

Sleep & Rest

Russell Yee







Sleep & Rest

1. We glorify God in our sleep by trusting him to be in **CONTROL**

Luke 8:22-25 (NLT) One day Jesus said to his disciples, “Let’s cross over to the other side of the lake.” So they got into a boat and started out. On the way across, Jesus lay down for a nap, and while he was sleeping the wind began to rise.

A fierce storm developed that threatened to swamp them, and they were in real danger. The disciples woke him up, shouting, “Master, Master, we’re going to drown!”

So Jesus rebuked the wind and the raging waves. The storm stopped and all was calm! Then he asked them, “Where is your faith?” And they were filled with awe and amazement. They said to one another, “Who is this man, that even the winds and waves obey him?”



Joe Atta





Marduk slaying Tiamat (Babylonian cylinder seal)

CHWALEK MARSA BIRAN WATSON HARRIS DAVIS MCELROY MOSELEY WITKAMP ZWIS



GODZILLA

KING OF THE MONSTERS

WARNER BROS. PICTURES PRESENTS
A MONUMENTAL FILMS PRODUCTION
A MICHAELELEUTHERI FILM
GODZILLA: KING OF THE MONSTERS
STARRING MARY ELIZABETH MASTROPIANTONIO AND KEN WATANABE
CASTING BY JENNIFER LEE
COSTUME DESIGNER JENNIFER LEE
HAIR AND MAKEUP DESIGNER JENNIFER LEE
PRODUCTION DESIGNER JENNIFER LEE
EXECUTIVE PRODUCERS JENNIFER LEE
PRODUCED BY JENNIFER LEE
SCREENPLAY BY JENNIFER LEE
DIRECTED BY JENNIFER LEE

LONG LIVE THE KING
IN THEATERS MAY 31

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Psalms 74:12-17 (NLT)

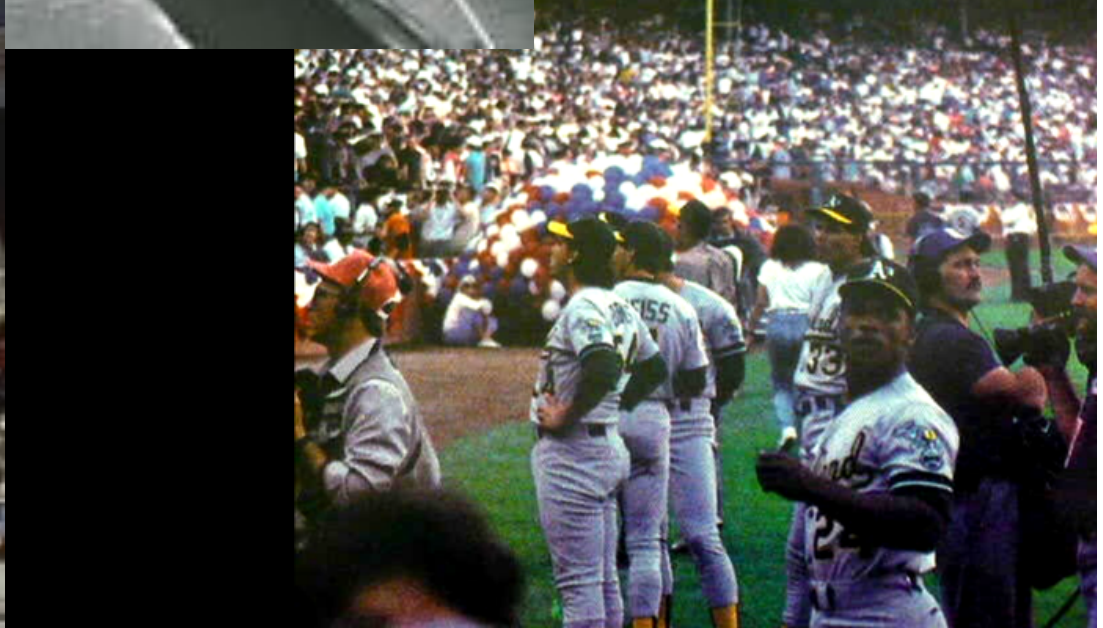
You, O God, are my king from ages past,
bringing salvation to the earth.

You split the sea by your strength
and smashed the sea monster's heads.

You crushed the heads of Leviathan
and let the desert animals eat him.

You caused the springs and streams to gush forth,
and you dried up rivers that never run dry.

