe about your sleep uncovers your real beliefs about God.**

- Sleep is God's gift to His creation
 - For a Sabbath pattern for man (Mk 2:27)
 - For daily imitating God's rest (Gen 2:2-3)
 - For physical restoration (Jn 11:12)
 - For a daily dependence on Him (Ps 121:4)
- Sleep pictures gospel rest and resurrection
 - Sleep illustrates salvation (Mt 11:28-30)
 - Sleep gives all glory to God (Mk 4:27)
 - Sleep reminds us of death (1 Thess 4:14)
 - Sleep points us to heaven (Heb 4:9-10)
- Sleep requires humility and faith in God
 - Humility accepts human limits (Phil 2:5-7)
 - Faith trusts God for outcomes (1 Cor 4:2)
 - Humility relinquishes control (Ps 3:5)
 - Faith sleeps well (Mk 4:38; Acts 12:6)
- Sleep can be disturbed by idolatry and sin
 - The bitterness of trouble (Ps 77:4)
 - The fear of anxiety (Eccl 2:22-23; Ps 127:2)
 - The pride of riches (Eccl 5:12)
 - The foolishness of little sleep (Mt 6:31ff)

Application: **Humbly prioritize your sleep as you depend more on God.**

Opening Announcements:

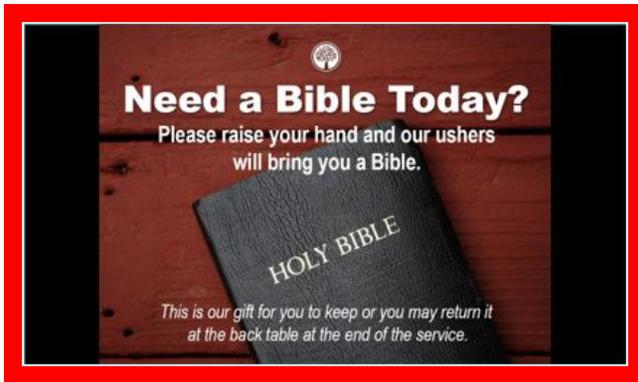
- Annual Meeting Jan 27th – All Invited! Pick up report today to review in advance. Exciting times!
- Rooted Student Ministries Ice Camp returns today! Opp. to clean off leaders' cars before they return.
- Living Alternative Pregnancy Center – Shelley Hauter

<<It is Well with My Soul>>



Only because of Jesus are we able to sing that anthem of faith together. "It is well with my soul!" Because of Jesus, my soul is at rest this morning. And because of what Jesus accomplished through His death and resurrection, my soul is safe and well for all of eternity future!!

What a joy to be able to gather together this morning to worship our great God in the midst of this snowy winter. I missed our worship together last week, and my heart is eager to continue our worship now through the preaching of God's Word.



Please open your Bibles to **Psalm 127** this morning. If you don't have a Bible today, simply raise your hand and we'd be delighted to give you one.

Every year we set aside our first several Sundays to focus our preaching on key spiritual disciplines for Christ-followers. These messages, like our sermon this morning, are more topical in nature than most of our expository sermons that work through a single paragraph phrase by phrase. These studies tend to be a bit more systematic – seeking to communicate the intention of the whole counsel of God on a particular subject of critical importance to Christ's disciples.

Two weeks ago Pastor Somers started us off with an excellent sermon about "Jesus, Money, and Us." Today we will focus on what the Scriptures teach about sleep. Next week I will preach on Financial Stewardship, and then the following week I'll preach through the biblical teaching related to women's roles in the church.

Then I'm excited to announce that we will be preaching through the Gospel of Matthew throughout the rest of

2019 and beyond, as God provides. After preaching through **1 Peter** and our favorite Psalms last year, I'm excited to preach through the life and kingdom of Christ according to Matthew's gospel. So pray with me that God will use the preaching of His Word in 2019 to make us more like Jesus in our head, hearts, hands, and home. May God be glorified as our hearts continue to worship Him together through eager obedience to His Word.



This morning our focus is on sleep. There are over 80 Scripture verses in the Bible that reference sleep, and since God created us to spend nearly 1/3 of our lives doing it, it is worth our careful attention this morning.

Please stand in honor of the public reading of God's Word, as I read **Psalm 127:1-2** from the **English Standard Translation** to get our study started this morning.

Unless the LORD builds the house, those who build it labor in vain. Unless the LORD watches over the city, the watchman stays awake in vain. 2 It is in vain that you rise

*up early and go late to rest, eating the bread of anxious
toil; for he gives to his beloved sleep.*

These are the very words of God. You may be seated.

Let's Pray.

