

GOOD NIGHT

Or How To Get The Most Out Of Your Sleep

Tomas Korcak

As we study the Word we discover that God created us in such a way that we gain new strength, refreshing, renewal and are built up through sleep. In other words: ***It is God's plan that we should spend almost a third of our lives sleeping. God wants to specifically bless us and build us up in a special way during this time of sleep.*** It is not God who is destroying a person by nightmares and sleeplessness, but it is the enemy who comes to steal, destroy and kill (see John 10:10). We need to learn not to give place to the devil (see Eph. 4:27) but to live in agreement with God.

Solomon describes sleep as a sign of God's love and favour: **God gives his beloved sleep** (Ps. 127:2) Asaf, the worship leader in David's tabernacle, states the foundational truth in his prayer: **Day belongs to you and the night also.** (Ps. 74:16). The night, as well as the day, is the time when God wants to deal with a person.

The importance of sleep, according to the doctors, is as follows: *Sleep, in a fundamental way, regenerates the main nervous system [1]. It is used to renew the functioning of the brain and the whole organism: it participates in the renewal of strength and memory capability, it encourages growth in childhood and adolescent years, it has a positive effect on the immune system and has a whole list of other functions that are so far not yet specifically defined [2].*

Sleep is the key foundation for a healthy life to every person. Prolonged neglect of sleep is certainly not a sign of spirituality, even though we may at times have limited time periods, when we cannot give enough time to sleep (like when a new baby is born). Even then God wants to give us wisdom on how to help one another so we can have enough rest. Also there can be times of prolonged "nightly waiting upon the Lord" when we are seeking God's face and give ourselves totally to Him. (2Cor. 6:4-5; 11:27; Mark 14:33-38, Ex. 12:42)

We can find many firm promises in the Scriptures concerning our rest and our sleep. Most of them also have very definite conditions. These conditions have to be satisfied so that God can do His part in fulfilling his promises.

Sleep for rest and refreshment

The first thing that sleep should bring into our live is rest. Jesus is introducing to us a lifestyle of rest, which includes both being awake and sleeping. His invitation is as

follows: **Come unto Me, all *you* who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.**" (Matt 11:28-30) What are the conditions of true rest? Have you fulfilled them?

Contemporary western society is very tired, overworked and overburdened even though the working week is considerably shorter than before. This is caused by our lifestyle, with a great intake of information and entertainment instead of rest. It is good to switch off, get into a good mood, laugh with friends, play a good game with the children, do some sport, watch a good film, listen to good music, read a good book and so on. The real rest will not come with "entertainment" but with focusing on Christ. Deep healing, which brings true rest, will only come into our spirit as a result of a deep intimate relationship with our Lord Jesus Christ, as we listen to Him while reading the Word, as we worship Him and as we pour our hearts out to Him. Only then are we searching for His plan for our life and entering in it.

In the book of Jeremiah God is giving a promise of renewal to Israel, finishing with these words: **"For I have satisfied the weary soul, and I have replenished every sorrowful soul."** Jeremiah continues: **After this I awoke and looked around, and my sleep was sweet to me.** (Jer 31:25-26 NKJV)

Pleasant, refreshing and strengthening sleep, that is the will of God for our life. To satisfy and replenish the exhausted and weary soul.

Sleep for inner growth /nurturing/ building up

The second important reason for sleep, although less recognized, is for building up inside. It is first of all given to newborn believers who have a clean heart. The Apostle Paul is challenging: **"Be angry and sin not; do not let sun go down on your anger. Do not give place to the devil."** (Eph.4:26-27). When we go to bed with unresolved anger, unforgiveness and sin, it does effect our sleep. As the prophet Hosea says: **They prepare their heart like an oven, While they lie in wait; Their baker sleeps all night; In the morning it burns like a flaming fire.** (Hos 7:6) We give place to the enemy and stop God from dealing with us at night.

King Solomon uncovers the basic reality of what happens during our sleep: **I sleep. My heart is awake** (Psalm 5:2). Even if we are in an unconscious state, our spirit and our subconscious mind are still awake. Doctors describe it as follows: Even if a sleeping person is passive on the surface (ie. is not communicating with his surroundings, is not moving) the brain is active, it is "working" even during the time of sleep. [2].

