

# My Body God's Temple

Housekeeping Matters



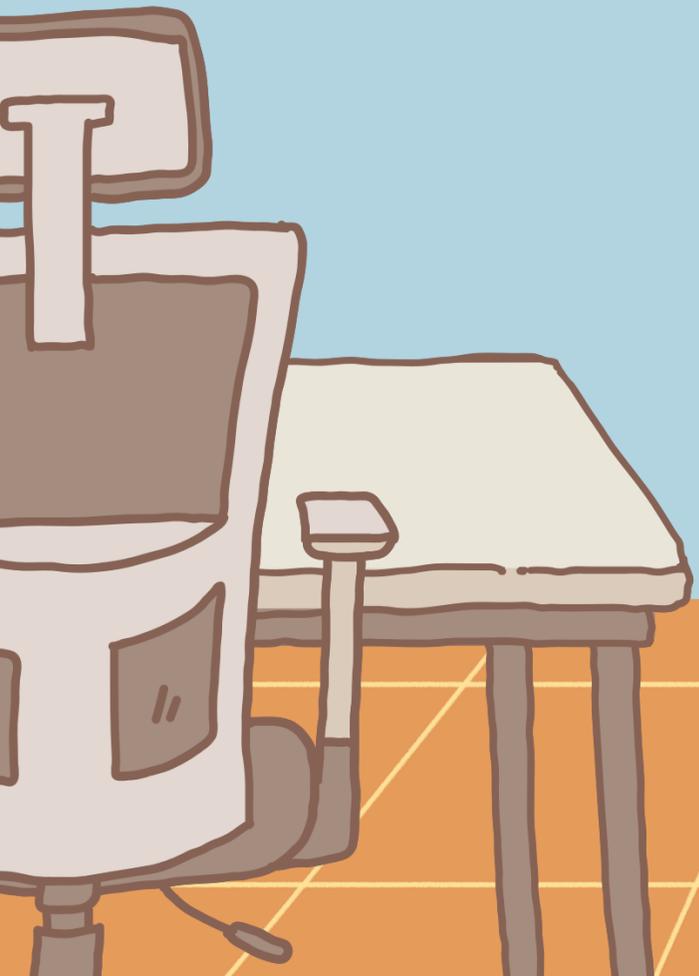
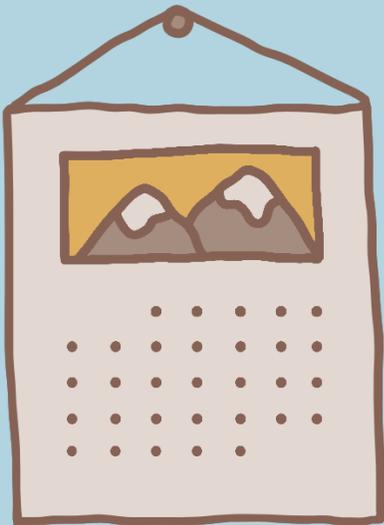
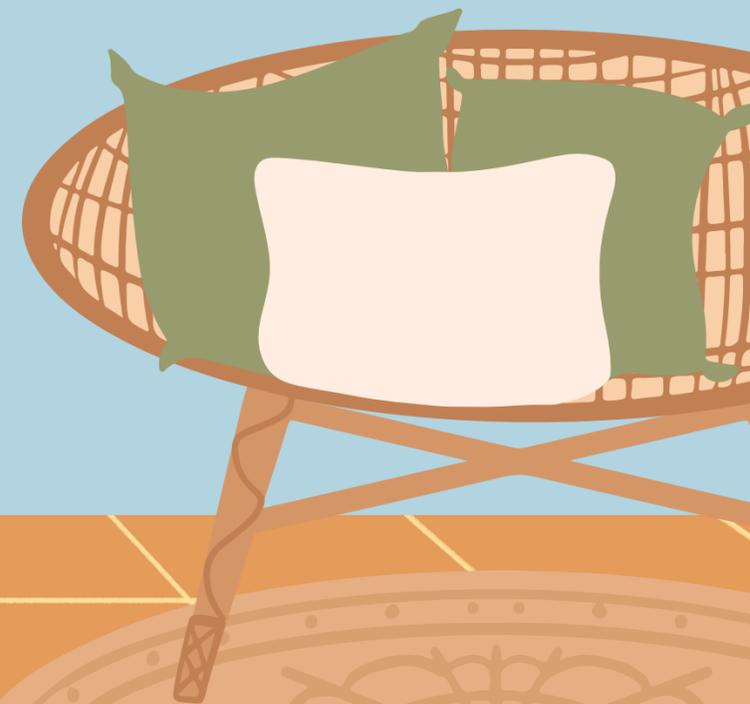
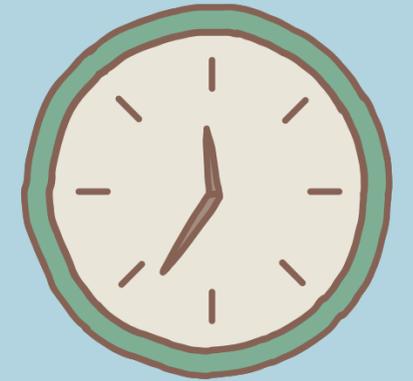


# The Gift of Sleep



# SLEEP

“Sleep is that golden chain that ties health and our bodies together.”