We live during a time that foolishly tends to equate busyness with status. The greater someone's authority or power, the fuller their calendar and more active their cell phone. We enjoy some of the greatest time-saving conveniences of history, and yet are still one of the most stressed-out and discontent generations in history. Our pride refuses to really rest, so we end up numbing our minds and our bodies with multiple hours of media and endless streams of information every day.¹

So in our cultural context of self-made busyness, let me ask you an honest question: Is it more godly to go without sleep for another important activity? I'm not just talking about Netflix's declared war on sleep as its greatest competitor.² I'm asking, do you believe it's typically more godly to go without sleep for other *important* activities – like work, or ministry, or prayer, or caring for your loved ones? Are you more like Christ when you deny yourself sleep so you can get more done?

I confess that I've grown up with such a priority on achievement and accomplishment that I've tended to believe this lie. I tend to think that I'm more godly when I deny myself sleep. After all, didn't Jesus pray all night in **Luke 6:12**? Didn't Jesus rebuke the disciples for sleeping instead of praying the night before the cross?³

¹

<https://www.nielsen.com/us/en/insights/news/2018/time-flies-us-adults-now-spend-nearly-half-a-day-interacting-with-media.html>

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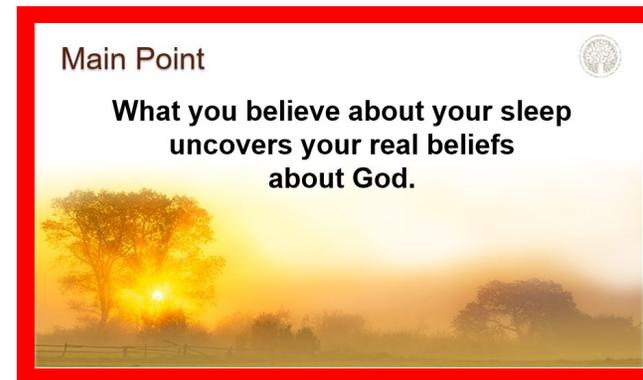
<http://nymag.com/intelligencer/2017/11/netflix-says-top-competitor-is-sleep.html>

³ Matthew 26:36-46; Mark 14:32-42

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But this morning our study of God's design for our sleep is going to reveal the biblical wisdom behind our daily requirement for rest. Just think about this – God purposefully created us to be dead to the world for nearly 1/3 of our lives! God built into our physical constitution nearly 8 hours of unconscious dependence and neediness every day. And to intentionally deny our need for sleep or deprive ourselves from sleep in the name of accomplishment says more about our theology than anything else.

This morning we're going to look at a number of different Scriptures which support our main thesis:



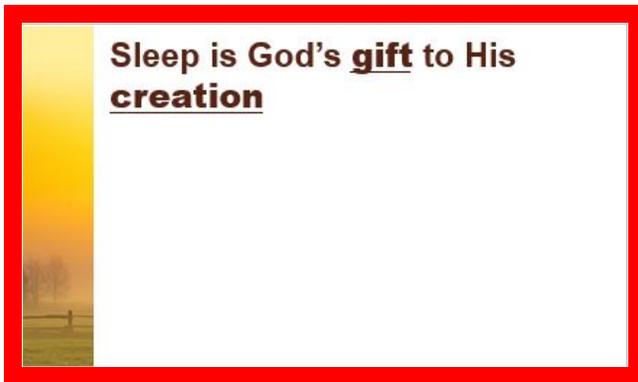
What you believe about your sleep uncovers your real beliefs about God.

Of course there is a very real biological aspect to how well we sleep at night that is beyond the focus of this particular sermon. Our diets, our exercise, and a host of medical conditions can all impact how much we sleep, and how well we rest when we are trying to sleep. For sure all of these medical issues truly impact our sleeping.

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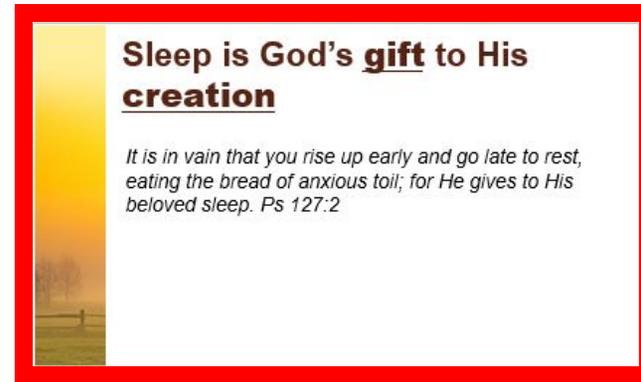
But for this particular sermon, our focus is more on how we *think* about sleep in general. How much we *prioritize* our need for sleep. Do we view sleep as a necessary evil? Do we view sleep as our escape from responsibility? Or most importantly, how does God Himself think about our sleep, and do my beliefs about sleep agree with God's?

