

Can We Be Taught to Sleep? – Arthur Barry

Some time ago I heard about classes on sleep in our local universities and in high schools in this country and in the U.K. Apparently sleep does not come as naturally as we might think for many people in our modern world, and there is a need to instruct our younger generation to GET TO BED! In general, young people are staying up much too late. My theory is that kids who are hooked up to computers, video games, iPods and the like do not disturb parents as they would if they were actively engaged with the real world. Adults also need to consider this phenomenon. Too often they are also hooked up to a virtual world.

Whatever the cause, many among us are sleep-deprived and many students are not performing up to their full potential, so measures must be taken to teach them to sleep properly. How weird is that? One sleep expert responded to the question about teenagers who were hard to wake up in the morning by saying that it is not always simply because they did not get to bed until after midnight. Besides the fact that they are growing, the internal clock of a teenager is not always running at the right time, and the simple act of opening the curtains and letting in the light will help get their clock set properly. There are some obvious spiritual applications for all of this. Paul says in 2 Corinthians 11:27 *"I have labored and toiled and have often gone without sleep..."* In this section he is "boasting" about his sufferings (v. 21). Paul was obviously a man who needed some counseling about how to live with proper decorum. Do you think he could have benefited from a class about sleep? Actually, he teaches a class about sleep.

In 1 Thessalonians 5:5-7 he says, *"You are all sons of the light and sons of the day. We do not belong to the night or to the darkness. So then, let us not be like others, who are asleep, but let us be alert and self-controlled. For those who sleep, sleep at night, and those who get drunk, get drunk at night."* Here Paul prefers being alert to being asleep in regard to Christ's coming. Basically, he would rather labor and toil for Christ than to sleep. Sleep is usually associated with labor and toil and many of us just do not know what labor and toil is any more. Therefore, sleep is a bit of a mystery. The Hebrew writer promises that *"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from his own work, just as God did from his."* (Hebrew 4:9, 10). This is a rest that we certainly do not want to deprive ourselves of.

So, we need to be properly rested, both physically and spiritually. Healthy rest demands healthy work. Physical rest means getting to bed, but spiritual rest may mean staying out of bed even when you are "dog tired". If that seems confusing, take comfort in the knowledge that whether we are physically asleep or spiritually asleep, the wake-up strategy is the same: let the light in!

...for it is light that makes everything visible. This is why it is said: "Wake up, O sleeper, rise from the dead, and Christ will shine on you." Eph 5:14

A well-rested person has a deep appreciation for daylight.



That meets at 701 South Wilbur, Sayre, PA 18840
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Arthur Barry, Evangelist- (607) 280-1732

April 2, 2023

All the Churches of Christ greet you.

Romans 16:16

WELCOME!

Sunday

Bible Class- 9:30 a.m.

Worship- 10:30 a.m.

Wednesday

Bible Study-6:30 p.m.

Today's Sermon: When the Perfect Comes

Scripture Reading: Eph 1:3-10

Sermons are recorded and are available for listening on the church website.

Bulletins are archived on the website.

Notes for Sunday morning and Wednesday evening classes are available on the website.

valleycitieschurchofchrist.org

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Headphones are available for the hearing impaired.

ANNOUNCEMENTS / UPCOMING EVENTS...

- ❖ **Sunday Morning Bible Class:** Arthur is teaching from Romans.
- ❖ **Wednesday Evening Bible Class:** 6:30pm April 5, on Zoom, Arthur will be beginning a study from G.R.O.W. by Alex Tullis.
- ❖ **Next Potluck and Bring-a-Friend Sunday** – April 16.
- ❖ **Ladies' Class** –Tuesday, April 4. **Women of the Genesis, Chapter 12, Potiphar's wife.**
- ❖ **Next 5th Sunday Singing** – **April 30 at Ithaca.**
- ❖ **Men's Prayer Breakfast- May 13**, I will tell of your name to my brothers. (Ps. 22:22)



MAGI boxes –

Please check white boards in collection room to see what is needed. Cash donations are always appreciated as well.

Game Time Fellowship- Please share suggestions, ideas and level of interest in a gathering to play games and share snacks with each other.

PRAYERS

- **Pray for Molly and Pancho Rivera and family to secure a place to live soon.**
- **Bonnie Davis' brother Gregg** has been diagnosed with prostate cancer and is deciding how to proceed with treatment.
- **Steve Burger, a friend and neighbor of Miki's** has been diagnosed with lung cancer, and **his brother-in-law, Bob** has also been diagnosed with lung cancer all within a few days' time. Please pray for their treatment and recovery and peace.
- **Sandy and Arthur's grandson, Aidan**, will be shipping out with the US Army on the 11th. Pray for his success and that his mom, Emily, will not miss her only child too much.

Pray for these people:

- **Pat Guthrie**, lung cancer, chemo tolerance, (he's doing a bit better lately)
- **Mike Walls**, frontal lobe dementia. Pray for strength for his wife Carrie.
- **Jim Sexton**, esophageal cancer
- **Jay Sanabria-** still recovering from burst appendix infection and surgeries.
- **Tresa Shirrell's mom, April**, terminal cancer, salvation
- **Ukraine.**
- **Arthur-** congestive heart failure, diabetes
- **Jerry Lowe-** needs contact with a church and a ride to worship. Pray that he may be encouraged.

If you have any PRAYERS or NEWS that you would like included in the bulletin, please contact Sandy at barnecat7237@gmail.com or text or call (607) 261-0911.