## ECCLESIASTES 5:12

The sleep of a laboring man is sweet, whether he eat little or much: but the abundance of the rich will not suffer him to sleep.





## PSALM 127:2

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.

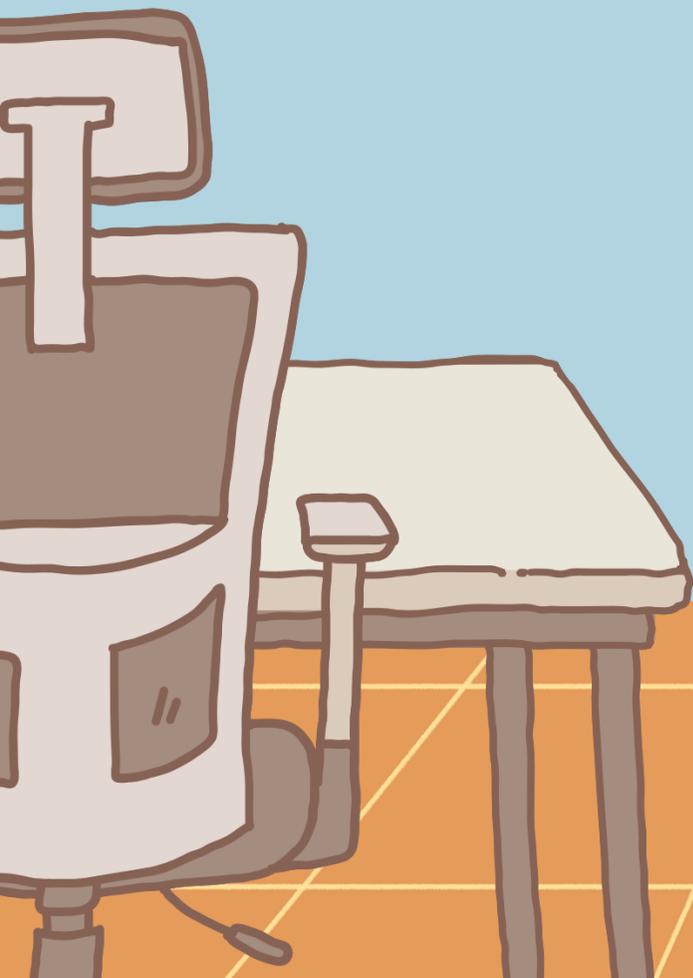
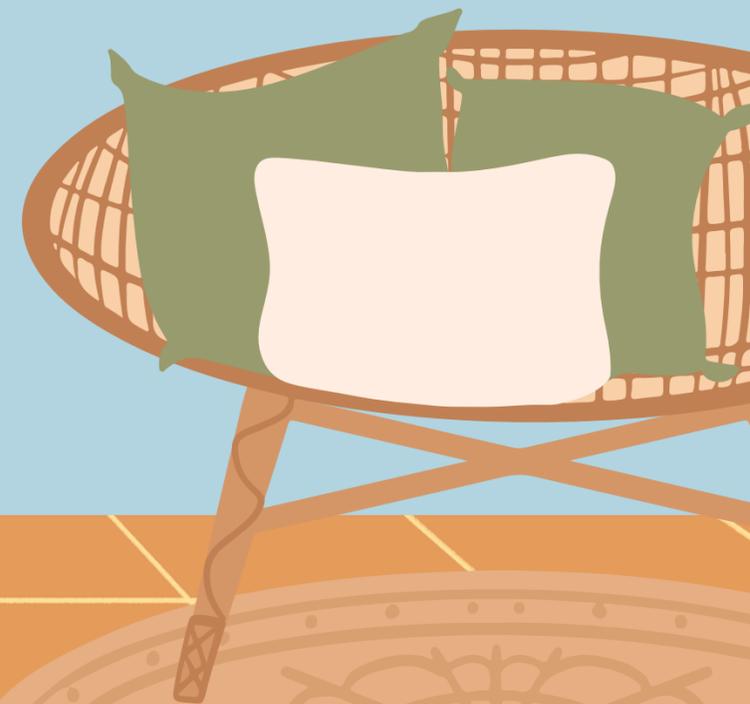
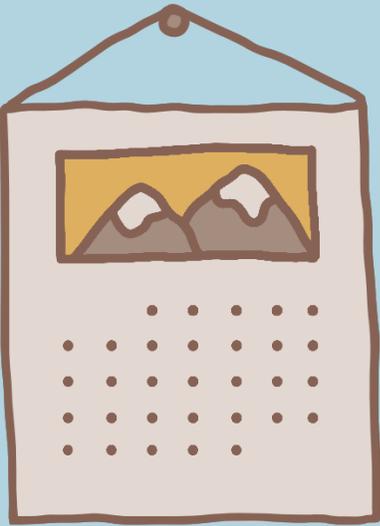
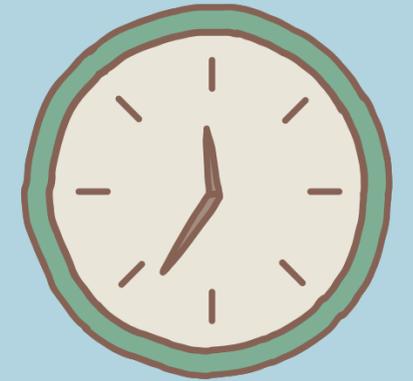


# WHY IS SLEEP IMPORTANT?



# SLEEP

“Life is too short to sleep all the time, but life is also too short not to sleep more than a lot of us do.”