So let's start our study by considering the verses we read from **Psalm 127** where we observe that,



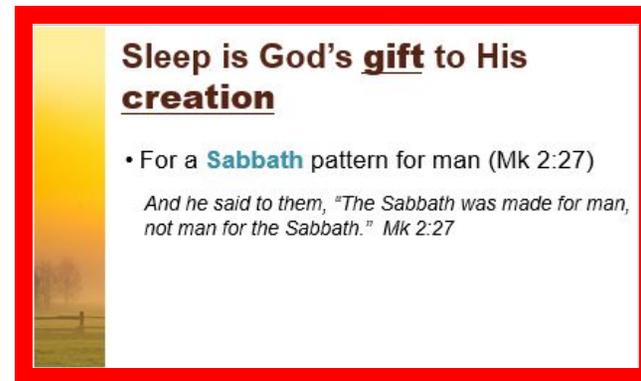
Sleep is God's gift to His creation

Every night when you lay your tired head on your pillow, you have an opportunity to accept a wonderful gift from your Heavenly Father,



...For He gives to His beloved sleep.

There are a number of ways you could think about sleep as a kind and generous gift from God to you. First God gives His creation the gift of sleep,



For a Sabbath pattern for man.

The fourth commandment established a weekly rhythm of rest for God's people.⁴ As pastor Kevin DeYoung writes,

⁴ Exodus 20:8-11

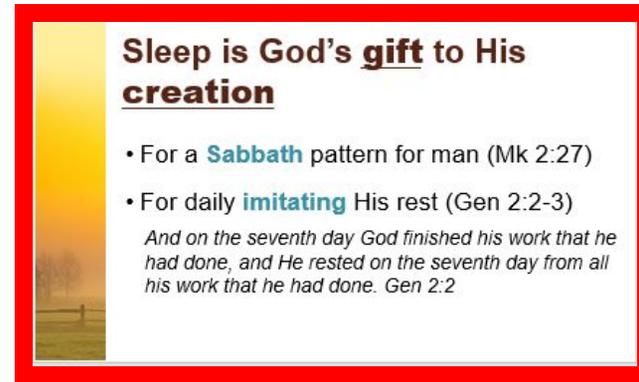
“God gives us Sabbath as a gift; it’s an island of get-to in a sea of have-to. He also offers us Sabbath as a test; it’s an opportunity to trust God’s work more than our own.”⁵

And that’s exactly what God’s gift of sleep is for us as well – it’s a gracious *daily* reminder from our God who doesn’t sleep⁶ that we are not God.

Pastor John Piper says this so well,

“Once a day God sends us to bed like patients with a sickness. The sickness is a chronic tendency to think we are in control and that our work is indispensable. To cure us of this disease God turns us into helpless sacks of sand once a day. Sleep is like a broken record that comes around with the same message every day: Man is not sovereign. Man is not sovereign. Man is not sovereign. Don’t let the lesson [of sleep] be lost on you. God wants to be trusted as the great worker who never tires and never sleeps.”⁷

Second, God gives the gift of sleep,



For daily imitating His rest.

Genesis 2 teaches that God rested on the 7th day and thus established a Sabbath pattern for His people. But here’s a question for you: why did God rest? The infinite Creator is all-powerful, and He never grows weary⁸ – so therefore God didn’t rest because He was tired, but rather because He was satisfied. His rest was an act of contentment and pleasure.

And so should the Christian’s nightly slumber be as well. Truly believers should sleep differently than unbelievers. Because every night God gifts His beloved with the ability to take pleasure in what He accomplished in that day. The Christian knows that work and rest are not at odds with each other – both of them are to be done with the same contentment and trust in Christ.

Now of course, us humans are physically fragile and we do get tired, and so sleep is God’s gift to us,

⁵ Kevin DeYoung, *Crazy Busy*, 91.

⁶ Psalm 121:4

⁷ <https://www.desiringgod.org/articles/a-brief-theology-of-sleep>

⁸ Isaiah 40:28

Sleep is God's gift to His creation

- For a **Sabbath** pattern for man (Mk 2:27)
- For daily **imitating** His rest (Gen 2:2-3)
- For physical **restoration** (Jn 11:12)

The disciples said to him, "Lord, if he has fallen asleep, he will recover." Jn 11:12

For physical restoration as well.

Sleep clears cloudy minds, restores physical strength, and supplies energy for a new day.

I find it absolutely fascinating that many elite athletes and professional musicians average more than 10 hours of sleep per night.⁹ LeBron James averages 12 hours of sleep per night. Larry Fitzgerald makes sure to get 10-11 hours of sleep before game day. Roger Federer sleeps 10-11 hours every day. Fatigue science was employed to maximize the sleep benefits of both the World Series Chicago Cubs and the Super Bowl Champ Seattle Seahawk teams in recent years.¹⁰ Church - the unbelieving world understands that peak performance only comes from bodies that get their sleep.¹¹

⁹

https://www.huffingtonpost.com/2014/08/13/these-famous-athletes-rely-on-sleep_n_5659345.html