King David had a deep revelation about sleep and the night-time, which has been further expanded by the prophets in David's tabernacle. "I will praise the Lord who councils me. **Even at night my conscience is being instructed**" (Psalm 16:7). The Hebrew language has some very real, concrete expressions for spiritual functions. It uses here the word for a kidney that represents our conscience which is working in us

unceasingly, just as the kidneys work, independent of our will. We cannot stop our kidneys' function by a decision. And so is with our conscience, it is working mercilessly whether we want it to or not. Just as with only a continually bad diet and lifestyle we can damage our kidneys, so it is with our conscience if we stay in sin. Our conscience is **the voice of our spirit** according to Kenneth E. Hagin and **our God consciousness** according to Dan Drapal [3].

We could say that our kidneys are the centre of our being or our heart. Renc (a Czech Bible translator translates: "I praise the Lord that that He talks to my heart during the night." God wants to deal with our inner man at night. He wants to build us up and teach us things at night (B21: **..even at night my conscience is teaching me**) and wants to discipline and correct us (CEP **..even during the night my inside is challenging me**)

At night, when we quieten down and are at rest, God can finally get our attention. Sometimes He does this through dreams, as Elihu points to Job : ***For God may speak in one way, or in another, Yet man does not perceive it. In a dream, in a vision of the night, When deep sleep falls upon men, While slumbering on their beds, Then He opens the ears of men, And seals their instruction. In order to turn man from his deed, And conceal pride from man, He keeps back his soul from the Pit, And his life from perishing by the sword. 'Man is also chastened with pain on his bed, and with strong pain in many of his bones.*** (Job 33:14-19 NKJV)

For example the wife of Pilate was warned at night about the unjust judgement of her husband. When Pilate sat on his judgement seat she sent him a message: **"Do not have anything to do with the righteous man! I suffered many things in a dream because of him."** (Math 27:19)

But this communication during the night is not just for correction when you sin but also for encouragement and the revelation of God's plans. Pentecost should affect us even at night and during our sleep, as the Apostle Peter says: **'And it shall come to pass in the last days, says God, That I will pour out of My Spirit on all flesh; Your sons and your daughters shall prophesy, Your young men shall see visions, Your old men shall dream dreams.** (Acts 2:17 NKJV see also Joel 3:1)

We also have to remember that our dreams can be influenced by the desires of our soul (Is 29:8), overwork, stress or cares (Lam 5:2) and also our uncleanness (Jer 23:25-32) This should lead us to wise discernment and, most importantly, to the guarding of our heart (Prov 4:23). The rebellious people and those closed to correction God even says: **Do not listen to your dreams which you have** (Jer 29:8). You must not allow yourselves to be deceived by your soul, which can be devious and deceiving. Do not forget Jesus' words: **Blessed are the pure in heart for they will see God.** (Mat 5:8)

It is necessary to stick to certain biblical rules while we interpret dreams. It should lead us into deeper fellowship with God, His Word and his people. Joseph, an experienced interpreter of dreams, said: **Is not the interpretation of dreams God's work?** (Gen 40:8) and Daniel: **But there is God in heaven who reveals secrets** (Dan 2:28). I

recommend the study of David Dreiling (How to interpret visions) as an introduction to the understanding of visions and dreams Jak vykládat zjevení on www.juda.cz .

The sons of Korah in the tabernacle of David were singing: Psalm 42:8: **The LORD will command His lovingkindness in the daytime, And in the night His song shall be with me - A prayer to the God of my life.** NKJV "Song of God" is an expression meaning "a song that has been inspired by the Lord Himself." It is a prophetic song that God puts inside of our heart by the Holy Spirit. So the Lord, as a sign of his mercy, sends a song to be with us in the night. Maybe you have experienced this for yourself; you wake up in the morning and there is a song in your heart, either one you know or a totally new one. The Apostle Paul encourages us to **sing to the Lord with our heart** (Cor 3:16) which is our conscious action that has an effect on our unconscious action while we sleep at night. I have witnessed several times that a person newly filled with the Holy Spirit would speak in tongues and praise the Lord in their sleep.

So what are the conditions for a quality, God given rest and a restful sleep that renews us?

