

Messenger of Truth

"Holding forth the Word of Life" (Phil. 2:16)

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Sleep

"Dear sleep, I know we had problems when I was younger...but I love you now." – unknown

"I'm so good at sleeping I can do it with my eyes closed." – unknown

"A sleeping child gives me the impression of a traveler in a very far country." – Ralph Waldo Emerson

"Sleep is to a man what winding up is to a clock." – Arthur Schopenhauer

"There will be sleeping enough in the grave." – Benjamin Franklin, *Poor Richard's Almanac*, 1758

There is no doubt that sleeping makes us all feel much better. People often have talked about the value of a good night's sleep.

Not everyone sleeps the same. Some people rise with the chickens whereas others stay up late. Some can go on 4 or 5 hours of sleep and others perhaps as much as 8 or 9 hours. You would be hard pressed to find consistency in sleeping habits.

The stress of the day can also greatly affect our sleeping patterns. Often, people tend to worry and subsequently seem to sleep less. It could be financial woes, concerns about a test in school, problems in relationships, etc.

Even so, there is nothing wrong with sleeping. During Jesus' personal ministry, when He took the form of man, we learn that even Jesus had occasions where He slept. "And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow..." (Mark 4:37-38). As a man, Jesus experienced hunger (Matt. 21:28), thirst (John 19:28), anguish from the scourging and crucifixion, etc. It should be no surprise to us that our Lord became weary enough to sleep.

But there is another usage of sleep in Scripture that sometimes folks don't understand. There are those occasions where sleep is used to refer to death. "These things He said, and after that He said to them, 'Our friend Lazarus sleeps, but I go that I may wake him up'" (John 11:11). When Paul was talking about Jesus' resurrection, He wrote, "After that He was seen by over five hundred brethren at once, of whom the greater part remain to the present, but some have fallen asleep" (1 Cor. 15:6). "But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope" (1 Thess. 4:13).

Death is a type of sleep in that we know it is only temporary. We look forward to being raised to never sleep again!