¹⁰

<https://www.fatiguescience.com/blog/cbc-news-chicago-cubs-sleep-perform-ance-elite-sports/>

¹¹ <https://hbr.org/2011/03/sleep-is-more-important-than-f>

So why do so many of us believe we can get ahead by borrowing one or two hours of sleep from each day? Have we forgotten that we must pay back that sleep debt with interest? The interest charges of sickness, or accident, or conflict, or ineffectiveness? God did not make us as machines. God made us fragile and limited. Another way to say all of this is that sleep is God's gift to you,

Sleep is God's gift to His creation

In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety. Ps 4:8

My help comes from the LORD, who made heaven and earth. He will not let your foot be moved; He who keeps you will not slumber. Behold, He who keeps Israel will neither slumber nor sleep. Ps 121:2-4

- For a daily **dependence** on Him (Ps 121:4)

For a daily dependence on Him (Ps 121:4)

You can sleep 1/3 of your life because God never does. You can lie down and sleep in peace, for the Lord alone is who you are trusting for your safety. As **Psalms 3:5** says,

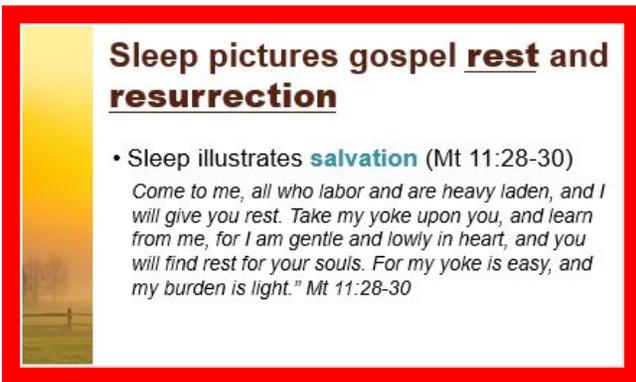
I lay down and slept; I woke again, for the Lord sustained me.

So how are you receiving God's gift of sleep each evening? Perhaps it will help you further to consider that,



Sleep pictures gospel rest and resurrection

As we've already started to learn, our sleep is both a physical and a spiritual gift from God to us. And spiritually speaking, our nightly sleep is like a sermon. Our bed is like a pulpit that continually preaches a picture of gospel rest and resurrection for our spiritual encouragement every evening.



In fact, all throughout Scripture, **sleep illustrates salvation**. Our salvation in Christ is repeatedly referred to as rest. *Come... Jesus says, and I will give you rest.* The salvation that comes through believing in the

substitutionary death and resurrection of the God-man Jesus, offers rest for your soul!

Our physical sleep accurately illustrates salvation,



By giving all glory to God for our salvation. Sleep helpfully illustrates that we are dead in our trespasses and sins, according to **Ephesians 2**, and yet God's Spirit has quickened us and made us alive in Christ in a way that we can't boast or take credit for.¹²

Perhaps Jesus' parable of the growing seed in **Mark 4** makes this point clear for us. Jesus is teaching about bringing in the kingdom – evangelism, and He says in **verse 26**,

The kingdom of God is as if a man should scatter seed on the ground. We know from the context, the seed is the Word of the Gospel. Sowing, sowing, sowing. Sharing the good news that forgiveness of sins is possible through faith in Jesus Christ. Eternal life is offered to all who repent of their sins and believe that

¹² Ezekiel 16:4-14; Ephesians 2:8-9; John 1:13, 5:21, 6:63, 12:50

God is Lord! But what does the evangelist do after a full day of sowing? *He sleeps...and rises night and day, and the seed sprouts and grows; he knows not how.*

Did you catch that? God's salvation is brought about in a way that the evangelist can't understand, or take credit for. The reason parents, and pastors, and compassionate Christians can go to sleep at night is because they are ultimately trusting the sovereignty of God for their loved ones' salvation. Rightly understood, the sovereignty of God in salvation is one of the most comforting and precious truths to the believer. For while we are dead – asleep in our sins – God's Spirit graciously awakens hearts to His life-giving commands, and produces spiritual life!! All glory to God alone that we have been saved!¹³

Sleep also pictures gospel rest and resurrection since in the Scripture,

Sleep pictures gospel rest and resurrection

- Sleep illustrates **salvation** (Mt 11:28-30)
- Sleep gives all **glory** to God (Mk 4:27)
- Sleep reminds us of **death** (1 Thess 4:14)

For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep. 1 Thess 4:14

Sleep reminds us of death.

¹³ 1 Corinthians 1:29-31
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In **Psalm 13:3**, the Psalmist prays he would not *sleep the sleep of death*. Several times in Paul's New Testament writings, he uses sleep as a picture of death.¹⁴

Now think about this for a moment. Does sleep change your identity? No – and neither does death. Your physical death just ceases your earthly activity – just like your sleep does – but your identity before God and others is unchanged by your sleep.

