



PEACEFUL SLEEP

SYDNI GROSS, P7 LEADER (TOLEDO, OH)



PREVIEW

The Lord understands us and is mindful of us, giving many beautiful, encouraging promises in His Word. The promise we will be looking at today is the promise that He will give us a sense of peace and safety, which allows for restful nights and peaceful sleep.

PRAISE

God gives us peace in all aspects of our lives. (Ask students to share times when they became aware of the peace of God in their lives, and how it made them feel.)

Similarly, God ensures that wherever we go He will keep us safe in His hands. (Ask students to share incidents when God has kept them safe in a time of danger.)

PARABLE

(Ask everyone in the room if they're more of an early bird or a night owl.) Whether you're an early bird or a night owl, I think we all can agree that we love to sleep. But despite that fact, we sometimes just cannot fall asleep. For example, how many of you have a hard time drifting off when you know something is going to happen the next day, like your birthday, the first day of school, or leaving for vacation? On the other hand, maybe you can't sleep because you're thinking about the long list of things you have to do the next day. Maybe you're nervous about something, like a big test in your least favorite subject. It's an unfortunate truth: sometimes our sleep is prohibited because our minds are too preoccupied with other pressing things.

PRESENT

Read Psalm 4:8 (KJV) and ask the reader to give a modern interpretation or what they think this verse means. Then read the verse from the New Living Translation: "In peace I will lie down and sleep, for you alone, O Lord, will keep me safe."

In this verse, God promises that no matter what happens throughout our day, our sleep will be peaceful and safe. Yet it can be so easy to forget this promise.

Perhaps you had a bad day and everything that happened is still weighing on your mind. Or maybe there's a difficult situation that's causing you to stress out. Quite often stress can be a huge reason preventing peacefulness and sleep. Consequently, our lack of sleep can make our stress worse, and we enter a dreadful cycle of worry and sleeplessness. Thankfully, we have a promise that our sleep is protected by God.

(Ask students how many of them feared the dark when they were kids.) Kids are often scared of the dark because they aren't sure what is lurking in the dark. They imagine scary monsters living in closet or under the bed. While most kids grow out of that stage,

many of them never outgrow that fear of the unknown, which can lead them to feel unsafe about many things, most notably their future.

No one can predict the future. The uncertainty causes many of us to feel unsafe, fearful of what may happen. This fear often takes hold in the wee hours of the night as we lie in bed, staring into the darkness. However, I'm here to tell you that you don't have to be scared and you don't have to feel unsafe, because God can give you a sense of safety and a peaceful sleep.

No matter what happens to you throughout the day, God knows it and He sees it. He loves you and wants you to be peaceful and safe. He promises that even your sleep will be full of peace and safety because, as the song says, "He's got the whole world in His hands." Stated more personally, He has your whole world in His hands.

PRACTICE

Try praying to God every morning and night, asking Him to bring this promise to your remembrance. Try making a schedule or a to-do list of all the things you have to do the next day and setting a time for each thing so you don't have to worry about it throughout the night.

PRAYER

Lord, thank You for the incredible promise of peaceful sleep that You've given to me. Thank You for seeing my life, keeping it in Your hands, and giving me the safety that only You can give. I pray that You will help me to constantly remember Your promises and love every day and throughout each night.

PLUS

Challenge for this week:

Write down the things that have been causing you the most stress or fear and brainstorm ideas on tips, tricks, and solutions to help alleviate some of that stress.