

A bedroom scene featuring a bed with white linens and a dark headboard. A lamp with a glowing yellow shade is on a nightstand to the left. Two decorative starburst graphics are on the left and right sides of the image. The text "Fall Bible Study Series:" is overlaid in the center in a large, yellow, outlined font.

***Fall Bible  
Study Series:***

***Lesson Seven:  
Your Sleep  
Can Be Sweet!***



***“Sleep is the golden chain that ties body and health together.”***



*Key Scripture Verse:*

# ***Proverbs 3:24***

When you lie down, you will not be afraid; When you lie down, your sleep will be sweet.



# ***Why Did God Create Us to Require Sleep?***



# ***Genesis 2:21***

**And the LORD God caused a deep sleep to fall upon Adam, and he slept; and he took one of his ribs and closed the flesh in its place.**



# ***What Does the Bible Say About Sleep?***





# ***Jeremiah 31:26***

**So then, people will say, 'I went to sleep and woke up refreshed.'**



# ***Psalm 3:5***

**I lie down and sleep; I wake again  
because the LORD sustains me.**

# ***Psalm 4:8***

**In peace I will lie down and sleep, for you alone, O LORD, will keep me safe.**



# ***Ecclesiastes*** ***5:12***

People who work hard sleep well,  
whether they eat little or much. But  
the rich seldom get a good night's  
sleep.





## ***Psalm 127:2***

**It is useless to work so hard for a living, getting up early and going to bed late. For the LORD provides for those he loves, while they are asleep.**

# ***Three Observations About Sleep***



# ***1. Sleep as Healer***

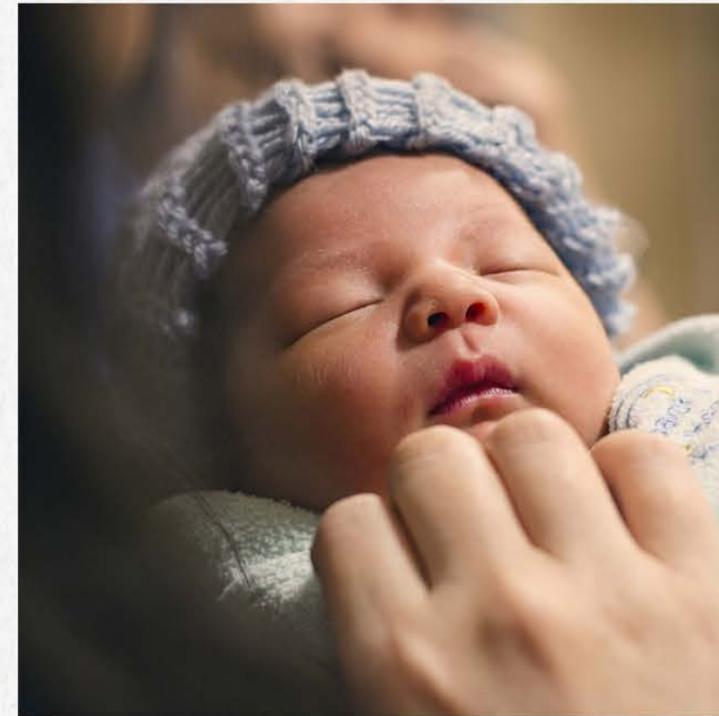




# ***1 Kings 19:4-6***

While he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors." Then he lay down under the bush and fell asleep. All at once an angel touched him and said, "Get up and eat." He looked around, and there by his head was some bread baked over hot coals, and a jar of water. He ate and drank and then lay down again.

## ***2. Sleep as Teacher***





## ***Psalm 121:3-4***

He will not let your feet go out from under you. He who watches over you will not sleep. Listen, He who watches over Israel will not close His eyes or sleep.

