



Week 1, Day 5 Little Night Terrorists

He caused the storm to be still, so that the waves of the sea were hushed. Psalm 107:29

For a few months my children appeared to work together on *Operation Deprive Mom of Sleep*. Each one took a different hour or two during the night to wake me up. Every hour, a little one cried, jumped on me, or stood and breathed on me, wanting my attention. I felt like I had a small military patrol and the soldiers had joined forces and laid out a well-planned strategy. I was no match for them.

I tried the normal routines of providing drinks beside beds, nightlights, comforting stuffed friends, and more to help them survive a night in bed. Still, they persisted in wanting me even if I couldn't open my eyes, talk coherently, and stumbled my way to helping them. Becky, age six, even drilled me with commands, "Mom, you need to open the juice can first" or "Turn on the water" or "Turn off the water NOW." I tried to bargain with God to for a few hours of rest to no avail.

Each morning, Becky would arrive, throw open the curtains, and yell, "Mom it's a brand-new day."

I'd try to lift my eyelids and peek out to see if I could focus. Nope, it was hard to focus without sleep. I groaned and tried to sleep in, but Becky would round up her little siblings, carry in the baby, and they'd all make it clear they needed me.

I prayed for help. God continually turned me to 2 Corinthians 12:9 to let me know His grace was sufficient. I complained that I needed sleep. Finally, I cried out, "Then I need your time for sleep to be sufficient." I gave my nights to God and asked Him to give me all the sleep I needed. From that time on, I awoke refreshed no matter how many hours, or how few minutes I slept.

When have you had sleepless night or tiring days?

What helps and what refreshes you?

Read Psalm 4:8. Have you prayed for the Lord to give you rest?

Years ago, when I could not sleep even when my children slept, I asked God to give me the name of someone who needed prayer. He did. I prayed and then fell asleep. I discovered that praying for someone takes my mind off my problems and helps me relax. God always gives me someone's name for whom I can pray. When I mentioned to that person that I prayed for her (or him), I often discover they needed prayer at that time.

Try it. When you cannot sleep ask God to name someone for whom you can pray. Write what happens.

(sevtion on Jesus and sleepless night)

Types of Rest

Dr. Saundra Smith identified seven types of rest we need in her book *Sacred Rest*. Scriptures also share about these types of rest.

- Physical rest of sleep that lets the body recover
- Mental rest to relax your thoughts and let go of worries and fears
- Sensory rest from too many electronics, noise, and stimulation to your eyes, ears, and other senses
- Emotional rest from stress, emotional outbursts, and our relationships that drain us.
- Creative rest from new ideas, thoughts, and solutions
- Social rest from social activities
- Spiritual rest from faith events

Each type of rest refreshes us in a different way to help us be energized, at peace, quiet within, less stressed, more creative, relaxed, and renewed in our souls. That gives us hope that we can enjoy our days. Let's look these up in the Bible to find solutions that help to bring us total rest.

Physical rest

Read Hebrews 4:9-10 and Exodus 23:12. The word used for rest or ceased is *katepausen*. It means to cease or rest. It refers to stopping all work. How does that help you consider how to rest physically?

Is there a place you can sit without seeing tools or a mess? Perhaps you need to make such a little spot to sit and reenergize.

Mental rest

Read Philippians 4:8-9 and Isaiah 26:3. If your mind dwells on problems and negative thoughts, there's no rest mentally. How do these verses share ideas for peace of mind for mental rest?

Read Mark 4:19. This is a verse from the parable of the sower. How are worries, riches, and other things distractions from keeping a calm mind?

Sometimes it helps to write out the problems, pray over them, and then toss out the paper to let go and give it to God. What else helps you release your mental stress?