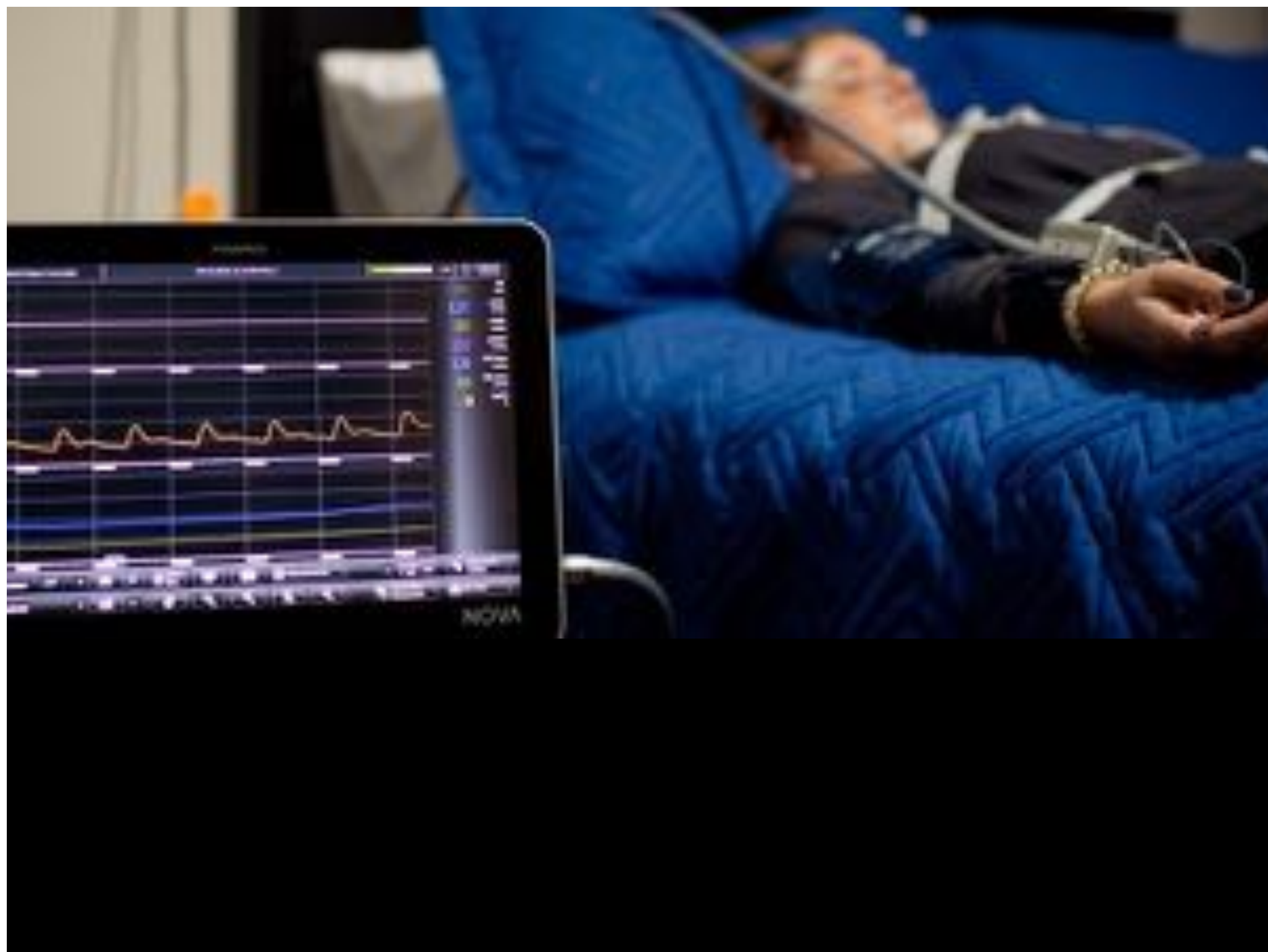






Sleep & Rest

1. We glorify God in our sleep by trusting him to be in **CONTROL**
2. We glorify God in our sleep by generally getting **ENOUGH**



