



Better Sleep

60% of people in the US say they have difficulty sleeping every night

"My bed is a magical place where I suddenly remember everything I was supposed to do."

Various ways that sleep appears or is presented in the Bible

- Metaphor for death
- Dreams and visions of God
- Time of vulnerability
- Missing one's true purpose
- The heart or soul that sleeps misses God
- Signifies trust or contentment
- Image for rest and safety

Luke 8:22-25

²² One day he got into a boat with his disciples, and he said to them, "Let us go across to the other side of the lake." So they set out, ²³ and as they sailed he fell asleep. And a windstorm came down on the lake, and they were filling with water and were in danger. ²⁴ And they went and woke him, saying, "Master, Master, we are perishing!" And he awoke and rebuked the wind and the raging waves, and they ceased, and there was a calm. ²⁵ He said to them, "Where is your faith?" And they were afraid, and they marveled, saying to one another, "Who then is this, that he commands even winds and water, and they obey him?"

The external storm—the winds and the waves

Microsoft found that 77% of adults said, "when nothing is occupying my attention, the first thing I do is reach for my phone."

Time to Pause

The internal storms—the fears and uncertainties

Matthew, Mark and Luke

Synoptic Gospels = to be seen together

Matthew 8:23-27 // Mark 4:35-41 // Luke 8:22-25.

Matthew = κυριε "Lord"

Mark = διδασκαλε "Teacher"

Luke = επιστατα "Master"

Matthew uses "Lord" (κυριε)

Lord:

Translation for the personal or relational name of God

Someone who willingly gives ownership of themselves to another

Mark uses "Teacher" (διδασκαλε)

Teacher:

Technical term for a "master of instruction"

Someone who teaches definite skills through systematic instruction
One who teaches the ways of God

Luke uses "Master" (επιστάτα)

Master:

Someone who has authority

To have supreme power over something or someone

Lord – **Personal**

Teacher – **Purposeful**

Master – **Powerful**

Mark 14:36 ³⁶ "**Abba, Father,**" he said, "**everything is possible** for you. Take this cup from me. Yet not what I will, but **what you will.**"

Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one. *For thine is the kingdom and the power, and the glory, for ever and ever. Amen*

A Time to Repeat

Breath

Slow down

Visualize

Emphasize

Breath

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.