# THREE REASONS TO GET SOME SLEEP



## THREE REASONS TO GET SOME SLEEP

God created you to  
require sleep for a  
**HEALTHY LIFE.**

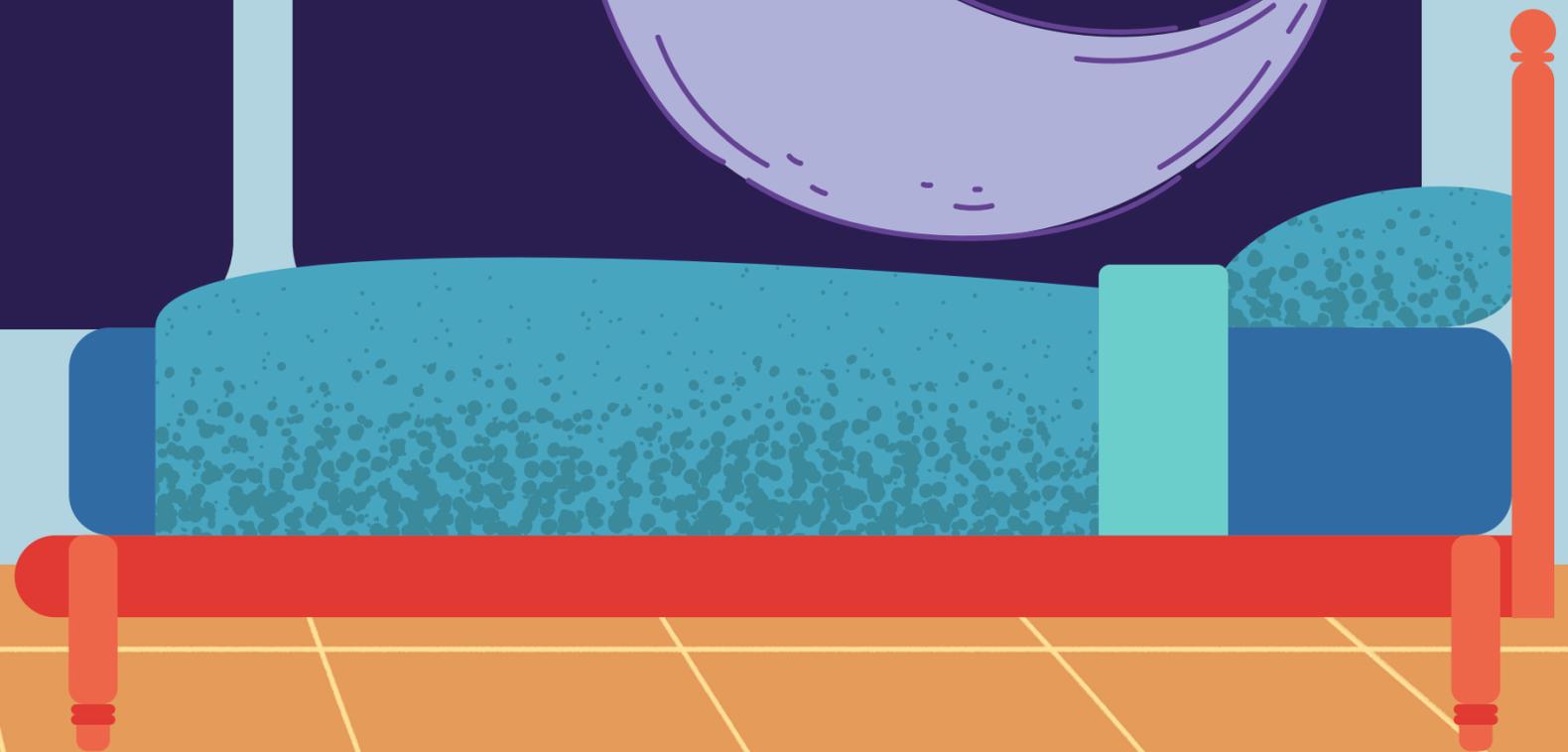
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THREE REASONS TO GET SOME SLEEP

