

**INTRODUCTION:** 

The Bible has much to say on the subject of SLEEP. One third of a person's life is spent in bed, based on eight hours sleep out of the day. That being the case, a person reaching the age of seventy has spent twenty-four years of unconsciousness. Below are <u>just</u> a few references found in the Book of Proverbs on SLEEP in GOD'S HOLY WORD. Note the different types of subject matter associated with these verses:

- 1. 3:24 "When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet."
  - Pillow your head at night resting in God's promises.
- 2. 4:16 "For they sleep not, except they have done mischief; and their sleep is taken away, unless they cause some to fall."
  - The wicked find contentment in doing evil.
- 3. 6:4 "Give not sleep to thine eyes, nor slumber to thine eyelids."
  - Don't sleep away an opportunity.
- 4. 6:9 "How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?"
  - Stop looking for greener grass and grab the lawn mower.
- 5. 6:10 "Yet a little sleep, a little slumber, a little folding of the hands to sleep."
  - A picture of the one who says, "I am not afraid of work, I can sleep right next to it."
- 6. 6:22 "When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee."
  - Enjoy an honest night's rest because of living out advice of loving parents.
- 7. 10:5 "He that gathereth in summer is a wise son: but he that sleepeth in harvest is a son that causeth shame."
  - A harvest lost because of laziness.
- 8. 19:15 "Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger."
  - Laziness will produce a shameful testimony.
- 9. 20: 13 "Love not sleep, lest thou come to poverty; open thine eyes, and thou shalt be satisfied with Bread."
  - Wake up Grow up or lose out.
- 10. 24:33 "Yet a little sleep, a little slumber, a little folding of the hands to sleep. So shall thy poverty come as one that travelleth; and thy want as an armed man."

Sleep away valuable time and wake up a loser.

Rip Van Winkle was given a potion to drink, which put him to sleep for twenty years. When he left home, a picture of King George III of England hung over the fireplace. When he returned, George Washington's picture had replaced it. The moral of the story is that Rip Van Winkle had slept through the Revolutionary War. Spiritual Rip Van Winkles are all around us sleeping, while the world is dying without Christ. <u>TIME TO AWAKEN!</u> Time to be about our Heavenly Father's business, for "the night cometh, when no man can work."

By Rev. Charles Svoboda

