September 2, 2026

MESSENGER

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COME WORSHIP WITH US

Sundays at 1 PM

942 Altadena Dr.

Altadena, CA 91001

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Contact Information:

Due to the fires, our mail has been forwarded. Please send mail to PO Box 91055, Pasadena, CA 91109. You may still call the church phone at 626-797-8970;

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Sleep Well !

I guess we're all aware that a good night's sleep is important to healthy, productive living, but why is that? When I was young, I always resisted going to bed, as if giving in to fatigue was a personal defeat. Even as an adult, I kept trying to make the day last longer, having another snack and watching late night TV. Now, I've finally come to the place where I look forward to drifting off into the oblivion of sleep.

Scientific studies have shown that sleep is critical in restoring our physical and mental abilities after an active day. It's a state in which our bodies grow new tissues to repair muscles, bones and skin, release needed hormones, strengthen our immune systems to fight disease and flush waste materials that are cluttering our brains. Essentially, our bodies' machinery is working hard to get everything in working order for the next day's challenges. That's why we feel inadequate and helpless after a poor sleep night.

Shakespeare's Macbeth summarized his sleep experience in this way:

Sleep that knits up the ravell'd sleeve of care,
The death of each day's life, sore labour's bath,
Balm of hurt minds, great nature's second course.

It can be a mixture of all those things at once: restorative and healing (*knitting up the ravell'd sleeve, sore labour's bath, the balm of hurt minds),* closing a difficult chapter in our journey (*the death of each day's life*) and opening a new, more hopeful chapter (*great nature's second course*).

The Bible has a lot to say about sleep:

- **God wants us to sleep peacefully and soundly.**
  I will both lie down and sleep in peace, for you alone, O Lord, make me lie down in safety. (Psalm 4:8; see also Psalm 3:5, Psalm 116:7, Proverbs 3:24, Ecclesiastes 5:12, Jeremiah 31:25-26)
- **God himself never sleeps, so he can watch over us.**
  My help comes from the Lord, who made heaven and earth. He who keeps me will neither slumber nor sleep. (Psalm 121:2,4; see also Genesis 2:21)
- **Bad dreams may be part of our sleep experience.**
  As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. (Genesis 12; see also Job 7:13-14, Daniel 2:1, 7:15, 18)
- **Good dreams may be part of our sleep experience.**
  I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. (Acts 2:17; see also Job 33:15, Genesis 15:12, Daniel 2:1)
- **Sleep can be seen as a preview of death.**
  Jesus told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right."Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. (John 11:11-13; see also Mark 5:39, Acts 7:60, 1 Thessalonians 4:13)

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- **There's a time to wake up.**

> *You know what time it is, how it is already the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone; the day is near. (Romans 13:11-12; see also Proverbs 6:9-11, Luke 22:46, Ephesians 5:14, 1 Thessalonians 5:6-8)*

Finally, the Bible even addresses those times in the middle of the night when we can't sleep. Most of us experience those episodes when all sorts of anxieties, unfinished projects and relationship problems race through our minds and keep us from winding down. Some people find they can doze off by counting sheep. Others make this an opportunity to pray for the needs of family and friends. I try to think of new sermon ideas, and pretty quickly bore myself to sleep. Here's the Psalmist's solution:

My soul is satisfied as with a rich feast,
and my mouth praises you with joyful lips when ***I think of you on my bed***
and meditate on you in the watches of the night*,*
for you have been my help, and in the shadow of your wings I sing for joy.
(Psalm 63:5-7)

Pastor George Van Alstine