



Sleeping Satisfied?

The background of the slide features a stylized night cityscape with various buildings in shades of blue and grey. A white crescent moon is positioned in the upper right quadrant of the sky. The bottom portion of the slide is decorated with a repeating pattern of overlapping, semi-circular shapes in blue and green, resembling a scale or fish scale pattern.

Sleep Is A Reward

- Is sleep a blessing or a chore? Ecclesiastes 5:12 gives us some perspective.
- Perhaps one of the reasons we suffer from so many sleep problems is that we have become such sedentary people. We do not exhaust our bodies – we never “hit the hay” at the end of the day.

- In a deeper sense, sleep can be unsettled because of a failure to prioritize spiritual matters (Proverbs 19:23, Psalm 4:4,8, Psalm 63:6-8).
- Notice how soundly Jesus slept, even in the midst of chaos that shook the faith of His disciples (Mark 4:35-41).
- *“But what if I die in my sleep?”*

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Practical Applications

- Sleep in such a way that you are prepared to go the extra mile when necessary (Matt. 5:41, Acts 20:7ff).
- Watch out for too much sleep, which is just as bad as too little (Prov. 23:20-21).
- Proverbs 20:13
- Proverbs 26:14 – Beware of all the excuses that we make!