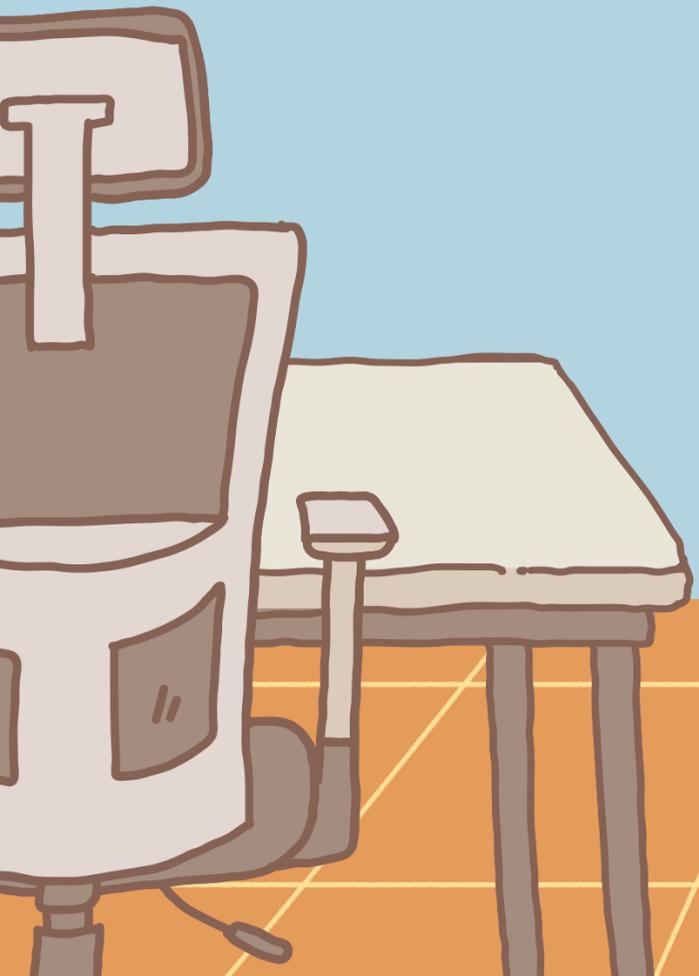
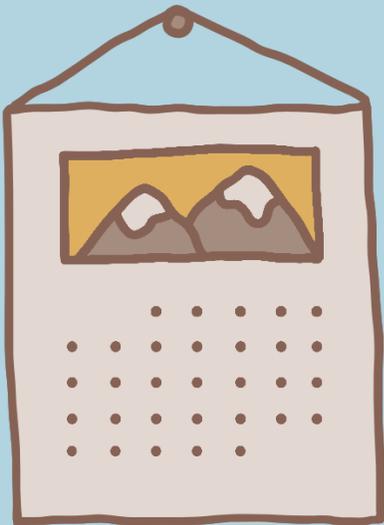
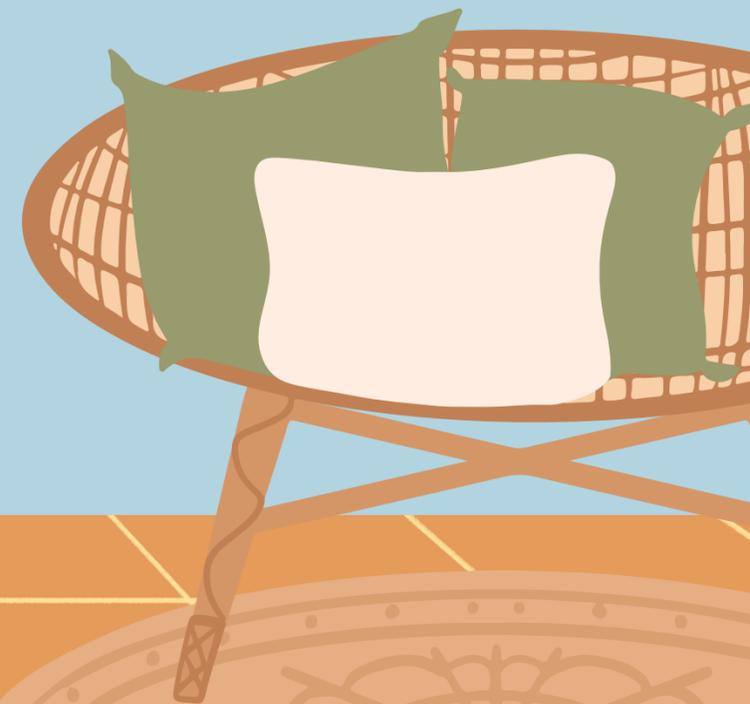
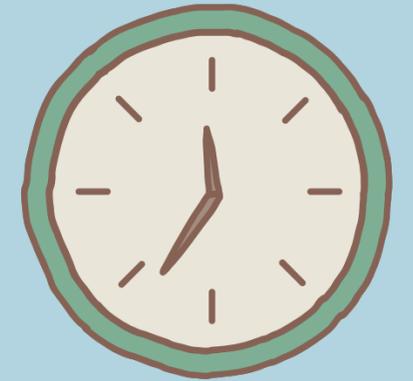
Sleep is the MIDWIFE of  
HUMILITY.