Therefore I encourage you to think about your sleep as a good practice for death. Is your soul at rest in Jesus? Faith sleeps well, doesn't it? For its destiny is secure in the finished work of Jesus. But if you are not ready to die, how can you allow yourself to cease from managing your own life and future every night?

Do you remember that classic children's bedtime prayer?

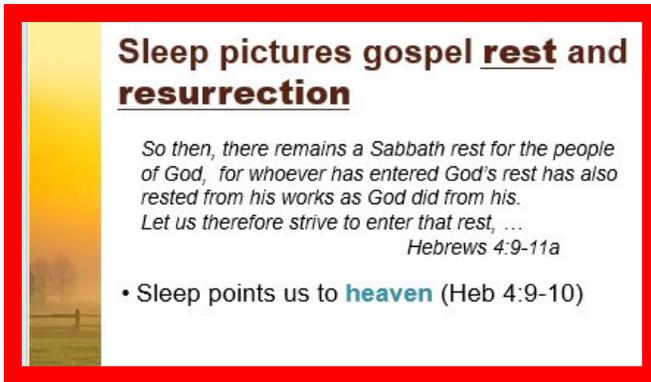
*Now I lay me down to sleep,
I pray the Lord my soul to keep,
If I should die before I wake,
I pray the Lord my soul to take.*¹⁵

It's an interesting prayer when you stop and think about it. Every night I was offering up my last will and testament to God – understanding that I was not in charge of whether I woke up or not – and confessing my restful confidence in His resurrection power.

You see, biblically speaking,

¹⁴ I.e. 1 Corinthians 11:30, 15:13-20, 51; 1 Thessalonians 4:13-14

¹⁵ https://en.wikipedia.org/wiki/Now_I_Lay_Me_Down_to_Sleep



Sleep points us to heaven.

The author of Hebrews says,

For whoever has entered God's rest has also rested from his works as God did from His. Let us therefore strive to enter that rest...

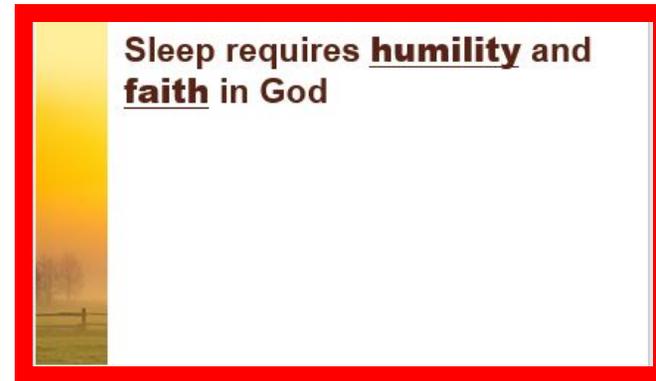
There is an eternal satisfaction where all the striving of the human heart comes to rest in the final dwelling place of God.

Sleep points us to heaven because sleep demonstrates my confident rest in Christ. I'm trusting someone else to sustain me, hold me, and protect me. Self-reliance will rob sleep from us. Anxiety never sleeps well. But for the soul who is at rest in God, his sleep pictures his gospel rest and resurrection in Christ.

This is why I said earlier that believers should sleep differently than unbelievers here on this earth. This is why Jesus could sleep in a boat in the middle of a storm,

¹⁶ and Peter could sleep in a dungeon chained between two guards.¹⁷

Your sleep uncovers your real beliefs about God since,



Sleep requires humility and faith in God

For sure atheists and unbelievers also sleep at night. But to sleep well – to sleep according to God's design for His creation – requires humility and faith in your Creator.

First, sleep requires humility since,

¹⁶ Matthew 8:24; Mark 4:38-40

¹⁷ Acts 12:6

Sleep requires humility and faith in God

- Humility accepts human **limits** (Phil 2:5-7)

Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. Phil 2:5-7

Humility accepts human limits.

Sleep agrees God doesn't need me for the night shift. Sleep acknowledges that God gave me a body that has physical limits. There's a reason sleep deprivation is a form of human torture – for the human body quickly falls apart when it is deprived adequate sleep.

Consider when Jesus, the son of God, was born in the likeness of men – He humbly accepted the limitations of humanity. For the first time in Mary's arms in a cave outside of Bethlehem, God incarnate slept.

But faith in God also sleeps well, since

Sleep requires humility and faith in God

- Humility accepts human **limits** (Phil 2:5-7)
- Faith trusts God for **outcomes** (1 Cor 4:2)

Moreover, it is required of stewards that they be found faithful. 1 Cor 4:2

Faith trusts God for outcomes

Faith trusts God to provide the harvest, and just takes responsibility for the sowing.¹⁸ Faith accepts your role as a steward – and measures success by faithfulness rather than outcomes.

So how does a mom of a prodigal child sleep well at night? By humbly recognizing that God only asks her to faithfully sow Gospel seeds. And then once she has been faithful to sow the seeds, she can sleep – trusting her good Lord of the harvest to bring the outcomes of change in her child.