# ***3. Sleep as Giver***





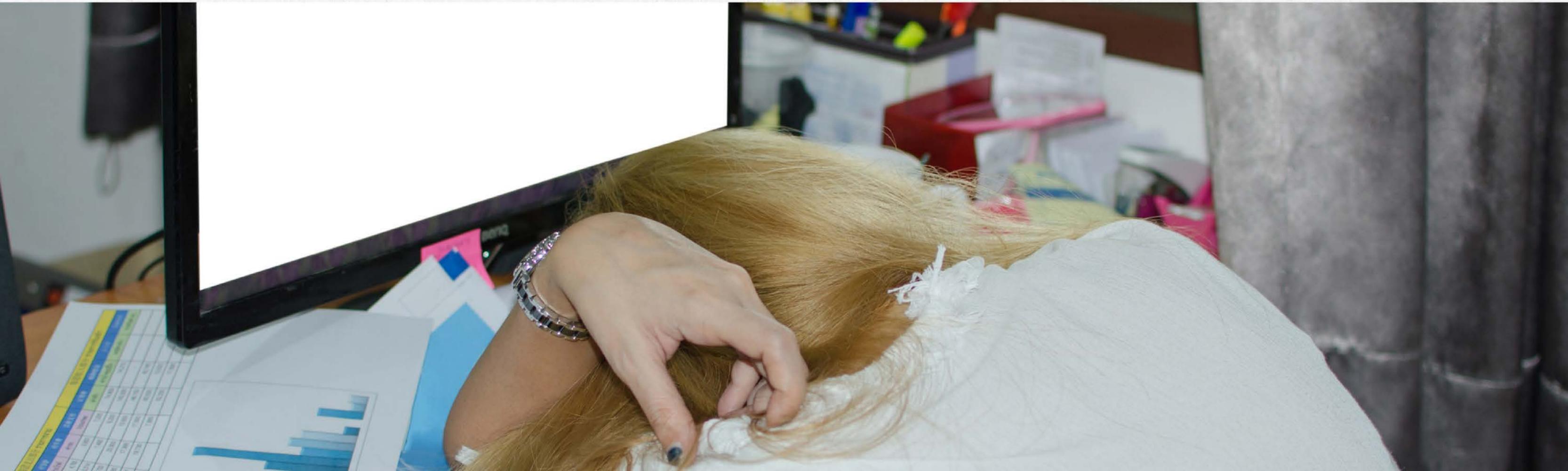
# ***Psalm 31:5***

**“Into Your hand I commit my spirit.”**

***God can do far more in our sleeping than we can do in our waking.***



# ***Sinful Habits Can Rob Sleep***



# ***The Benefits of Sleep***



# ***The Discipline of Sleep***



***“Sleep is when  
our soul  
actually  
refreshes our  
body.”***



***Are You Getting Enough Sleep?***





***“People who  
say they sleep  
like a baby  
usually don’t  
have one.”***

# ***Hours of Sleep Needed:***



6-13 years of age:  
9-11 hours.