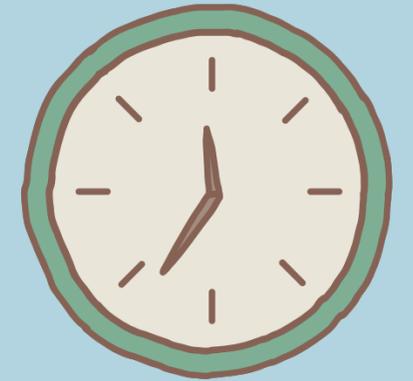
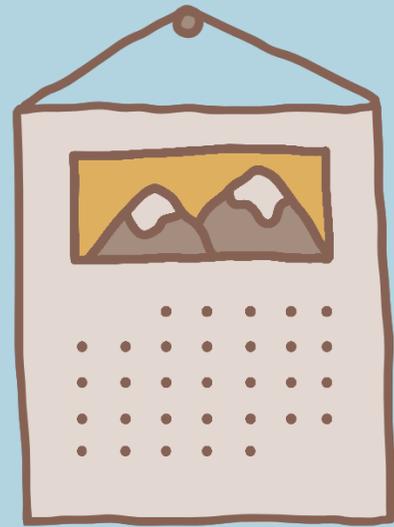
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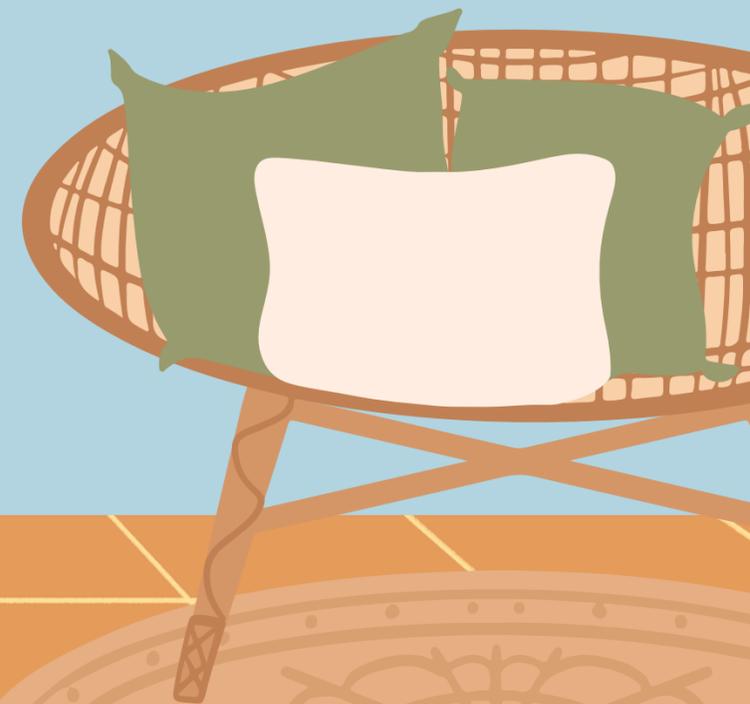
# 1 PETER 5:7

Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].





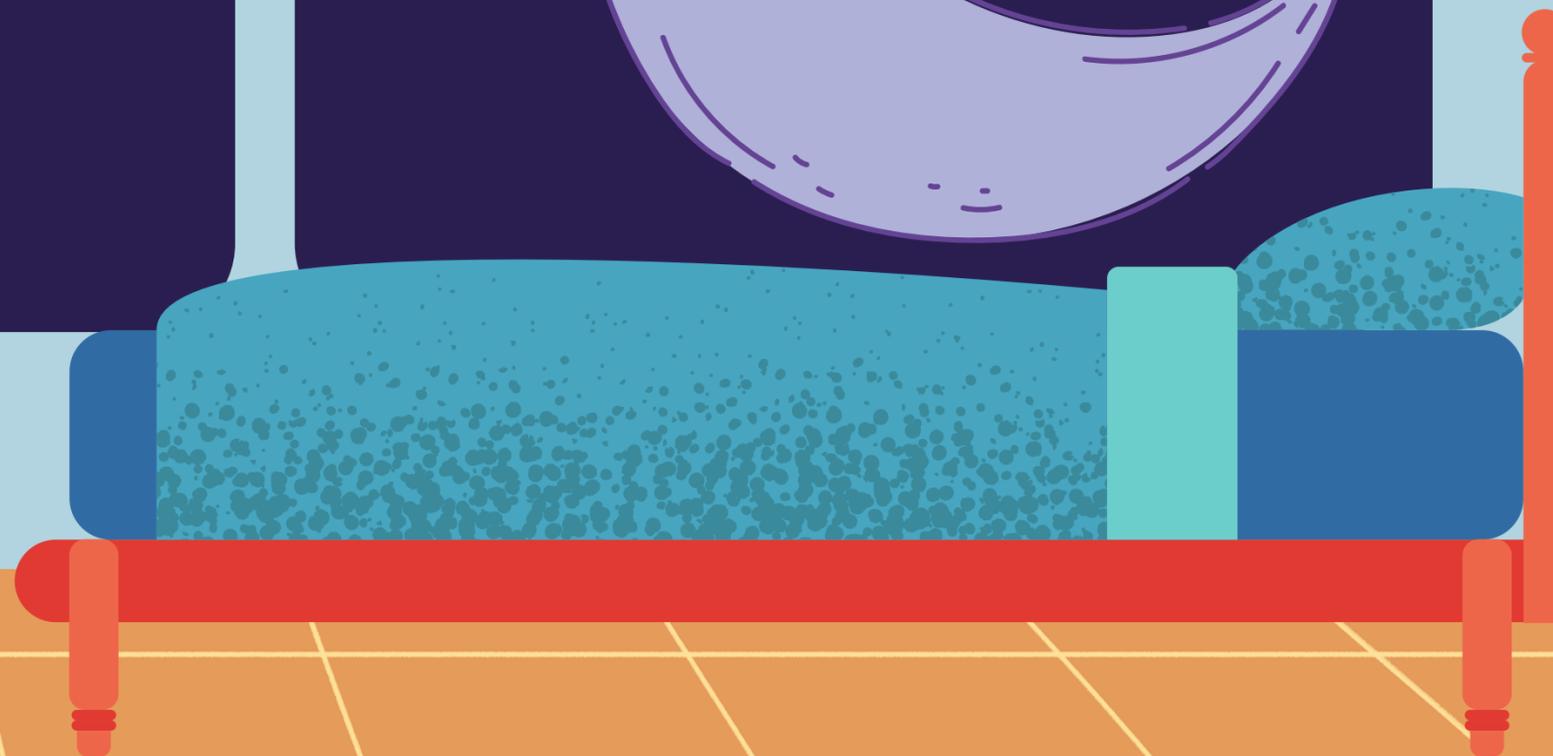
“Every time we go to bed,  
we humbly admit again  
that the world will be fine  
without us for a while.”



