

**Agape House of Worship
Midweek Service & Bible Study**

Title - “God’s Blessing of Sleep & Dreams”
Key Scriptures: Psalm 127:2b, Numbers12:6

Facilitator: Pastor Kip Wright
Date: June 26, 2024

Sleep - the natural, easily reversible periodic state of many living things that is marked by the absence of wakefulness and by the loss of consciousness of one's surroundings, is accompanied by a typical body posture (such as lying down with the eyes closed), the occurrence of dreaming, and changes in brain activity and physiological functioning, is made up of cycles of non-REM sleep and REM sleep, and is usually considered essential to the restoration and recovery of vital bodily and mental functions

REM sleep - a kind of sleep that occurs at intervals during the night and is characterized by rapid eye movements, more dreaming and bodily movement, and faster pulse and breathing.

Harvard Medical School Div. of Sleep Medicine

- Sleep is a state that is characterized by changes in brain wave activity, breathing, heart rate, body temperature, and other physiological functions.
- Depending on the sleep stage, different physiological functions may be more active and variable (for example, during REM sleep), or less active and more stable (for example, during NREM).
- The reasons why we dream and the meaning of our dreams, despite scientific investigations, still largely remains a mystery.

Nelson’s Bible Dictionary – Sleep is a natural period of rest during which consciousness is suspended. In the Bible, sleep can have several different meanings.

1. Death – (1 Thess. 4:14)
2. Physical laziness – laziness that leads to poverty (Prov. 6:9-11)
3. Spiritual or Moral laziness – (1 Thess. 5:6)
4. Living in safety – (Ezek. 34:25)
5. Reward/Blessing – God gives sleep to the righteous and to the hard worker (Psalm 4:8, Eccl. 5:12)

God’s Blessing of Sleep

How many times is sleep mentioned in the Bible? _____

What is the first time sleep is mentioned in the Bible? _____

Genesis 2:21 NIV ²¹ So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man’s ribs and then closed up the place with flesh. _____

Psalm 127:2 Expanded Bible ² It is no use [in vain; without purpose] for you to get up early and stay up late, working for a living [^L eating the bread of hardship/pain]. The LORD gives sleep to those he loves [*or* provides for those he loves while they sleep]. _____

Psalm 4:8 Amplified Bible ⁸ In peace [and with a tranquil heart] I will both lie down and sleep, For You alone, O LORD, make me dwell in safety *and* confident trust. _____

Jeremiah 31:25-27 Amplified Bible ²⁵ For I [fully] satisfy the weary soul, and I replenish every languishing *and* sorrowful person.” ²⁶ At this I (Jeremiah) awoke and looked, and my [trancelike] sleep was sweet [in the assurance it gave] to me. _____

What is a dream?

- A series of thoughts, images, or emotions occurring in the mind during sleep
- A dream is one of the little movies in your mind that play at night

Where do dreams come from?

How the brain constructs dreams National Institutes of Health - Deep inside the temporal lobe of the brain, the hippocampus has a central role in our ability to remember, imagine and dream. Our most vivid dreams are a remarkable replication of reality, combining disparate objects, actions and perceptions into a richly detailed hallucinatory experience. June 8, 2020

How many times are dreams mentioned in the Bible? _____

1st time dream mentioned in the Bible - Genesis 20:3 NJKV ³ But God came to Abimelech in a dream by night, and said to him, “Indeed you *are* a dead man because of the woman whom you have taken, for she *is* a man’s wife.”

– In a dream God warned Abimelech, the King of Gerar, not to touch Sarah because she was Abraham’s wife.

Do dreams come from God? How can we tell if a dream is from God?

Andrew Wommack’s Book – Lessons from Joseph, A Journey from Dreams to Destiny

Page 6 - God speaks through dreams, It’s a biblical thing. There are fifteen instances of God speaking by dreams in the Old Testament.

Rick Warren’s Book – Created to Dream, The 6 Phases God Uses to Grow Your Faith

Page 23 – 1. God’s dream will always require faith 2. Aligns with God’s Word

Dr. Joe Ibojie’s Book - Illustrated Dictionary of Dream Symbols, A Biblical Guide to Your Dreams and Visions Page 9 – Ultimately, God uses dreams to align our hearts, thoughts, and intentions to His eternal purpose. He may use dreams in a variety of ways: to answer our questions; to appoint us to a new mission; to command changes in how we live; to commune with us concerning secrets of His heart; to promise us something to come; to teach us vital truths that we might have missed, and so forth.

God’s Blessing of Dreams

Numbers 12:6 NIV ⁶ he said, “Listen to my words: “When there is a prophet among you, I, the LORD, reveal myself to them in visions, I speak to them in dreams. _____

Judges 7:15 NLT ¹⁵ When Gideon heard the dream and its interpretation, he bowed in worship before the LORD. Then he returned to the Israelite camp and shouted, “Get up! For the LORD has given you victory over the Midianite hordes!” _____

1 Kings 3:5 NIV ⁵ At Gibeon the LORD appeared to Solomon during the night in a dream, and God said, “Ask for whatever you want me to give you.” _____

Daniel 7:1 NIV Daniel’s Dream of Four Beasts ⁷ In the first year of Belshazzar king of Babylon, Daniel had a dream, and visions passed through his mind as he was lying in bed. He wrote down the substance of his dream.