

The average American gets _____ fewer hours of sleep per night than a century ago. 40% of Americans get fewer than ___ hours of sleep per night. The CDC has labeled insufficient sleep a “public health epidemic” with a host of consequences.

Does God *really* care about sleep?

Rest: Built into the _____ of _____

- “God _____ from all his work that he had done in creation.” (Gen 2:1-3)
- “Six days _____ shall labor, and do all your work, but the seventh day is a Sabbath.” (Exo 20:8-11)
- “The Sabbath was made _____ man...” (Mark 2:27)

Rest: _____ by our Lord

- “...angels came and were _____ to him.” (Matt 4:11)
- “Come away by yourselves to a _____ place and rest a while.” (Mark 6:30-32)
- “Jesus, wearied as he was from his journey, was _____ beside the well”. (John 4:6)

Rest: Employed as a Figure to _____

- Our Creator does not _____ or _____ (Psa 121:1-4).
- But he *does* use sleep as a metaphor for _____ (Mark 5:39; John 11:11; Matt 27:52; Acts 7:60; 13:36; 1 Cor 15:51; 1 Thes 4:14).

Rest: Prescribed by Our Creator for Our _____

- The Bible commends _____ (Prov 6:6-11; 1 Thes 4:11-12; 2 Thes 3:10).
- It reminds us that the clock is ticking (Psa 90:10; 103:15-16; James 4:14).
- But it also extols the virtue of rest (Psa 127:1-2).
- The challenge is finding the balance between:
 - The _____
 - The _____ laborer

Rest: Promised as a Present and Eternal _____

- A present blessing of _____ for the wise (Prov 3:21-24).
- An ongoing _____ to the heavy laden (Matt 11:28-30).
- A present peace and future blessing of _____ life for the people of God (Heb 4:9-11).