THREE REASONS TO GET SOME SLEEP

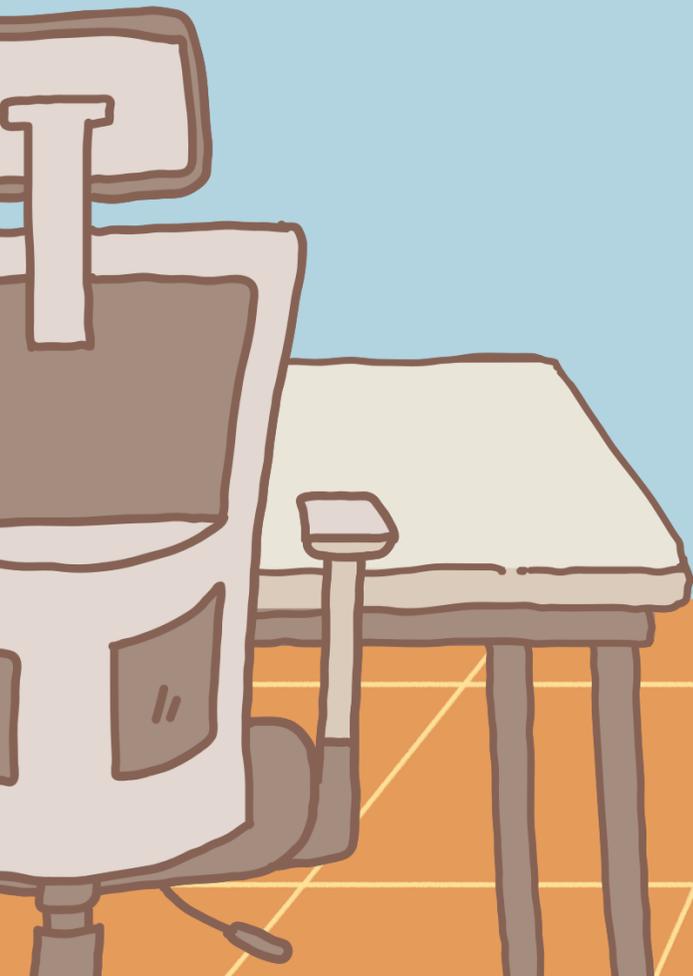
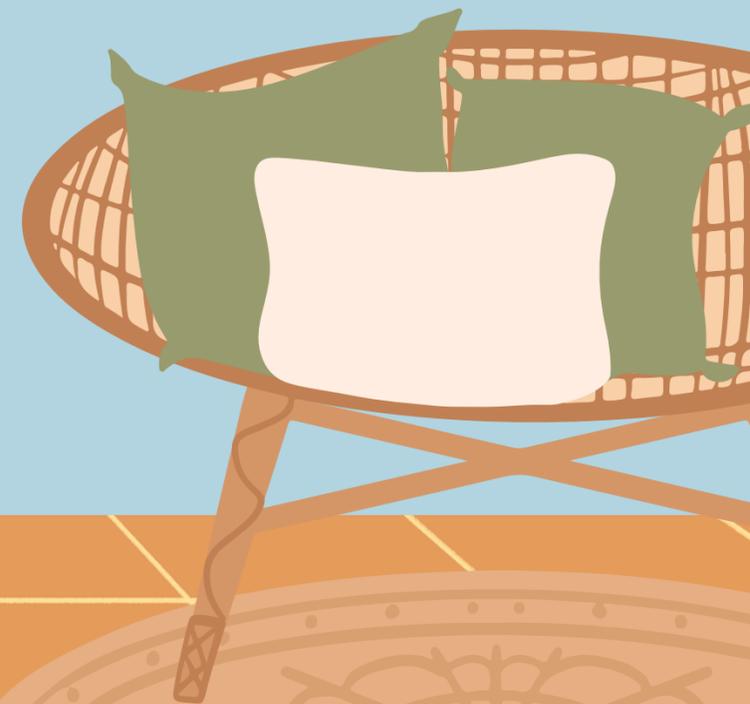
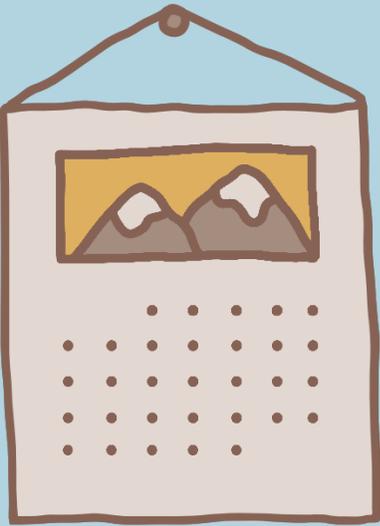
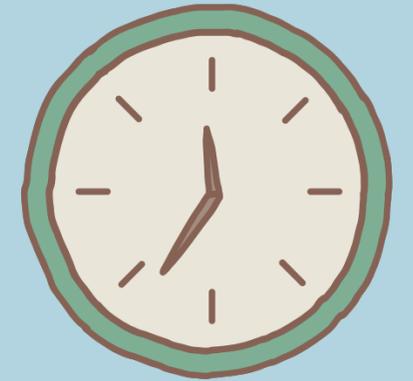
Sleep is distinctively  
Christian.

