

# EMBODIED FAITH

How the Gospel is  
Good News for Our  
Physical Bodies



**You don't have a soul.  
You are a soul.  
You have a body.**

***C.S. Lewis never said this***

**EMBODIED FAITH**

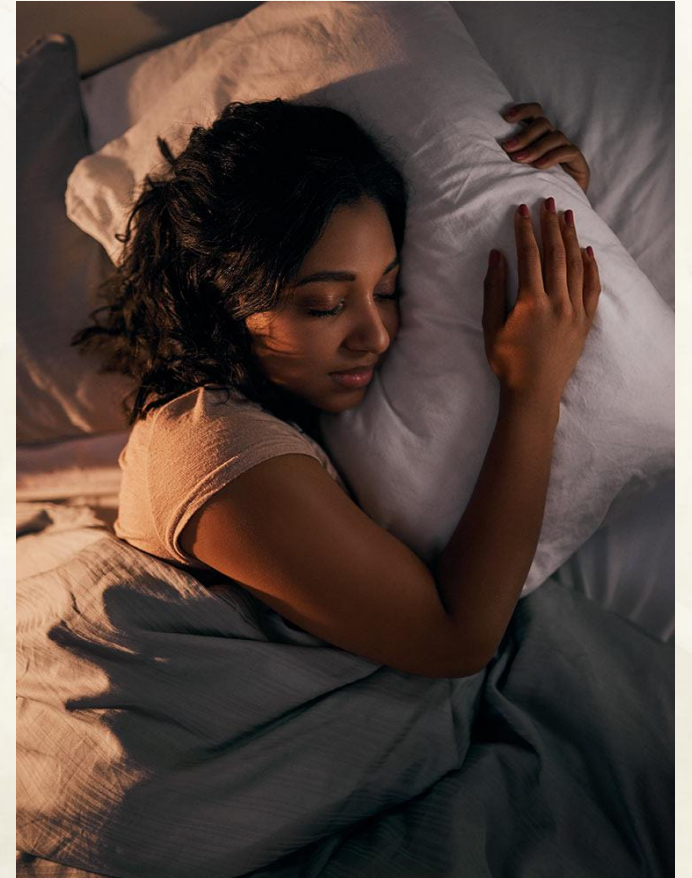
# Embodied Faith: Sleep

**What the Bible says to...**

**... those who sleep too much**

**... those who resist sleep**

**... those who struggle to sleep**



# Sleeping Too Much

**How long will you lie there, O sluggard?  
When will you arise from your sleep?  
A little sleep, a little slumber,  
a little folding of the hands to rest,  
and poverty will come upon you like a robber,  
and want like an armed man.**

**Proverbs 6:9-11**

**Love not sleep, lest you come to poverty;  
open your eyes, and you will have plenty of bread.**

**Proverbs 20:13**



# Sleeping Too Much

**Therefore it says,  
“Awake, O sleeper,  
and arise from the dead,  
and Christ will shine on you.”  
Ephesians 5:14b**



**Besides this you know the time, that the hour has come for you to  
wake from sleep. For salvation is nearer to us now than when we  
first believed.**

**Romans 13:11**

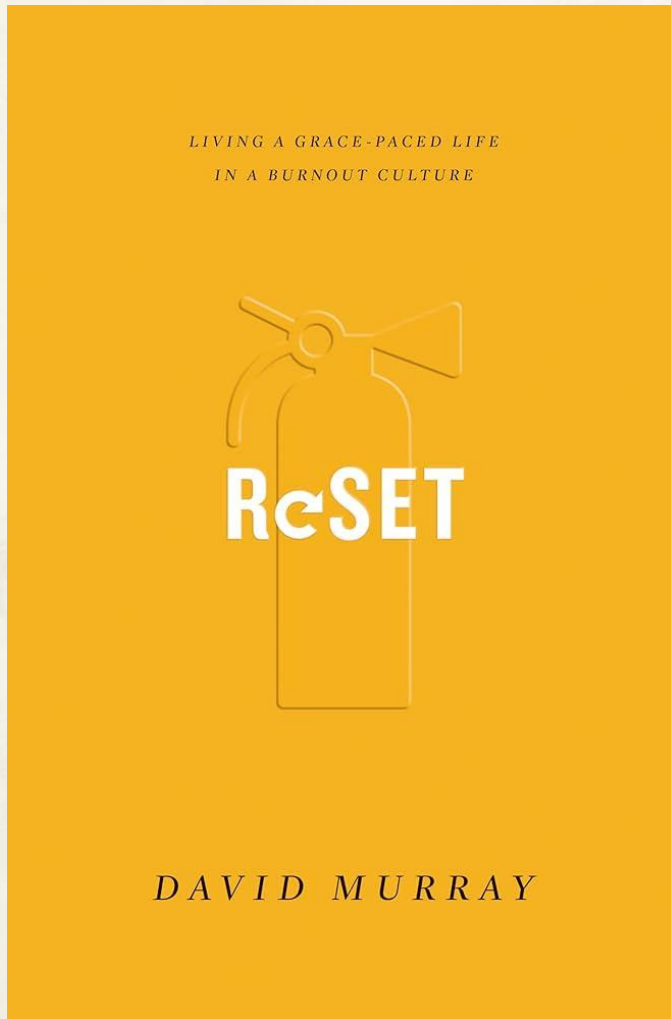
# Resisting/Neglecting Sleep

**Unless the LORD builds the house,  
those who build it labor in vain.  
Unless the LORD watches over the city,  
the watchman stays awake in vain.**