1. Reconciliation with God and living in a trusting relationship with Him

Through our faith in Jesus Christ we received peace from God, which means that we are reconciled to Him. (see Rom 5:1) God is not angry at us anymore. All of our sins have been placed on Jesus and removed from us. The Holy Spirit is resting upon us (see 1Peter 4:14). We have already pointed out that rest and walking in continual rest comes to us from Jesus, when we are surrendering to him and when we are learning from him meekness and dependency on our heavenly Father (see Math 11:28-30)

The importance of a close relationship with God, regarding the rest that renews us, is shown to us by David **The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness for His name's sake.** (Ps 23:1-3 NKJV) Rest is gained beside the still waters, and the refreshing water is at the place of rest. Renc translates: **He leads me to quiet, restful pastures, to the spring, where I can rest. He gives refreshment to my soul..**

The Apostle Paul states: **But let us who are of the day be sober, putting on the breastplate of faith and love, and as a helmet the hope of salvation. For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ, who died for us, that whether we wake or sleep, we should live together with Him.** (1 Thess 5:8-10 NKJV)

2. Reconciliation with people and a life of forgiveness and mercy.

For a life of peace and rest it is fundamental that we be reconciled to other people. The Apostle Paul challenges: **If it is possible, as much as depends on you, live peaceably with all men.** (Rom 12:18-19) NKJV and continues: **Therefore let us pursue the**

things which make for peace and the things by which one may edify another. (Rom 14:19-20 NKJV). We have already discovered that unforgiveness, bitterness and anger have to be resolved before we go to sleep, otherwise we give place to demons while we sleep (see Eph.4:26-27). You do not need to sort out every conflict before you go to sleep, but you do have to go to bed in the attitude of mercy and forgiveness. If we do not forgive then we ourselves are not forgiven (see Mark 11:25,26); we are walking in our sins and with a guilty conscience and both the night and our sleep will be for us a place of turmoil and restless wanderings.

David confesses: **You have tested my heart; You have visited *me* in the night; You have tried me and have found nothing; I have purposed that my mouth shall not transgress. ...as for me, I will see Your face in righteousness; I shall be satisfied when I awake in Your likeness** (Psalm 17:3,15) A clean, upright and pure heart will lead us into the experience of God's presence even in our sleep.

3. A Life of obedience of God's commandments

The Lord promises us through Moses a safe and peaceful sleep: **...and dwell in your land safely. I will give peace in the land, and you shall lie down, and none will make you afraid; I will rid the land of evil beasts, and the sword will not go through your land** (Lev.26:5-6) But what are the conditions of this wonderful promise?: **You shall not make idols for yourselves; neither a carved image nor a sacred pillar shall you rear up for yourselves; nor shall you set up an engraved stone in your land, to bow down to it; for I am the Lord your God. You shall keep My Sabbaths and reverence My sanctuary: I am the Lord . 'If you walk in My statutes and keep My commandments, and perform them...** (Lev. 26:1-3)

When we put all this together and transfer it into our current, New Testament time, we find the following challenges concerning our sleep:

- Radically separate yourselves from any form of idol worship – which gives demons the legal right to torment you. Separate yourself also from the evil, nasty and occult films, horror films and also disturbing music. Through repentance break any occult connections. Then nothing will disturb you while you sleep. If you suffer from restlessness while you sleep, seek the Lord and enter into His light. David sang in one of his songs: **For You will light my lamp; the Lord my God will enlighten my darkness** (Ps 18:28 NKJV). Ask the Lord to show you if there is anything in your life that you need to change. Is there a need to confess a sin or cut occult connections? Is there a need to cast out an evil spirit in the Name of Jesus?
- Work diligently, but separate a day each week for rest. God designed us for such a routine as this.
- Respect the temple made from the living stones – the church. Be a member of a local congregation, to which you are bound by covenant. The Apostles stressed the fact that God does not live in temples made by human hands but in people's hearts (see Acts 7:4-50, 17:24-25). In another place God says about Zion (which

is the symbol of a new testament church) **"This is My resting place forever; Here I will dwell, for I have desired it.** (Ps 132:14 NKJV)

- Obedience to God's laws and statutes also has a profound effect on our night life. We obey God out of faith and love. The Holy Spirit will equip us and bring us into everything that God has prepared for us. We should not just be religious listeners, but faithful doers of the Word.