3



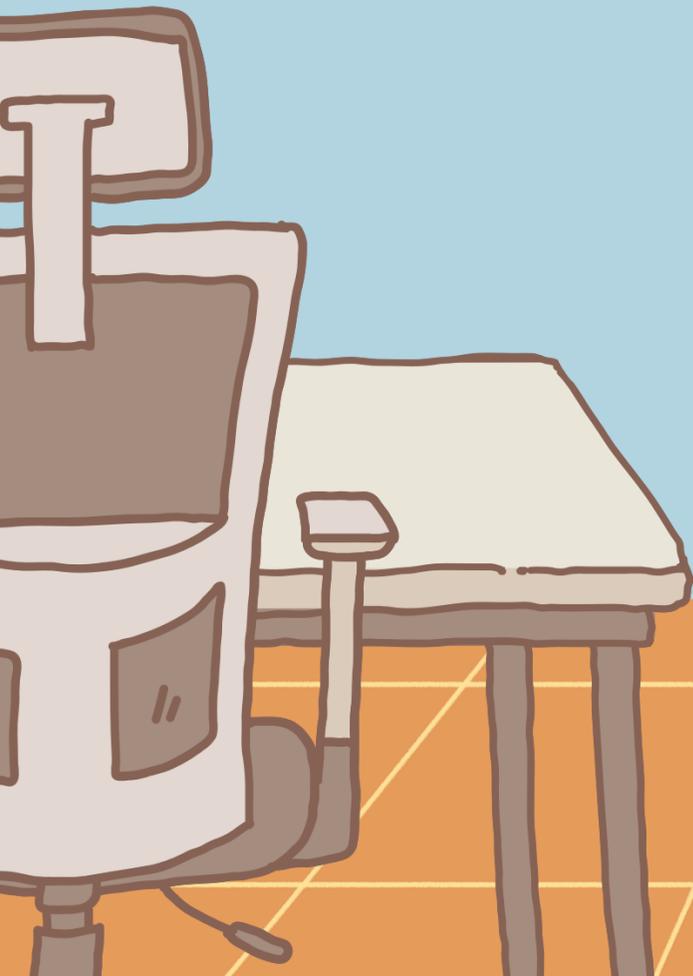
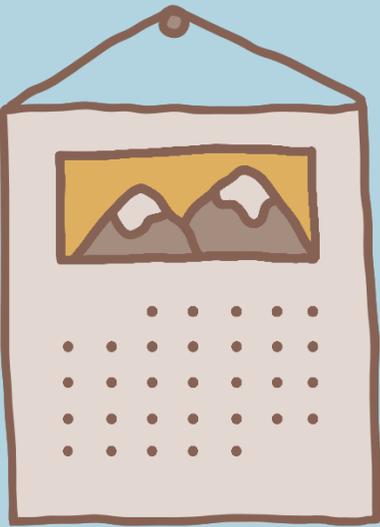
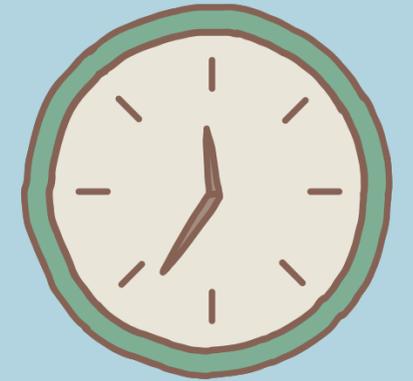
# PSALM 3:5-6

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.



