

Struggles Christians Face
1. Insomnia – how can I get a good night's sleep?

John Percival

Introduction

- A Biblical view of sleep?

Sleep is necessary

- The example of Jesus (Mk. 4v38, John 4v6, Mk. 6v31)
- The evidence of science

Sleep is a gift

- A gift from God (Ps. 4v8, 3v5, 23v1-2, 127v2)
- A gift for us (Pr. 20v13, Jas. 4v2)

Sleep is an expression of faith

- David in the psalms (Ps. 4v8, 3v5, 127v2)
- Christ in the boat (Mk. 4v35-41)

Sleep is a picture of the future

- For everyone (Dan. 12v1-2)
- For the Christian (1 Thess. 4v15-16)

Conclusion

Bible references: Mk. 1v35, Ps. 121

Psalm 4 (NIV)

For the director of music. With stringed instruments. A psalm of David.

¹ Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.

² How long, O men, will you turn my glory into shame? How long will you love delusions and seek false gods?

³ Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him.

⁴ In your anger do not sin; when you are on your beds, search your hearts and be silent.

⁵ Offer right sacrifices and trust in the LORD.

⁶ Many are asking, "Who can show us any good?" Let the light of your face shine upon us, O LORD.

⁷ You have filled my heart with greater joy than when their grain and new wine abound.

⁸ I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

Some resources:

- 1) David Murray – *“Reset – living a grace-paced life in a burnout culture”* – good chapter on rest. I highly recommend this book. There is also a companion volume for women written by his wife, but “Reset” would benefit anyone.
- 2) Adrian Reynolds – *“And so to bed... a Biblical view of sleep”* – short and readable.
- 3) Kevin DeYoung – *“Crazy Busy – a short book about a big problem”* – chapter 8 deals with rest but the whole book is good.
- 4) Christopher Ash – *“Zeal without burnout”* – short chapter on sleep.