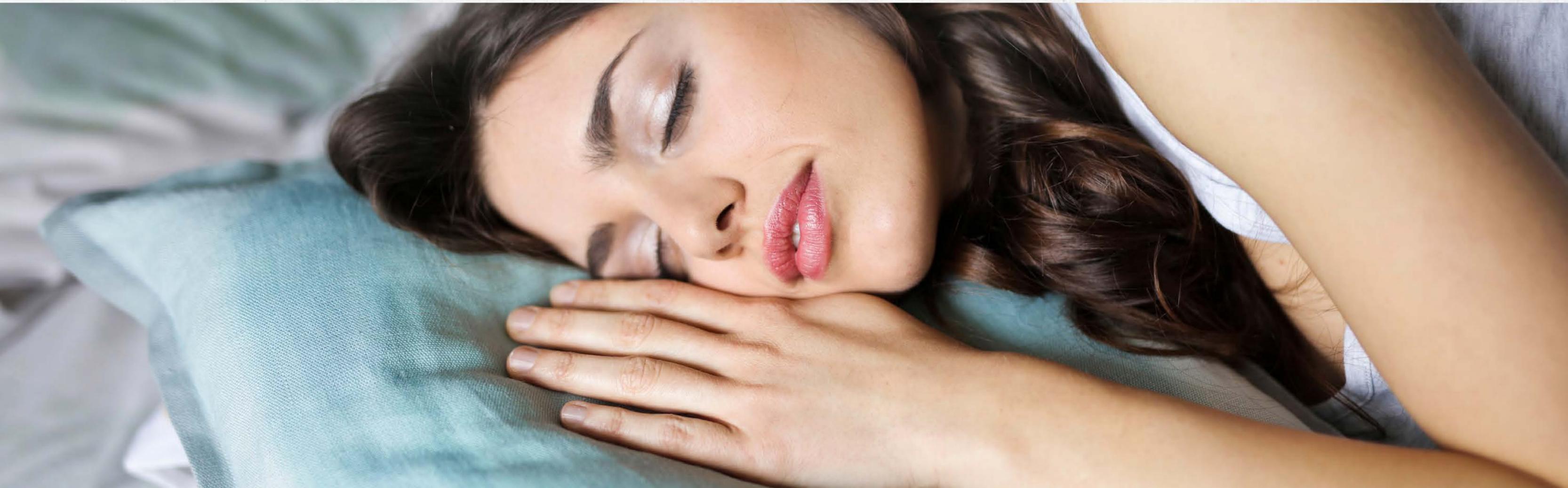
14-17 years of age:  
8-10 hours.

18-25 years of age:  
7-9 hours.

26-64 years of age:  
7-9 hours.

65 years and older:  
7-8 hours

# ***The Benefits of Napping***

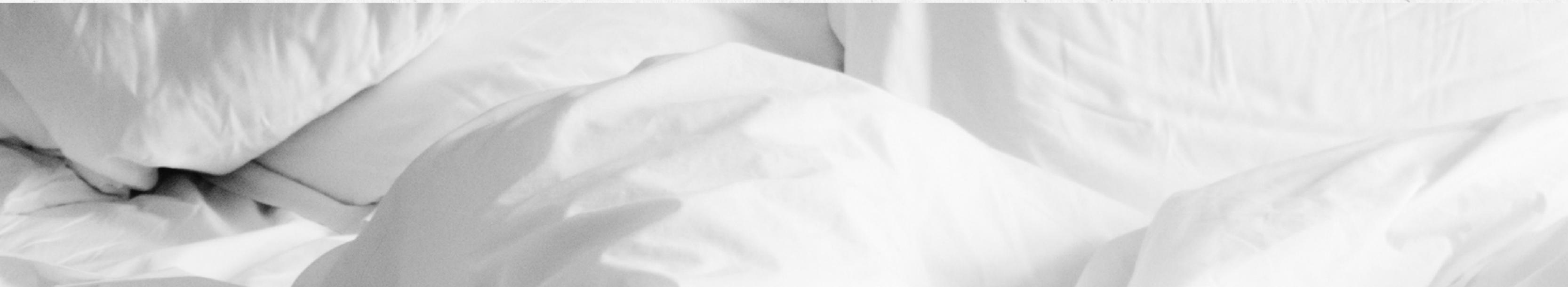


***Sleep Hygiene  
refers to healthy  
habits, behaviors  
and environmental  
factors that can be  
adjusted to help  
you have a good  
night's sleep.***