**It is in vain that you rise up early  
and go late to rest,  
eating the bread of anxious toil;  
for he gives to his beloved sleep.  
Psalm 127:1-2**



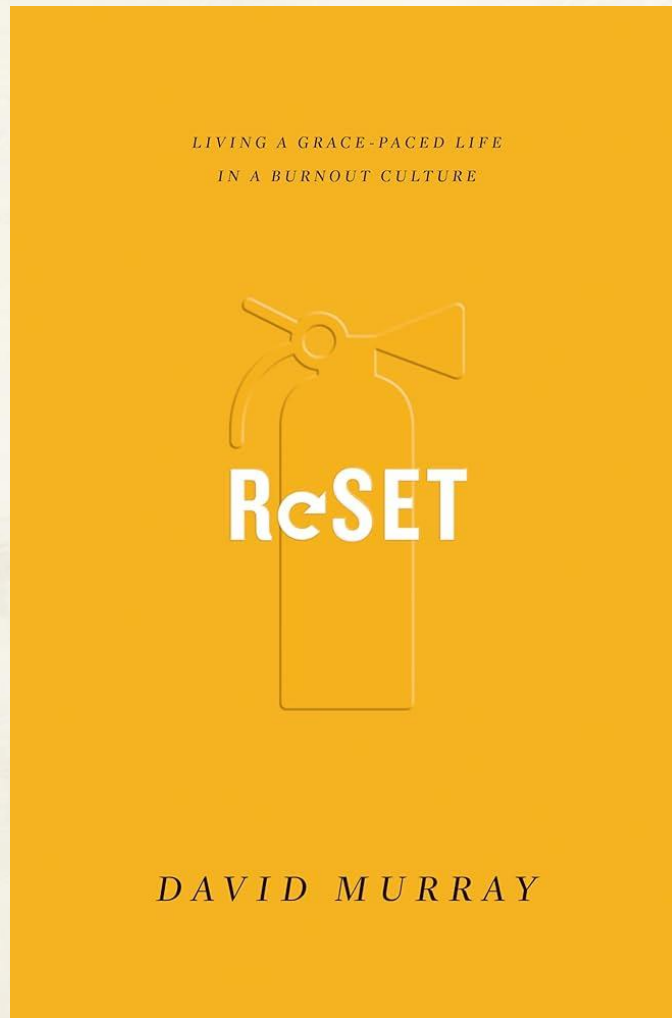
# Resisting/Neglecting Sleep



## The Consequences of Chronic Sleep Deprivation

- **Physical**
- **Intellectual**
- **Emotional**
- **Moral & Spiritual**

# Resisting/Neglecting Sleep



## The Consequences of Chronic Sleep Deprivation

- **Moral & Spiritual**

**“If you are among those who become nasty, cynical, or even full of doubt when you are missing sleep, you are morally obligated to try to get the sleep you need... Sometimes the godliest thing you can do in the universe is to get a good night’s sleep...”**