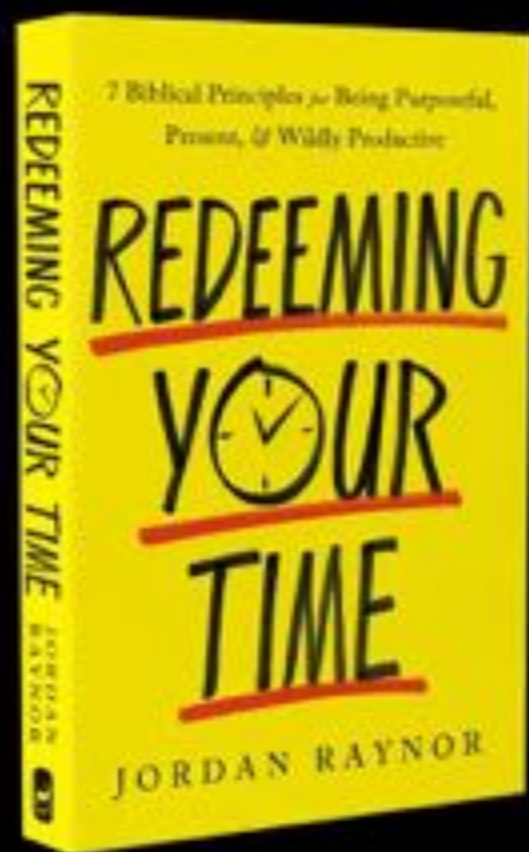


SLEEPLESS
in AMERICA



Mark 6:30-32 (NLT) The apostles returned to Jesus from their ministry tour and told him all they had done and what they had taught. Then Jesus said, “Let’s get away from the crowds for a while and rest.” There were so many people coming and going that Jesus and his apostles didn’t even have time to eat. They left by boat for a quieter spot.





Mark 2:27-28 (NLT)

Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath. So the Son of Man is Lord, even over the Sabbath!”



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2. We glorify God in our sleep by generally getting **ENOUGH**
3. We glorify God in our sleep by sometimes **SACRIFICING** sleep

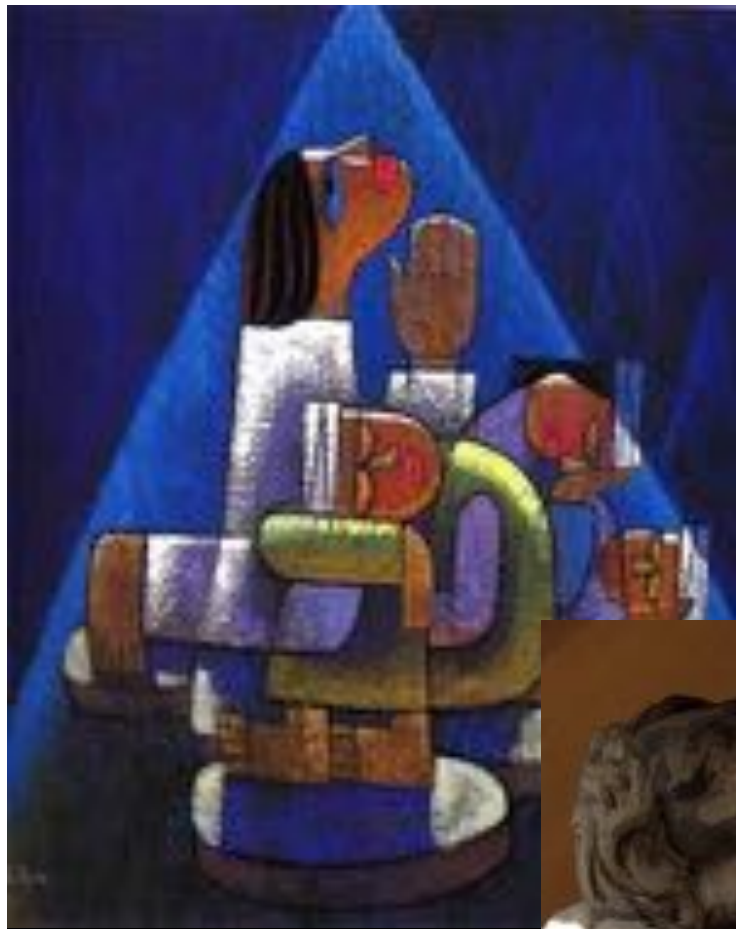


Luke 6:12-13 (NLT) One of those days Jesus went out to a mountainside to pray, and **spent the night** praying to God. When morning came, he called his disciples to him and chose twelve of them, whom he also designated apostles.



Mark 1:35-38 (NLT) The next morning Jesus awoke **long before daybreak** and went out alone into the wilderness to pray. Later Simon and the others went out to find him. They said, “Everyone is asking for you.” But he replied, “We must go on to other towns as well, and I will preach to them, too, because that is why I came.”





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