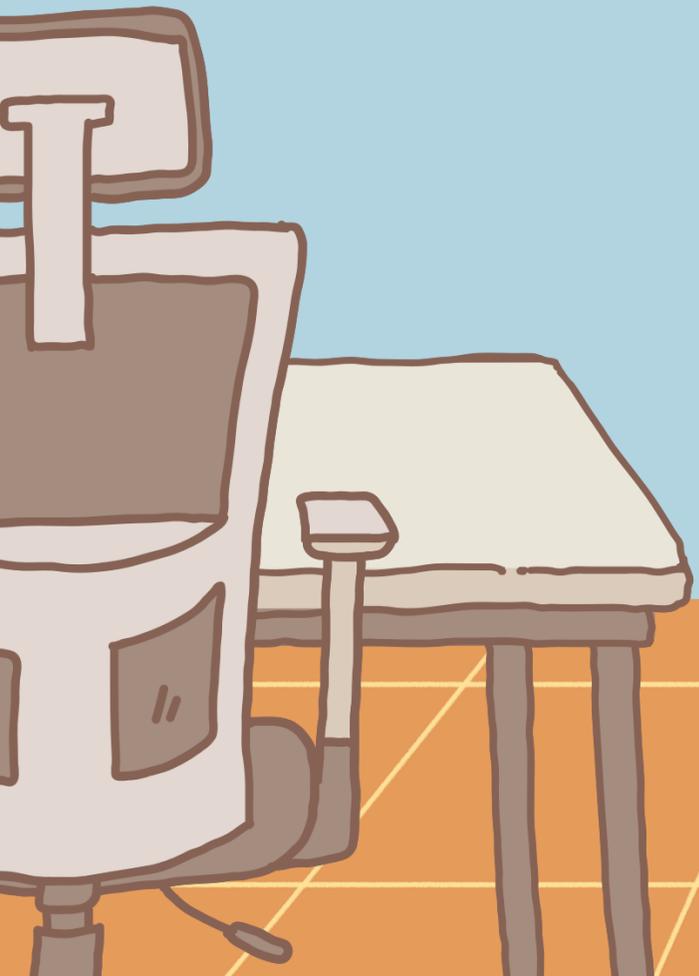
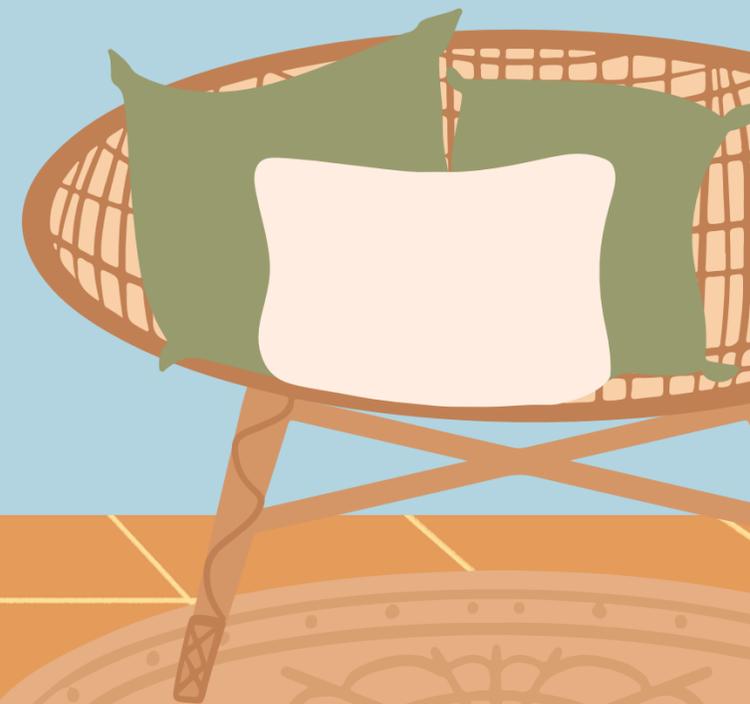
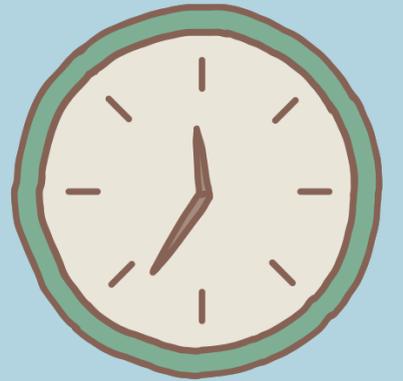
# PSALM 4:8

"In peace I will both lie down  
and sleep; for You alone, O  
Lord, make me dwell in safety."  
"At night I will sleep in peace  
because the Lord watches  
over me and keeps me safe."



# PROVERBS 3:21-24

My son, do not let wisdom and understanding out of your sight, preserve sound judgment and discretion; they will be life for you, an ornament to grace your neck.





Then you will go on your way safely, and your foot will not stumble. When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.”





Sweet sleep comes to a  
secure soul.





A clear conscience that keeps short accounts will benefit in sweet sleep.





Give it to God and go to  
sleep.

