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Viewpoints

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

Sleep Cleaning ~ March 5, 2015

Sleep talking. Sleep walking. Sleep Cleaning. One is critical for life.

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Certainly you've heard the phrase, "Get your mind out of the sewer!" In pop culture's parlance, that remark reminds someone to stop thinking dirty things.

That's good advice. Why put dirty things into our minds when our brains are plumbed with a sewer system designed to carry dirty things away?

Oh, you didn't know that your brain has its own built-in sewer system? No one knew this until scientists recently discovered the brain's "glymphatic system." This specialized sewer system carries away the brain's waste products. Further, scientists also discovered that your brain's sewage system is largely dormant during your waking hours (when your brain is devoting its resources to computing all the processes needed to navigate your busy day). But during your sleeping hours, your brain's sewer system becomes extraordinarily busy as it toilets toxic components away.

Last month, the news reported that the American Association for the Advancement of Science honored this research with its oldest and most prestigious award, because it has "transformed scientists' understanding of the brain and neurodegenerative diseases like Alzheimer's." While all of this is impressive and promising for the future, there are immediate implications for you and me already tonight. Tonight some of us may experience sleep talking or sleep walking. But now we know that all of us need to experience "sleep cleaning."

Sleep cleaning is a critical ingredient to our well-being, which is why scripture has been talking about a good night's sleep for a long time (check out, [Sleep Like a Baby](#)). God knows what we need for our bodies and our souls.

After highlighting the wisdom and knowledge of the Lord, the inspired writer makes this application: "Preserve sound judgment and discernment... Then you will go your way in safety.... When you lie down you will not be afraid; when you lie down, your sleep will sweet" (Proverbs 3:21-24).

And what is it that prevents us from getting more sweet sleep? Reality check! It's not so much the amount of our tasks, but the worries that saturate and weight our tasks with mental anguish and emotional burdens. When we try to carry this weight ourselves, we

probably limit our sleep cleaning. Or if we toss and turn in our beds because the winds of worry are howling through the canyons of our cranium, we're not going to maximize our sleep cleaning.

Like every other problem in life, Jesus is ultimately the answer. And that's because it's our sin that clogs up our minds with worries, anxieties and emotional burdens.

Our pop culture barks: "Get your mind out of the sewer!" Our Savior is much more gracious and gentle, and he actually enables us to accomplish this by giving us his enabling promise: "Come to me, all you who are weary and burdened, and I will give you rest!" (Matthew 11:28). He who forgave our sins at the cross and rose from the grave to shepherd us day and night is the one whose rest can get our minds out of the sewer of worry, so that our brain's sewer system can do its work.

Read, meditate, reflect, re-read (*and repeat as necessary!*) yourself to sleep with one of Christ's promises, like Pslam 23 and you'll experience heavenly sleep cleaning.

Source Material (Links may become inactive over time.)

[AAAS Honors Study That Shows How Brain Cleans Itself During Sleep](#) @ www.sleepreviewmag.com

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Blessings to you and your loved ones, Pastor Mike Nitz