I remember bringing our first-born daughter Abby home from the hospital and worrying, what if she stops breathing through the night? How could I go to sleep without the assurance of hospital nurses watching over her?

Faith trusts God for outcomes. In short, good sleep requires humility and faith in God since,

¹⁸ Mark 4:26-30

Sleep requires humility and faith in God

- Humility accepts human **limits** (Phil 2:5-7)
- Faith trusts God for **outcomes** (1 Cor 4:2)
- Humility relinquishes **control** (Ps 3:5)

I lay down and slept; I woke again, for the LORD sustained me. Ps 3:5

Humility relinquishes control.

If you're trying to control every part of your own life and manage all the outcomes, you will not sleep well. Your proud anxiety will rob you of sleep.

Anxiety is a destructive energy by which we divide our minds across all kinds of fearful possibilities without taking any action. Therefore an anxious heart is always exhausted, but never at rest.

Are you willing to surrender control of your life and your loved ones to God? Will you trust God with all the outcomes, as you just content yourself with living faithful to His commands?

Or are you committing what is referred to as “cosmic plagiarism” by Pastor CJ Mahaney?¹⁹ “Cosmic Plagiarism” is trying to be God and take credit for only what God can do.

¹⁹ CJ Mahaney, Humility, 80-81.
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Would you sleep better at night if after brushing your teeth and turning out all of the lights, and tucking yourself in, you paused and consciously transferred all of the glory to God for your day – thanking Him for the privilege of being able to sow His gospel seeds in His field today, and then casting all your cares upon Him in prayer – confident that He cares for you?²⁰

You see,

Sleep requires humility and faith in God

But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?” Mk 4:38

... on that very night, Peter was sleeping between two soldiers, bound with two chains, and sentries before the door were guarding the prison. Acts 12:6

- Faith sleeps **well** (Mk 4:38; Acts 12:6)

generally speaking, **Faith sleeps well**. No matter how difficult your surrounding circumstances. Whether it's a stormy Sea of Galilee, or whether it's the abusive oppression of death-row.

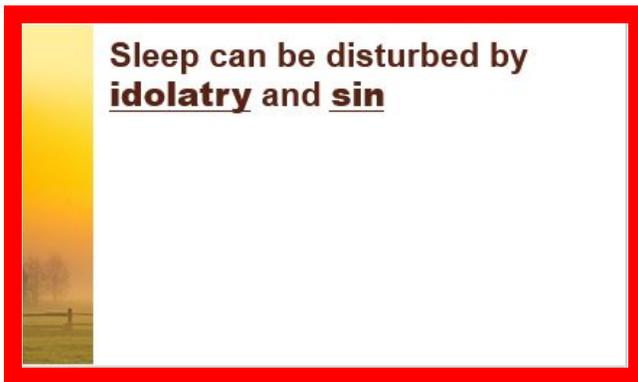
Faith obeys God, and then goes to sleep. Humility trusts God, refusing to be energized by anxiety, and goes to sleep.

Now again, we must remember that there's all kinds of physical conditions that might create sleeplessness. So I'm not preaching that every person who has insomnia is

²⁰ 1 Peter 5:7; c.f. Philippians 4:6-7

lacking in humility or faith. Sleep after all is a gift from God – that He can give or take away according to His good purposes in our life. Scripture is clear that at times God chooses to use sleepless nights for spiritual purposes.²¹

But God's general design for our sleep teaches us that humility and faith tend to sleep well. This is why I'm teaching that sleep uncovers real beliefs about God. Because sleep is God's gift to His creation. Sleep pictures Gospel rest and resurrection. Sleep requires humility and faith in God. And finally your sleep uncovers your real beliefs about God since,

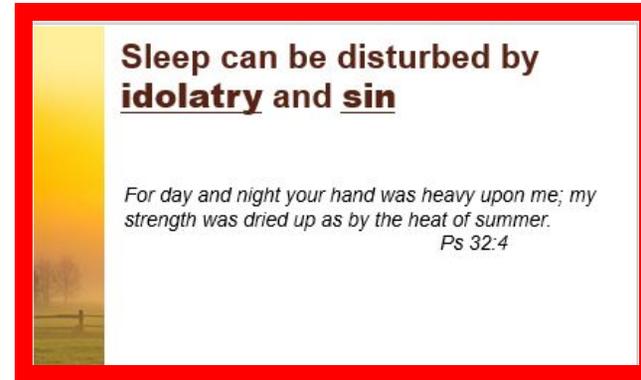


Sleep can be disturbed by idolatry and sin

By now I pray it's obvious that your sleep is as spiritual as it is physical. Therefore your sleep will be affected by both your material body (like medical conditions) *and* your immaterial heart desires and affections.