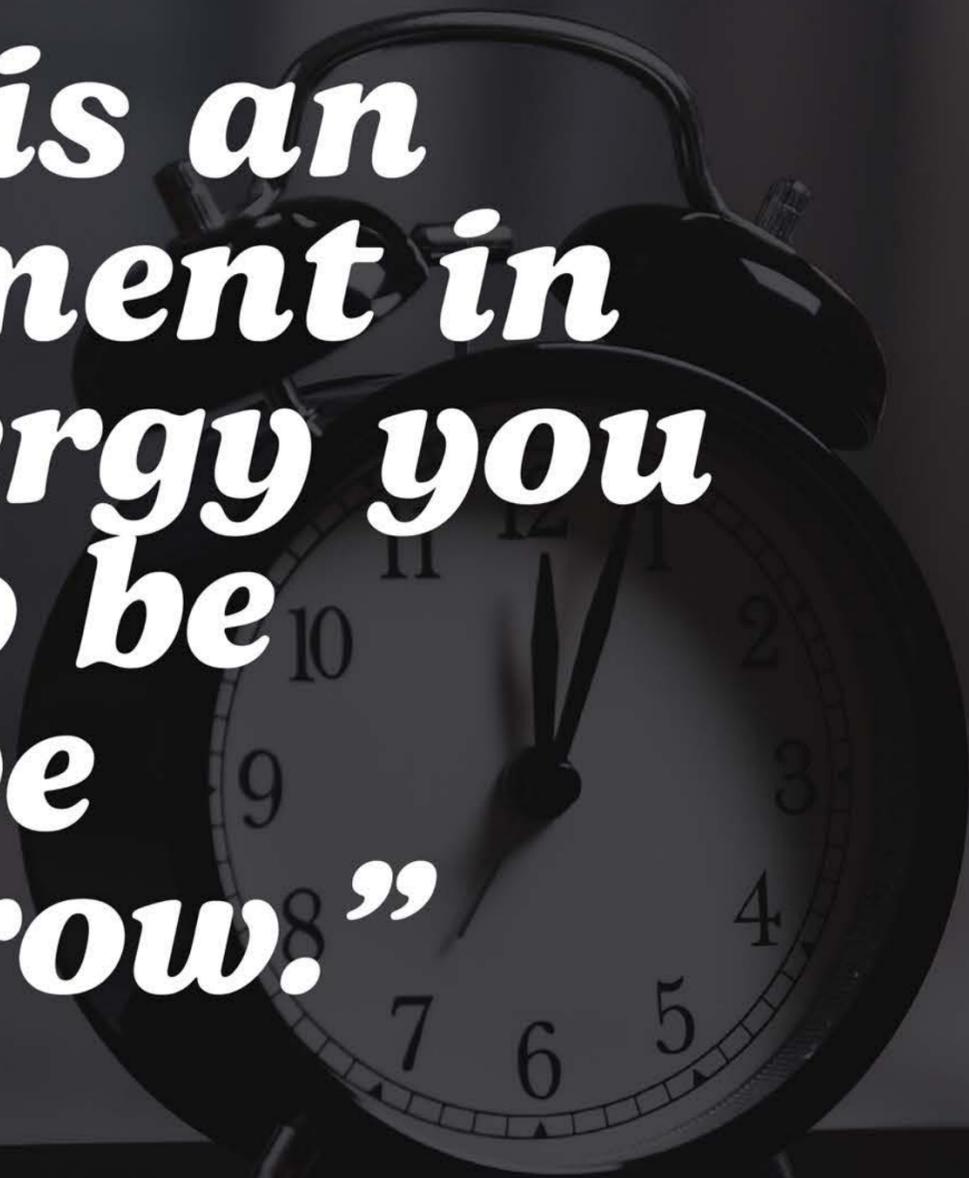


# ***Five Ways to Practice "Sleep Hygiene"***

1. Develop a Sleep Schedule.
2. Prepare Your Room for Sleeping.
3. Turn off Electronic Devices
4. Beware of Sleep Enablers.
5. Get Some Exercise.



***“Sleep is an investment in the energy you need to be effective tomorrow.”***



A newborn baby is shown sleeping peacefully, curled up in a white blanket. The baby's face is in profile, and their hands are near their face. The background is a soft, out-of-focus white.

# ***Bible Study Follow Up Chat Questions:***

1. Why Did God Create Us to Require Sleep?
2. Do you know a Bible reference about sleep?
3. In what way is sleep a healer, teacher, and giver?
4. What are some sinful habits associated with sleep?
5. List some benefits of sleep.
6. What are some benefits of napping?
7. List ways we can practice “sleep hygiene.
8. What is your greatest takeaway from today’s lesson?