

Rest Rebellion: Nights Full of Sleep – Days Full of Life!

We can sleep like children because our heavenly Father is always awake.

1. Life: Abundant vs Overstuffed

John 10:10 (NIV and ESV)

2. The Problem: Sleep Deprivation

- a. The extent
- b. The consequences
Genesis 25:29-34, Deuteronomy 25:18, 2 Samuel 17:2

3. What Keeps You Awake?

- a. Physical issues
- b. Emotional issues
- c. Lifestyle

4. Sleep is About Trust

- a. God sustains our lives
 - Physically – Psalm 3:5
 - Mentally and spiritually
Psalm 4:8; Romans 5:1; Hebrews 13:6
- b. We are secure when we know and follow God and his ways
 - Living according to God's wisdom – Proverbs 3:21-24
 - Honest work – Ecclesiastes 5:12; 1 Corinthians 10:31b
- c. God reorders our lives when we sleep
 - Dreams – Genesis 20:1-7; 28:10-17; 31:4-13, 24; 37:5-11; 40:5-19; 41:1-36; 42:9; Judges 7:13-15; 1 Kings 3:5-15; Daniel 1:17; 2; 4:4-27; 7; Joel 2:28; Matthew 1:20-25; 2:12-13, 19, 22; 27:19; Acts 2:17
 - Priorities – Psalm 127:1-2
- d. God is always alert and awake
 - Psalm 121:3-4

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Sleep: Reflection Questions

- Do I get enough sleep to live the abundant life Jesus intends for me?
- If no, what keeps me awake?
- What areas is God wanting me to address so that I can get enough sleep?
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 - Emotional
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 - Control
 - Trust
 - Spiritual

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