4. The Life of faith and freedom from fear

David experienced peaceful and refreshing sleep even in the middle of desperate situations because he had a strong and intimate relationship with his God. He trusted God totally and was not afraid of his own enemies. In the middle of his flight from his son, Absalom, he was able to sing: **I lay down and slept; I awoke, for the LORD sustained me. I will not be afraid of ten thousands of people Who have set themselves against me all around.** (Ps 3:5-6 NKJV). It is possible to sleep peacefully even when thousands of enemies are against you. It is only possible through a childlike faith in an all-powerful God.

He learned this trust during the time when he had to hide from Saul, who wanted to kill him. At the beginning David experienced nights full of unrest and trouble because of his enemies. But he learn to pour out his heart sincerely and enter into the sphere of faith peace and rest. In his prayers he came to a breakthrough and was flooded with God's presence: **Hear me when I call, O God of my righteousness! You have relieved me in my distress; Have mercy on me, and hear my prayer. How long, O you sons of men, *Will you turn my glory to shame? How long will you love worthlessness And seek falsehood?* But know that the LORD has set apart for Himself him who is godly; The LORD will hear when I call to Him. **Be angry, and do not sin. Meditate within your heart on your bed, and be still.** Offer the sacrifices of righteousness, And put your trust in the LORD . *There are many who say, "Who will show us any good" LORD , lift up the light of Your countenance upon us. You have put gladness in my heart More than in the season that their grain and wine increased. I will both lie down in peace, and sleep; For You alone, O LORD , make me dwell in safety.* (Ps 4:1-8)**

Literally it says here: **Shake with anger** (means either in anger or in fear; The greek Septuagint translates: be angry – that is what apostle Paul says in Ep. 4:26), **but sin not. Meditate within your heart on your bed, and be still.** Offer the sacrifices of righteousness, And put your trust in the LORD... **I will both lie down in peace, and sleep; For You alone, O LORD , make me dwell in safety.** (Ps 4:3/4 – 7/8)

Sometimes David had to fight a spiritual warfare against the real enemies (spiritual strongholds), which stood behind some people: **I am weary with my groaning; All night I make my bed swim I drench my couch with my tears. My eye wastes away because of grief; It grows old because of all my enemies. Depart from me, all you workers of iniquity; For the LORD has heard the voice of my weeping. The LORD has heard my supplication; The LORD will receive my prayer. Let all my enemies be ashamed and greatly troubled; Let them turn back *and* be ashamed suddenly.**

(Ps 6:6-10 NKJV). To whom did David talk at night? Surely no human enemies could hear him. He spoke to the demonic strongholds, that wanted to frighten him, discouraged him and destroy him. Another psalmist is praying the same way: **Depart from me, you evildoers, for I will keep the commandments of my God!** (Ps 119:115 NKJV) Pray this prayer in faith regularly every evening and you will see a mighty change within a few weeks!

Asaf's experience of a peaceful night came out of his deep fight, when he called upon God, reminded himself of His promises and mighty acts and did not allow himself to be superficially and cheaply comforted by people: **In the day of my trouble I sought the Lord; my hand was stretched out in the night without ceasing; my soul refused to be comforted.** (Ps 77:2 NKJV) He did not want anything else, only the breakthrough that came from the Lord, when he could experience the supernatural peace of His presence.

When David was hiding in The Judean desert, he prayed until he came into the sphere of faith and worship: My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. **When I remember You on my bed, I meditate on You in the night watches, because You have been my help, therefore in the shadow of Your wings I will rejoice...** (Ps 63,5-7 NIV) David guarded his mind, worshipped God and reminded himself of God's promises and the experiences through which God had already led him.

In the same way, the writer of Psalm 91 says: **He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty... You shall not be afraid of the terror by night..**(Psalm 91:1,5) Another confession of faith: **The Lord is your Keeper, the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord shall preserve you from all evil; He shall preserve your soul.** (Ps 121:5-7)

Jesus is a good example of how to sleep peacefully in the centre of any storm. After a hard day Jesus, with His disciples, was leaving by boat to go to another place. We read: **On the same day, when evening had come, He said to them, "Let us cross over to the other side"** Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. And a great windstorm arose, and the waves beat into the boat, so that it was already filling. **But He was in the stern, asleep on a pillow. And they woke Him and said to Him, "Teacher, do You not care that we are perishing?"** Then He arose and rebuked the wind and said to the sea, "Peace, be still" And the wind ceased and there was a great calm. **But He said to them, "Why are you so fearful? How is it that you have no faith?"** And they feared exceedingly, and said to one another, "Who can this be, that even the wind and the sea obey Him?" (Mark 4:35-41 NIV compare Matt 8:23-27; Luke 8:22-25)

