



Bethany Lutheran Church & Preschool
5051 McCarty Road
Saginaw, MI 48603
www.bethanysaginaw.com
Phone: 989-793-9579

After taking July off for vacation and Bible Soccer Camp, Viewpoints returns.

Viewpoints

Observing events in our modern world from the viewpoint of our ascended Savior.

Sleep Like a Baby ~ August 2, 2014

Trying to get a good night's sleep can tire you out. Here's David's secret.

[Online Version & Archive](#)

Recently published discoveries about our sleeping habits offer both kinda good news and some ugly bad news.

The kinda good news is that the conventional wisdom of needing eight hours of sleep has been lowered to seven. Nice! For all of us who burn the candle on both ends, we're at least inching towards acquiring proper amounts of sleep, even if we're still failing to master our lifestyles. "Several sleep studies have found that seven hours is the optimal amount of sleep—not eight, as was long believed—when it comes to certain cognitive and health markers..." But now notice the caveat that's attached at the end of the sentence: "...although many doctors question that conclusion." Oops. That we need only seven hours is not yet settled science. Shucks!

Which is why some scientists suggest that you take a few nights to do your own study by turning off the alarm, hiding the clock and sleeping until you feel rested and ready for the day. Track how many hours of sleep you get each night of your experiment and then average it to find your own unique marker. (Sounds like a good idea, but who has the time to do this?)

Now here's the ugly bad news: "Other recent research has shown that skimping on a full night's sleep, even by 20 minutes, impairs performance and memory the next day." Yikes! Now I'm going to lie awake at night, tossing and turning, because I'll be worried about my lack of sleep impairing my next day's productivity!

And now that we've mentioned it-- what about the worry and fear that grow out of the stressors and troubles of life? We can make provision to get adequate sleep only to find our minds racing and our bodies tossing and turning.

God understands our need for good sleep. After all, he not only hard wired us when he created us, he also came down from heaven and lived among us. In our place Jesus suffered all the worries and troubles that impair our sleep, and he did so perfectly in order to conquer sin and sin's debilitating effects. Remember how Jesus slept like a baby in the belly of a boat that was about to be sunk by the violent storm (Mark 4:35-41)?

David was a follower of the Lord Jesus. By faith he looked 1,000 years ahead in time, trusting in the saving work of his Savior God. His bed-time prayer went like this: “Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer” (Psalm 4:1).

And David’s bed-time devotion reviewed Bible truths like this: “Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him” (Psalm 4:3).

In spite of all the stressors that David endured (and he endured many!) David slept like a baby. Well, more accurately, I should say that David slept like the child of God he was. Like a little child who fully puts his trust in his parents to care for him, so David found his soul’s serenity in the God who carries away our sins in his own body (1 Peter 2:24). Yes, David slept like a baby being cradled in the arms of God: “You have filled my heart with greater joy... I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety” (Psalm 4:7-8).

When you know that God’s blood at the cross has purchased you for eternal safe-keeping, you can be like David, sleeping like a baby cradled in the arms of the God. ☩☩☩

Source Material (Links may become inactive over time.)
[Why Seven Hours of Sleep Might Be Better Than Eight](#) @ Wall Street Journal.com

To become a recipient of Viewpoints, please email mike.nitz@bethanysaginaw.com and simply type the phrase "VP please" in the subject line. Or if you wish to no longer receive Viewpoints, type the phrase "discontinue VP" in the subject line. Thanks.

Blessings to you and your loved ones, Pastor Mike Nitz