**D.A. Carson**

**EMBODIED FAITH**



# Resisting/Neglecting Sleep

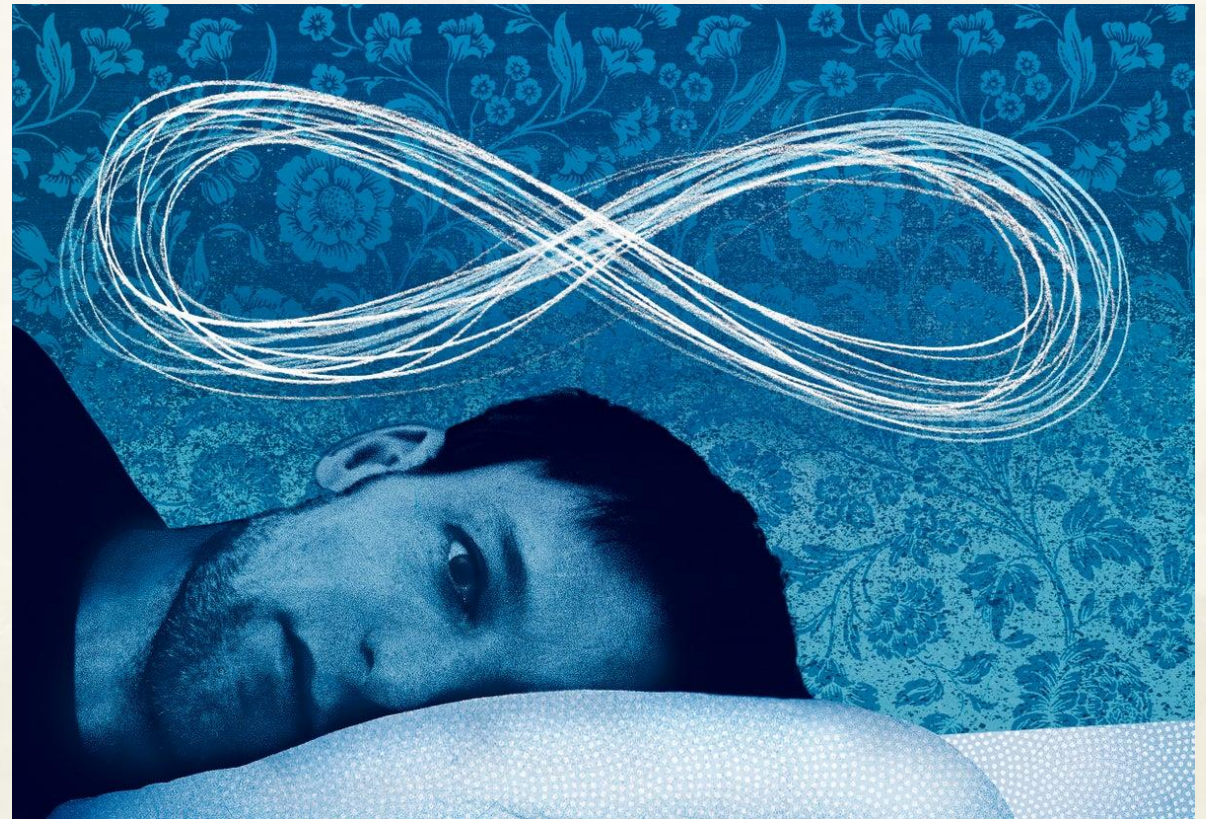
**We sacrifice sleep for our idols like work/success**

**It is in vain that you rise up early  
and go late to rest,  
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for he gives to his beloved sleep.  
Psalm 127:2**

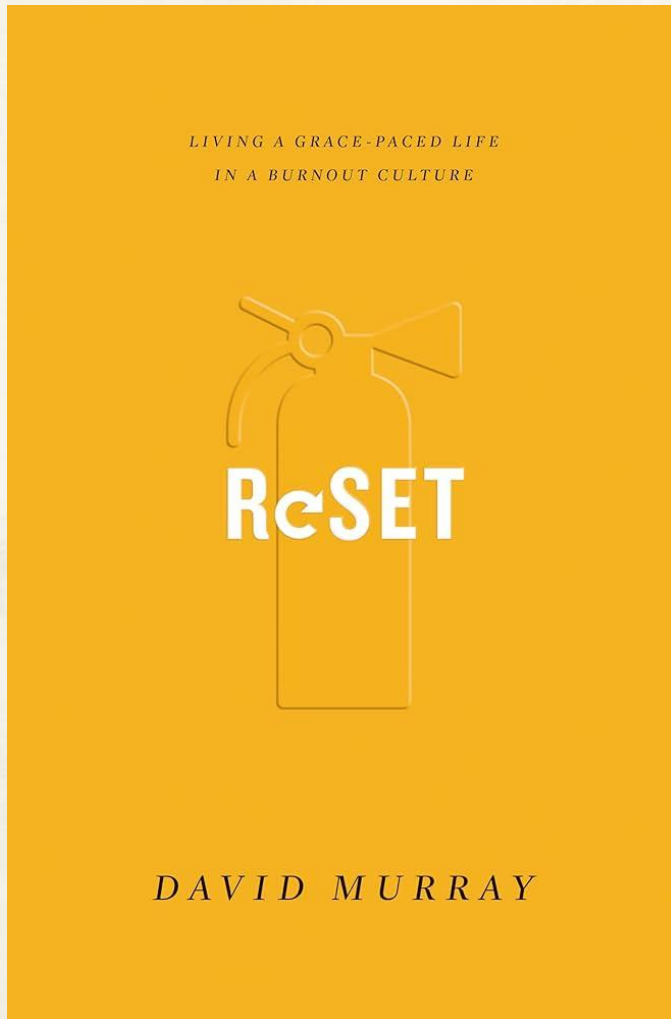
**Vs.**

**“I’ll sleep when  
I’m dead.”**

# Struggling to Sleep



# Struggling to Sleep



## Practical Steps to Aid Sleep

- **Know yourself**
- **Consistency**
- **Avoid Overstimulation**
- **Cooperation from Others**
- **Exercise and diet**

# Struggling to Sleep

**O LORD, how many are my foes!  
...But you, O LORD, are a shield about me,  
my glory, and the lifter of my head.  
I cried aloud to the LORD,  
and he answered me from his holy hill.  
I lay down and slept;  
I woke again, for the LORD sustained me.  
I will not be afraid of many thousands of people  
who have set themselves against me all around.  
Psalm 3:1a,3-6**

# Struggling to Sleep

**In peace I will both lie down and sleep;  
for you alone, O LORD, make me dwell in safety.  
Psalm 4:8**



**do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.  
Philippians 4:6-7**

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