Jesus's questions to the distressed and despairing disciples show us the heart of the problem and the main key to a deep and satisfying sleep: **Why are you so fearful? How is it that you have no faith?** (Mark 4:40) **You of little faith?** (Math 8:26)

Where is your faith? (Luke 8:25) Jesus expressed his astonishment over the unbelief or little faith of His disciples. They had witnessed so much of Jesus' life, but were not yet able to apply the same faith in their own lives. It is especially in the centre of various storms that we are challenged to apply simple, childlike faith in the Lord's protection revealed in His promises. Through our faith in the protection and power of our Lord and through applying our authority in the Name of Jesus Christ, we can experience victory over fear, we can experience real rest and satisfying sleep.

Angela Boler in her teaching „Night adventure with the Lord“ adds this: *In the centre of the storm there was no storm in Jesus so that He had the authority to command the storm outside to be still. He was resting in the presence of His Heavenly Father. Inside of the disciples there was also the storm of fears, worries and distress, that is why they had no authority to command the storm [4]* It is exactly according to God's word: **“In returning and rest you shall be saved; In quietness and confidence shall be your strength”** (Is 30:15 NIV)

Do not forget that Israel could not enter into rest because of unbelief (see Heb 3:19) We can only enter into real rest (and that includes in our sleep) through faith.

5. Staying in the Word

After the death of Moses Joshua was told by the Lord: **“This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous and then you will have good success”** (Joshua 1:8 NIV) In other words: Your life, your success and your wise actions in God's call is determined by your attitude to God's Word. You must abide in God's word, that means meditate on it, proclaim it, pray it and, most of all, practise it. When we abide in the Word, the Holy Spirit comes to enable us to do all that God requires (see Isaiah. 59:21). We should be meditating on God's Word not just during the day but also at night. In practice it means that just before going to sleep you remind yourself of some of God's proclamations – mainly those which spoke to you during that day. And if you wake up at night you can remind yourself of them again. The Psalmist says: **I remember Your name in the night, O Lord, and I keep Your law.** (Ps 119:55)

In that same spirit Solomon taught his son: **My son let them** (the commandments, laws, wisdom and understanding) **not depart from your eyes – keep sound wisdom and discretion; so they will be life to your sound and grace to your neck. Then you will walk safely in your way, and your foot will not stumble. When you lie down, you will not be afraid; Yes, you will lie down and your sleep will be sweet.** (your sleep will be pleasant). **Do not be afraid of sudden terror, not of trouble from the wicked when it comes; For the Lord will be your confidence, and will keep your foot from being caught.** (Prov 3:21-26)

He continues: **My son, keep your father's command, and do not forsake the law of your mother. Bind them continually upon your heart; Tie them around your neck. When you roam, they will lead you; when you sleep, they will keep you; and when**

you awake, they will speak with you. For the commandment is a lamp, and the law a light; reproofs of instruction are the way of life. (Pr 6:20-23 NIV)

6. Meaningful work according to God's design

Isaiah uncovers another condition for a good quality sleep. **He shall enter into peace; they shall rest in their beds, each one walking in his uprightness.** (Is 57:2 NIV) Here we have a direct challenge to walk uprightly – meaning honestly and transparently. Integrity surely stops and removes much turmoil that could otherwise make our sleep difficult. The straight path for our steps also means that we are entering into the works which God prepared for us, (see Eph 2:10) and we are fulfilling God's calling in our lives.

Industrious, meaningful work within God's plan is something that will bring literally sweet sleep. Solomon describes it in these words: **The sleep of a labouring man is sweet, whether he eats little or much; but the abundance of the rich will not permit him to sleep** (Ecc 5:12 NIV) The industrious, working man has a blessed sleep while a man who is lazy and without aim turns round and round on his bed, not willing to start anything or even know what to do. Some people cannot sleep because of fear and worry about their possessions while other are prevented from sleeping by overeating and boredom.