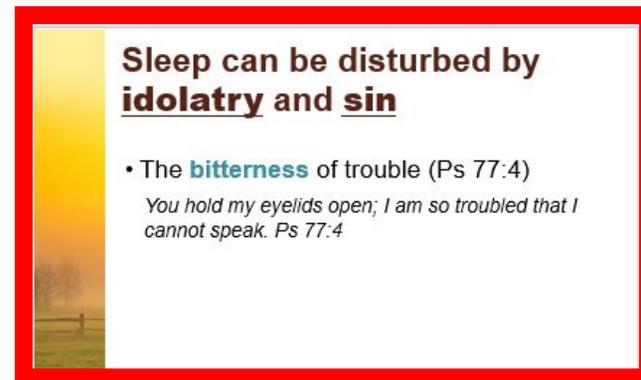
A clear conscience sleeps well,

²¹ 1 Samuel 3:1-10
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but like David who was trying to hide his sin of adultery in **Psalm 32**, God's hand of guilt and shame will rob you of sleep.

Now of course it's more than your own sin that can disturb your sleep. Our ability to sleep well will often be tested by,



The bitterness of trouble (Ps 77:4)

Deep suffering like the loss of a loved one, or the loss of a job, or severe conflict with a close friend... though they may not be a result of our own sin, can test our ability to trust God. And such tests then usher temptations to sin towards our hearts which can further disturb our sleep.

For example,

Sleep can be disturbed by idolatry and sin

- The **bitterness** of trouble (Ps 77:4)
- The **fear** of anxiety (Eccl 2:22-23; Ps 127:2)

What has a man from all the toil and striving of heart with which he toils beneath the sun? For all his days are full of sorrow, and his work is a vexation. Even in the night his heart does not rest. This also is vanity. Eccl 2:22-23

The **fear of anxiety**, like we already saw in **Psalm 127:2**, can make it so that our heart does not rest. Peaceful sleep is the opposite of anxiety, eternally secure in the safe promises of a sovereign and good God.

But there is another kind of sleepless vanity specifically mentioned in the Scriptures, and that is,

Sleep can be disturbed by idolatry and sin

- The **bitterness** of trouble (Ps 77:4)
- The **fear** of anxiety (Eccl 2:22-23; Ps 127:2)
- The **pride** of riches (Eccl 5:12)

Sweet is the sleep of a laborer, whether he eats little or much, but the full stomach of the rich will not let him sleep. Eccl 5:12

The **pride of riches** (Eccl 5:12)

Ecclesiastes 5:12 says,

Sweet is the sleep of a laborer, whether he eats little or much, but the full stomach of the rich will not let him sleep.

Practically this verse speaks to how eating large, rich foods right before bedtime hinders sleep. But on a deeper level, the cares and responsibilities of riches often burden a soul with more anxieties than poverty – for the rich person is tempted to trust in themselves rather than God.

So again, our point is that how we sleep can be a barometer of our trust in God. Sleeping too much may uncover the heart issues of selfishness, or laziness, or despair. Yet,

Sleep can be disturbed by idolatry and sin

Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Mt 6:31-33

- The **foolishness** of little sleep (Mt 6:31ff)

The **foolishness of little sleep** often exposes the same selfish heart from another perspective. Just instead of sleeping too much, this kind of selfishness aggressively and anxiously tries to manage one's own outcomes, only to incur the real consequences of sustained sleep deprivation.

Can I say it this way? Little sleep often leads to more sin. How foolish it is for Christians to justify sleeping so little by their greater accomplishments when it opens the door to such sinful doubts, fears, anger, and conflict within their own soul.

So here's the point for us this morning,

Main Point

What you believe about your sleep uncovers your real beliefs about God.

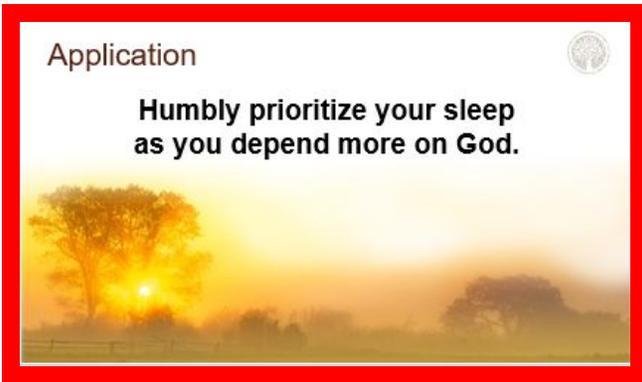


What you believe about your sleep uncovers your real beliefs about God. A self-trusting heart will either sleep too much or too little – in various anxious or proud attempts at “cosmic plagiarism.”

But for the heart who trusts confidently in the Lord, whose sin is forgiven, and whose conscience is clear – he can delight in God's gift of sleep.

