

Regular eating and sleeping cycles to remain regulated. (July 17, 2025)

At one point in the life of Elijah, we read, “Then as [Elijah] lay and slept under a broom tree, suddenly an angel touched him, and said to him, ‘Arise and eat.’ Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again.” (1 Kings 19:5-6) God knew that Elijah seriously needed food and sleep, so He sent an angel to help. Thankfully, Elijah complied so he could hear the next words of God and move forward in his ministry.

Food and sleep offer some of the strongest regulation functions of human life. When these get out of order, it becomes a near impossibility to regulate the other functions of life...even at times affecting the spiritual life as found in the Word of God and prayer. Therefore, it is important to consider healthy and consistent rhythms in the areas of food and sleep.

Here are some recommendations to help regulate these basic functions of life.

Regarding food...

1. Eat at consistent and regular intervals. (Don't let “I don't feel like it” or cravings determine when you eat.)
2. Eat to fuel activity. (When you are less active physically, eat less.)
3. Limit your caffeine intake. (Don't regularly use caffeine like a drug to “get me through the day.”)
4. Watch your sugar intake. (This especially includes pre-made and processed foods.)

Regarding sleep...

1. 7-8 hours of sleep/night is almost universally recommended.
2. Wake up every morning at the same time (except on your Sabbath).
3. Remove phones, lights, and random noises from your bedroom.
4. Have a regular 30-60 minute routine at night to settle down before going to bed.

It would be sad to know how many days I've lost to bad moods or caffeine headaches in my life because I had mismanaged these basic functions. It is something to consider.