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Sleep Time with God

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Sleep Time with God

For many of us, a day begins when you get up in the morning and ends when we go to bed at night. A new day dawns in the morning. The day is over when we go to bed.

The Jewish way looks at a day differently. Each 24-hour period begins at sunset. Therefore, the morning is the middle of the day.

This is how three days during the crucifixion of Jesus were understood.

Jesus died on the cross on Friday in the afternoon and rose again on Sunday early in the morning. That would make about 36-40 hours or only a day and a half. Now if you looked at a day in the traditional Jewish way, you would count as Day 1 the daytime on Friday when Jesus died. Day 2 began at sunset on the same Friday. Day 3 began at sunset on Saturday. It was in the middle of Day 3 (early in the morning of Sunday) when Jesus rose from the dead.

Another example of “a day” as a movement from night to day, from darkness to light, is the Genesis account.

God called the light “day” and the darkness “night.” There was evening, and there was morning, marking the first day. (Genesis 1:5)

This is repeated for each day of creation.

When you begin your day at sunset, your time begins at home and (in many cases) with your family. That is the beginning of the day.

The night, your sleep, then, becomes a preparation for all the activities you will do in the following daytime. Additionally, since our bodies need 7 hours of sleep or more, sleep proves to be a significant part of our life.

Even while we sleep, God is still with us. When we are asleep, we are not aware of our circumstances and have ceased our striving. While we rest, God watches over us and continues to work on our behalf. In sleep, God meets us and instructs us. He renews our body, soul, and spirit.

Rest in God

Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?" (Mark 4:38, NLT)

Jesus could sleep through a storm because he was not just sleeping but was resting in the Father.

God wants us to rest in him physically, emotionally, and spiritually as we sleep. We can only do that to the extent we entrust our cares to him and realize he is more than able to handle our concerns as we rest in him.

As you get ready for bed each night, keep in mind and prepare for the next day by spending time with him in praise, prayer, Bible reading, and/or journaling.

You can also ask the Lord to speak to you while you sleep.

*"For God speaks, the first time in one way,
the second time in another,
though a person does not perceive it.
In a dream, a night vision,
when deep sleep falls on people
as they sleep in their beds." (Job 33:14-15)*

Give and consecrate your night to God. God is the Lord over your sleep.