Again I want to repeat that there are many valid medical reasons why you may not be able to sleep well at night. And if you struggle with those, I highly recommend you continue to pray for God's healing and help as you pursue excellent medical care. Consider the recommended resources on the back of your notes page this morning.

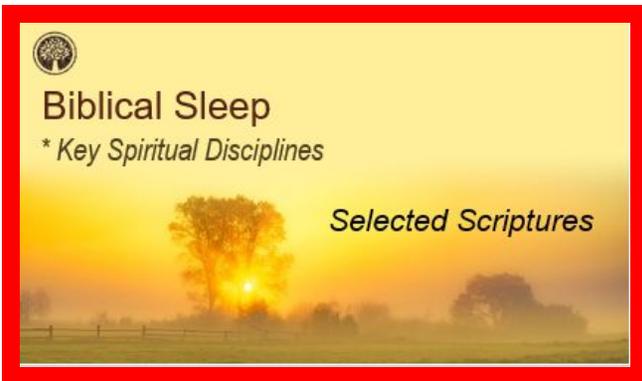
And may all of us,



Humbly prioritize our sleep as we depend more on God.

We are not more godly to not sleep in order to do some other important work or ministry. Sometimes the most Christlike action we could take is to go to bed. Brush our teeth, put on our pajamas, transfer all glory to God for the day, cast all our cares upon Him in prayer, and fall asleep in complete dependence on Him.

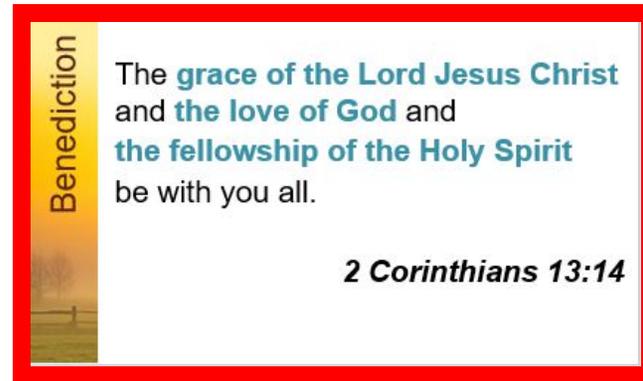
After all – we can sleep because God does not! And to all those whom God loves, He gives the gift of sleep.



Let's pray.

<<Blessed Assurance>>

Let's pray our benediction together as we dismiss.



The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

2 Corinthians 13:14



Recommended Resources on Biblical Sleep:

- Genesis 2:21; 15:12
- 1 Samuel 26:12
- 1 Kings 1:21
- Psalm 4:8; 13:3; 44:23; 121:4; 127:1-2
- Proverbs 3:24; 4:16; 6:4, 9-11; 10:5; 19:15; 20:13; 24:33-34
- Ecclesiastes 5:12
- Ezekiel 34:25
- Daniel 12:2
- Matthew 9:24
- Mark 4:27; 5:39
- John 11:11-13
- Acts 12:6
- Romans 13:11
- 1 Corinthians 15:18-20, 51
- 1 Thessalonians 4:13-14; 5:6-7
- Ephesians 5:14

- <https://www.desiringgod.org/articles/a-brief-theology-of-sleep>
- <http://scriptoriumdaily.com/the-theology-of-sleep/>
- <https://rickthomas.net/insomnia-causes-and-cures/>
- <https://rickthomas.net/are-you-a-restful-soul-how-to-enter-gods-rest/>

- *Reset*, David Murray
- *Crazy Busy*, Kevin DeYoung
- *Humility*, CJ Mahaney
- *And so to Bed*, Adrian Reynolds

Growing Deeper: Life Group Questions

1. Read Daniel 12:2 and 1 Thessalonians 4:13-14. How is sleep a picture of death?
2. Read Genesis 31:40; Esther 6:1; Psalm 127:2; Proverbs 4:16; Ecclesiastes 5:12; and Daniel 2:1, 6:18. What can we learn from these verses about different causes for sleeplessness? Which cause for sleep disturbance do you most commonly experience? And to what extent is this something you have control over?
3. Read Psalm 121:4. God never sleeps. Why is this important to you? Do you ever feel like God is sleeping (c.f. Psalm 44:23; 78:65)? Why or why not?
4. Read Mark 4:26-27. (Jesus' theme in this entire chapter is evangelism.) What is the sower responsible to do in these verses, and what is he not responsible for? How is he able to sleep well at night while he's waiting for verses 28-29 to occur? What does this teach us about evangelism? About sleep in general?
5. Read Psalm 65:2, Matthew 11:28, and Hebrews 4:11. How is sleep a parable of your involvement in salvation? How is your rest a matter of faith and obedience?
6. Read Proverbs 6:9-11, 10:5, 19:15, 20:13 and 24:33-34. What determines if you are sleeping too much or too little? Since it is possible to sin both by sleeping too little and by sleeping too much, what's heart attitude is required for the amount of sleep that pleases God?