



And so to bed...: A biblical view of sleep

Adrian Reynolds

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Sleep is part of our created humanity, a good gift from God to be treasured and enjoyed; an earthly picture of a spiritual reality. In this reflection on sleep, Reynolds reflects on what the Bible has to say about sleep and rest, and how that can impact not only your night but your life. He includes his suggestions for turning off and enjoying rest.

And so to bed...: A biblical view of sleep Details

Date : Published May 20th 2014 by Christian Focus

ISBN : 9781781913673

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Format : Paperback 93 pages

Genre : Christian, Christian Living, Religion, Theology, Nonfiction

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From Reader Review And so to bed...: A biblical view of sleep for online ebook

David Steele says

Helpful biblical principles for the sleep deprived. A worthy read.

Dagan Mayfield says

Good overall content, but it feels hastily written and the best content could have been contained in a pamphlet.

Alan Alexandrino says

Excelente livro! E o primeiro que vi sobre o assunto!

Reynolds discute três aspectos do sono: 1. O sono é um aspecto da nossa humanidade criada; 2. O sono é um dom precioso de Deus que deve ser devidamente apreciado e desfrutado; e 3. O sono é uma imagem de uma realidade espiritual. Trabalhando a passagem de Mateus 8.23-27 o autor analisa a afirmação de que Jesus estava dormindo pelo prisma de Cristo como o homem perfeito. Assim, Jesus foi aquele que apreciou de forma devida esse dom concedido por Deus. Outro detalhe trabalhado pelo autor é a afirmação de que dormir é uma bela expressão de nossa confiança na soberania de Deus. Assim, de acordo com ele, Jesus dormia tranquilamente enquanto a tempestade assolava o barco porque ele confiava em seu Pai. Outro destaque que gostaria de fazer é a respeito do ponto 3. De acordo com Reynolds, o sono é uma imagem da morte. Sempre que nos deitamos para dormir temos a certeza e que acordaremos logo pela manhã. Da mesma forma, aqueles que estão em Cristo podem ter a convicção de que, após o sono da morte, sucederá um "acordar" glorioso, a ressurreição para a eternidade com o Senhor.

Recomendo fortemente!

Zack says

I read it in one sitting. It's a delightful little read, and incredibly accessible. I'd love to see a deeper treatment of the theme. But considering the fact that this book is the ONLY book I've found wholly committed to sleep from a theological perspective, it wins a 4/5 from me.

DeWayne Wright says

Excellent book on sleep. This book puts sleep in its proper place and helps the readers to understand the theology of sleep.

Leandro Guimarães says

Even so short, I really appreciated the effort of the author collecting the most important Scriptural texts on sleep. I hope it inspires future further efforts!

Alan Jean says

I never knew God cared so much about sleep. This book brought out the importance of sleep and most importantly its place in light of eternity.

Jon Hansel says

Quick and easy read to understand sleep from a biblical perspective. Rather than seeing sleep as a debilitating curse that hinders our productivity and minimizes our fun the author helps us to see sleep as a good, gracious, and faith building gift from God. A good read for people like me who might be tempted to wear little sleep as a badge of honor.

Matt Chapman says

This is a clear and simple introduction to a biblical view of sleep.

Reynolds moves from sleep as part of our created humanity, to sleep as a gift from God, to sleep as a picture of a greater spiritual reality, and then finally to biblical remedies for sleeping well.

While I was already a great appreciator of sleep, I came away with a better understanding of how much sleep is a gift from God rather than just a necessary interruption to the more important things of life.

It also challenged my pride in thinking I can get by on less sleep than I really need or that sleeping less than others is some kind of badge of honour - which of course it isn't!

Jennifer says

And So To Bed...is a quick and easy read and the only book I know of that presents a biblical view of sleep. It's very short and very simple, and so my only criticism is that I wish it was longer and went deeper. However, this is a great introduction to the matter, and should be the go-to book for anyone looking for a quick read on a biblical perspective of sleep. I'd say this is a book every Christian should read, because we don't really think about sleep; at least, not in spiritual terms. But it's much more spiritual than we tend to realize, both in terms of the physical act and what the act ultimately points to.

Read the full review on my blog.

Tyler Eason says

This is a short, but helpful book on what the Bible has to say about sleep. We spend over 1/3 of our lives sleeping, so the the two hours it will take you to read this book is time well spent.
