

# Sabbath: Rest

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Salt and Light for the King

May 2023

## Repair Bay #1 — Reality Check

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*Hebrews 12:1-2 Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, 2 looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*

- At what pace are you running the race?
- Agricultural metaphors for the Christian life (Ps 1:3; Mt 7:15-20; Jn 15)
- Americans: A busy, burnout culture
- Warning lights Assessment (see David Murray's *Reset* handout)

**Repair Bay #2 — Review**

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- Sabbath is about rhythms of rest (cease from work)
  
- What kind of creature are we?
  1. God is \_\_\_\_\_. We are \_\_\_\_\_ creatures.
  
  2. We are \_\_\_\_\_ creatures: physical & spiritual.
  
  3. We are \_\_\_\_\_ creatures.
  
  4. We are \_\_\_\_\_ creatures.
  
- What has contributed to your situation?
  1. The \_\_\_\_\_
    - Holmes-Rahe Life Stress Inventory score: \_\_\_\_\_
  
  2. The \_\_\_\_\_

### Repair Bay #3 — Rest: Sleep

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• 11 Biblical **theses** on sleep:

1. God does not \_\_\_\_\_ (Ps 121:3-4)...but we must \_\_\_\_\_ from our work (Sabbath; Etc 5:12; 1 Ki 19:4-8; Prov 6:1-11; Ecc 8:16-17)
2. The God-\_\_\_\_\_ slept (Mk 4:38)
3. Sleep is a \_\_\_\_\_ from God (Ps 4:8; 127:2; Prov 3:24)
4. There are sleep \_\_\_\_\_ (Job 4:13; 33:15; Lk 9:32)
  - We are “\_\_\_\_\_” from the world (Ps 44:23; 78:65; 1 Ki 18:27)
5. There are many conditions that factor into how \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_ we sleep
  - Divine cause (Gen 2:21, 15:12; 1 Sam 26:12) - Security/safety (Jer 31:24-26; Eze 34:25)
  - Work — physical labor/movement (Ecc 5:12) - Weariness/exhaustion (Jdg 4:21; 1 Ki 19:4-8)
  - Idleness (Prov 19:15) - Waiting (Mt 26:40-45)
  - Temperature (Deut 24:10-13)
6. We can sleep, even in \_\_\_\_\_ (Jonah 1:5; Prov 10:5; Ps 3:5)...but sleep may \_\_\_\_\_ us during stress (Ecc 2:23; Gen 31:39-40; Est 6:1; Jdg 16:20; Prov 4:16; Dan 2:1)
7. There are seasons that call for delayed or \_\_\_\_\_ sleep (Prov 6:1-5; Ps 132:3-5; Isa 5:27)
8. There are \_\_\_\_\_ times to be asleep! (Is 56:10; Nahum 3:18; Mk 13:35-36; Prov 24:30-34; 20:13; Ps 76:4-6)
9. People \_\_\_\_\_ during the day (2 Sam 4:5)
10. Call to mind God’s \_\_\_\_\_ before you sleep (Deut 6:7; Deut 11:19; Prov 6:22)

## 11. Sleep points to:

1. 'spiritual sleepiness' and \_\_\_\_\_ (Is 29:10; Rom 13:11ff; 1 Thess 5:6-7; 1 Cor 15:51; Jer 51:39, 47; Dan 12:2; Ps 13:3)
2. \_\_\_\_\_ (Matt 11:28)
3. \_\_\_\_\_ (Heb 4:9)

- **Reasons** we need to sleep:

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|------------------------------|------------------------------|
| 1. Energy conservation       | 2. Cooling of the brain      |
| 3. Learning and memory       | 4. Emotional processing      |
| 5. Body healing, restoration | 6. Brain metabolic clearance |

- **Sleep Basics:** Circadian rhythms and Sleep phases

- **Sleep Hygiene:** Work *with not against* God's creation design/order

- Routine
  - Morning sunlight exposure
  - Build your sleep drive throughout the day
  - Stick to a pre-bed routine
- Timing — When? Learn your chronotype (Dr. Michael Breus)
- Timing — How long? 7 to 9 hours
- Temperature: Cool down!!!
- Lighting: Reduce artificial light exposure
- Sound/Noise: Think safety, relaxing. Use frequencies that sync your brain waves.
- Breathing: Nose breathing
- Nutrition/Food: Reduce stimulants and stabilize blood sugar
- Physical activity: Light aerobic in the morning / Hard workouts in the afternoon
- Reduce stress inputs