We must realise that the opposite of laziness is honest work and rest! Rest is the completion of an honest day's work. God's own work finished with rest. (Gen 2:1-3; Mark 2:27) You were created and declared to be "good" and created in such a way that you need to rest on the seventh day. This has nothing to do with some "sabbatical" or "Sunday" regulations but with our relationship with Christ (see Col. 2:16-17) The ability to stop working and be able to enjoy rest is an art, which the Lord has to teach us, and it requires discipline! (Gal. 5:23)

Gordon Mac Donald says: „ *I Believe that the Sabbath rest may mean one day a week. But we can experience this rest at any time, in bigger or smaller measure, when we decide to separate one hour or more a day for developing an intimate relationship with God. I would like to stress however, that this rest should have a firm place in our time plan. We do not rest because we finished; we rest because God ordained it and because He created us with a need to rest.*” [5]

Rick Joyner prophesies: *“The topic of the day of rest will not only come up more and more in teaching and preaching but it will become a reality. When the Lord comes into His temple, into the church, the growing intimacy of our relationship will bring stillness that is going to calm the churning sea of humanity. We will need to become united to the Lord of the Sabbath”.* [6]

At other place Joyner points out the connection between the art of real rest and the ability to sustain spiritual revival: *Although most of the past revivals were of short duration; how much more effective could they have been if they lasted longer? It seems that all of them could have lasted longer, if one of the fundamental spiritual and*

physical law was not broken – we have these earthen vessels, that were created with the need of much rest. Even the Lord rested on the seven day and we need to learn the law of the Sabbath rest. I do not say that we need to go back to the OT commandments, but there are some laws, from above, such as the physical law about our bodies needing regular rest. We can often point out specific problems that were behind either prematurely ending existing, or postponing coming revivals, just because the leadership, in the middle of the fire of revival neglected the rest, that we so need, and in which we were given the example by God Himself.. One of the most fundamental and important points for the leadership in revival may be to learn to rest in God and also offer rest to our body” [7]

7. Desire and searching for God during the night

Isaiah declared: **“With my soul I have desired You in the night, yes, by me spirit within me I will seek You early; for when Your judgements are in the earth, the inhabitants of the world will learn righteousness.”** (Is 26:9). Desire for God and the earnest seeking of His face leads us into God given sleep and into many night adventures with God. It is the directing of our character – soul and spirit – towards the living God. This desire is expressed by earnest and fervent seeking. In Hebrew, this same expression (esaharecha) means not only "fervently seek" but also, "seek during dawn."

What is your attitude when you wake up either in the night or early morning? What if God wants to speak to you? Ask the Holy Spirit if He wants to say something to you and if so, listen carefully. Maybe you will need to leave the bedroom for a while and go to the living room to have privacy. Have your Bible and notebook ready. Be ready in case that the Lord wants to speak to you at night. **Listen my people I will speak** (Psalm 50:7)

When we listen to His voice, such times with God give perspective to our lives and also a deeper understanding of the connectedness of the things of God. God will teach us His righteousness and we will also better understand His judgments.

Sleep that brings healing

In our hectic, hurried time, full of distraction, it is a common problem to have interrupted sleep (insomnia, nightmares and so on). *Insomnia is medically defined as a state in which the patient has a problem with going to sleep. His sleep is interrupted, short and he has a feeling of not sleeping enough. According to various researches insomnia is effecting about 1/3 of the population [2]*

It is not necessary to stress the importance and impact of sleep on our physical and emotional health, since it was ordained at the creation. The Word also speaks about a non voluntary rest (see Luke 25:1-2; 26:33-35; 2Pa 36:20-21) when all the longstanding neglect of our rest accumulates, and the body or the spirit becomes ill and looks for peace and rest. It is better to rest because we want to and not be forced to

do it. Biblical principles which support and lead to a voluntary, refreshing rest, are surely the way to a healthy lifestyle and Godly health.

Not so long ago I became interested in an article entitled: **Do you know that the sleep is a good ally in the fight against cancer.** Quoting: According to the discovery of American scientists, sleep is an effective weapon in the fight against cancer. Sleep is responsible for the right hormonal balance in the body. The cycle of sleeping and waking is responsible for inducing the regular release of two important hormones – melatonin and cortisol.

Melatonin is produced in our brain while we sleep. It belongs to the so called antioxidants and acts in the body like a sponge, absorbing body-damaging molecules classified as free radicals which are attacking the inherited information of the DNA of the body molecules and can be responsible for producing cancerous mutations. In addition to that, melatonin acts like a brake on the production of oestrogen in the ovaries. There are indications that oestrogen may encourage the development of cancerous cells. In women working at night the production of melatonin is limited. Without the melatonin “brake” ovaries can produce the harmful oestrogen without limit, and this could endanger women who already have cancer of the breast or ovaries.

The second link between cancer and the lack of sleep is shown by scientist in Cortisol. This hormone regulates the immunogenicity of the body, especially by its influence on the production of molecules known as “natural killing cells”. Cortisol is especially secreted early in the morning. During the day its production goes down. When this cycle is interrupted the body may lose the ability to defend itself against malignant growths.

A few years ago I had a conversation with Victor Lorenzo, a man of God who experienced the transformation of four cities in Argentina through the power of evangelism and who was used by God in the performing of many miracles. We were discussing the healing ministry. I asked him what was his experience with people who have been healed by God. What kind of behaviour prevented them from losing this healing again after a later. How to retain the healing that was obtained by faith? His answer surprised me, in part, and has something to do with our study. In order to keep the healing that God gave, you must continue to pass it on. What you have, you should give, and those who give will continue to receive. And the second fundamental thing to keep your healing is not to go to sleep with the things of the enemy on your mind. This is like sleeping with your enemy, who is not your partner, but the devil.

Quoting Victor: *A few years ago God said something interesting to me during the prayer time: “Your conscious life will determined what will happen in your unconscious life!. I did not understand what God meant so I asked Him to explain it to me. He said: What is the first thing you do every morning? And what is the last thing you do? Every morning you wake up and every evening you fall asleep. You wake up to conscious life, you live your day and then go to sleep and the time of not being conscious comes. The difference is that when you are conscious you are using your will*

but when you are unconscious you do not. God than said: "During the day you are using your will, you make decisions and that would influence what would happen with you when you are unconscious, when you sleep."

*I started to look and study in the Word passages that are speaking about this. I remembered a verse from the Word that was hanging above the bed of my parents. It was Psalm 4:8 – **I will both lie down in peace and sleep for You alone, o Lord, make me dwell in safety.** The Lord said: The way how you lay down will determine how you will sleep. When you finish your day in peace, you will sleep peacefully. When you go to sleep with other emotions they will determine how you will sleep.*

I discovered that our bodies will tell us something about how we slept. They will tell with whom we slept (I mean spiritually). Because if you sleep with God, than He has a place in your life. You would be restored and His peace would rest on you. When you give place to the enemy he will torment you, you will be stressed and he would not let you rest. God wants you to sleep in peace, deal with the problems of the day and be fully aware of all your decisions.

Many times we complicate Christianity too much. In reality it is simple. It depends on you finding power for the day from the Lord every morning, and that will take you through the day. God does not want you to think about the past and live in guilt feelings. God does not want you to worry about the future and live in fear. He wants you to concentrate on how to live now. Your whole lifelong victory is being built up now through the victory of the present day.

I recommend that you read (maybe a few times) the transcript of the teaching of Victor Lorenzo. You can find it on www.juda.cz. On this website you will also find an audiotape [4].

As a conclusion I want to wish you "GOOD NIGHT!"

Ref.

[1] <http://www.dobry-spanek.cz/spanek>

[2] <http://www.neurol.cz/info/epipaccz.htm>

[3] Dan Drápal, *Hledání a jistota / Seeking and Reliability*, Život víry 1990, str.10

[4] Viz: <http://www.juda.cz> – part Audio

[5] Gordon Mac Donald, *Uspořádej svůj svět / Ordering Your Private World, Návrat domů* 2003, str. 173-174

[6] Rick Joyner, *Vize o velké žni / The Vision of Great Harvest*, Život víry 3/1994

[7] *The Morning Star* 2/2009, str. 35-36

[8] Zdroj: idnes.cz; *Bulletin Mamma Help* 4/2009 dub

Tomas Korcak is pastor of Christian Fellowship Juda in Melnik, Czech Republic (www.juda.cz). Translation into English – Maria Luckhurst