

Are You Sleeping Like Others?

1 Thessalonians 5:6

1 Thessalonians 5:6

- ▶ *Therefore, let us not sleep, as others do, but let us watch and be sober.*
- ▶ Paul is addressing the return of the Lord. Noting that we do not know when, we need to always be ready and alert (not sleep spiritually).
- ▶ The Bible has much to say about sleep, both physically and spiritually.
- ▶ Today, we will look at some examples of sleeping and make some applications.

Those who slept

- ▶ **Samson** – Judges 16:18-21
- ▶ He had been successful confronting the Philistines. In time, he finds and loves Delilah. She is enticed to find the source of Samson's strength. Because she pestered him he finally tells her.
- ▶ She then lulled him to sleep, and while he slept the Philistines cut his hair, "and the LORD departed from him." He lost his strength.

Those who slept

- ▶ **Samson** – Judges 16:18-21
- ▶ He was in a situation where he OUGHT to have NOT slept. He knew the character of Delilah. Do NOT sleep in the camp of the enemy.
- ▶ While asleep he was powerless to defend himself.
- ▶ When he awoke, he was not aware of what had happened until it was too late.

Those who slept

- ▶ **King Saul** – 1 Samuel 26:7-12
- ▶ Later in his life, knowing David was anointed, he tried to kill him (as if he could stop God's plan).
- ▶ In his pursuits, he became exhausted. He and his camp were sleeping. David has opportunity to kill him but refuse leaving judgment to YHWH. But he takes his spear and a pitcher
- ▶ The next morning he reveals himself exposing Saul's vulnerability. Saul relents and goes home.

Those who slept

- ▶ **King Saul** – 1 Samuel 26:7-12
- ▶ Saul in his sinful pursuits was depending on others to protect him while he slept. But man cannot protect you from God's will.
- ▶ He had false confidence that he was safe.
- ▶ It could have been disastrous had it not been for the righteousness of David.
- ▶ Who do you have watching out for you?
Cf. John 10:11-13

Those who slept

- ▶ **King Saul** – 1 Samuel 26:7-12
- ▶ The company you keep can make all the difference in your spiritual pursuits –
1 Corinthians 15:33
- ▶ How often have men slept in sinful conditions thinking they were safe?
- ▶ **Proverbs 6:4, Luke 12:16-21, cf. Ephesians 4:26-27**

Those who slept

- ▶ **The foolish virgins** – Matthew 25:1-13
- ▶ 10 virgins waiting for the bridegroom. 5 were prepared and 5 were not.
- ▶ While they slumbered and slept, the bridegroom coming was announced
- ▶ As they went to find oil, he came. When they returned they were denied entrance.

Those who slept

- ▶ **The foolish virgins** – Matthew 25:1-13
- ▶ This is a parable about coming judgment
- ▶ It is about being prepared for that day. To be prepared you must be awake (at least while preparing). THEN you can rest with no fears.
- ▶ The conclusion, **vs. 13**, “Watch...” – means, “stay awake and alert”
- ▶ **Hebrews 9:27, James 4:14, etc.**

Those who slept

- ▶ **Wheat and tares** – Matthew 13:25
- ▶ A man sows good seed in his field, but “*while men slept*” the enemy comes and sowed tares in the field. When discovered the servants were told to wait until harvest to separate the wheat from the tares.
- ▶ The tares are gathered and burned.

Those who slept

- ▶ **Wheat and tares** – Matthew 13:25
- ▶ This again emphasizes where Satan does much of his work – while men are sleeping.
- ▶ Sometimes, because we let down our guard, Satan will go after others that we are trying to watch out for.
- ▶ We must be continually look out for one another. **Cf. Acts 20:29-31**

Those who slept

- ▶ **Disciples in the garden** – Matthew 26:40-41
- ▶ As Jesus was praying, facing his death, His disciples, exhausted, are sleeping.
- ▶ He tells them to awake, watch and pray lest they be tempted.

Those who slept

- ▶ **Disciples in the garden** – Matthew 26:40-41
- ▶ We too need to watch and pray lest we be tempted. The spirit indeed is willing but the flesh is weak.
- ▶ Physical sleep is about letting down your guard and resting your mind and body. Temptations are stronger when we are not rested because we let down our guard (spiritually)
- ▶ And while there are times we can relax (even our spiritual guard) a little, know that Satan is lurking. He is waiting to find you sleeping. **James 1:14-15**

Those who slept

- ▶ **Eutychus** – Acts 20:8-9
- ▶ Paul on his 3rd preaching journey visits Troas. While preaching (till midnight), a young man named Eutychus falls asleep and falls out of a 3rd story window. He dies.
- ▶ But Paul raised him from the dead.

Those who slept

- ▶ **Eutychus** – Acts 20:8-9
- ▶ Someone asked if this was the first recorded instance of someone sleeping during a sermon.
- ▶ While asked in jest, there is something to be said about adequate rest as we prepare to worship God.
- ▶ Physically, when we sleep we relax, you lose consciousness. If you are in the wrong place that can lead to disaster.
- ▶ Spiritually – do not fall asleep. Make preparations

Those who slept

- ▶ **Peter while imprisoned** – Acts 12:6
- ▶ We have here a different scenario.
- ▶ Peter is condemned to be executed and in custody chained between two soldiers.
- ▶ But Peter is sleeping so deeply an the angel had to strike his side to wake him.
- ▶ He is led out of the prison by the angel and continues his work

Those who slept

- ▶ **Peter while imprisoned** – Acts 12:6
- ▶ How could Peter sleep in such circumstances? Could it be that he was confident with his spiritual standing with God? He was ready!
- ▶ **Psalm 4:5-8**, ... *I will lie down in peace and sleep; For you alone, o LORD, make me dwell in safety.*
- ▶ Consider Paul –
Philippians 1:21, 2 Timothy 4:6-8

Are you sleeping?

- ▶ **Physically, sleep is a good thing.**
- ▶ A blessing from God and needed
- ▶ **Ecclesiastes 5:12**, *The sleep of a laboring man is sweet...*
- ▶ **Psalms 127:1-2**, *...He gives His beloved sleep.*
- ▶ **Proverbs 3:21-24**, *of wisdom, ...when you lie down you will not be afraid; Yes, you will lie down and your sleep will be sweet.*

Are you sleeping?

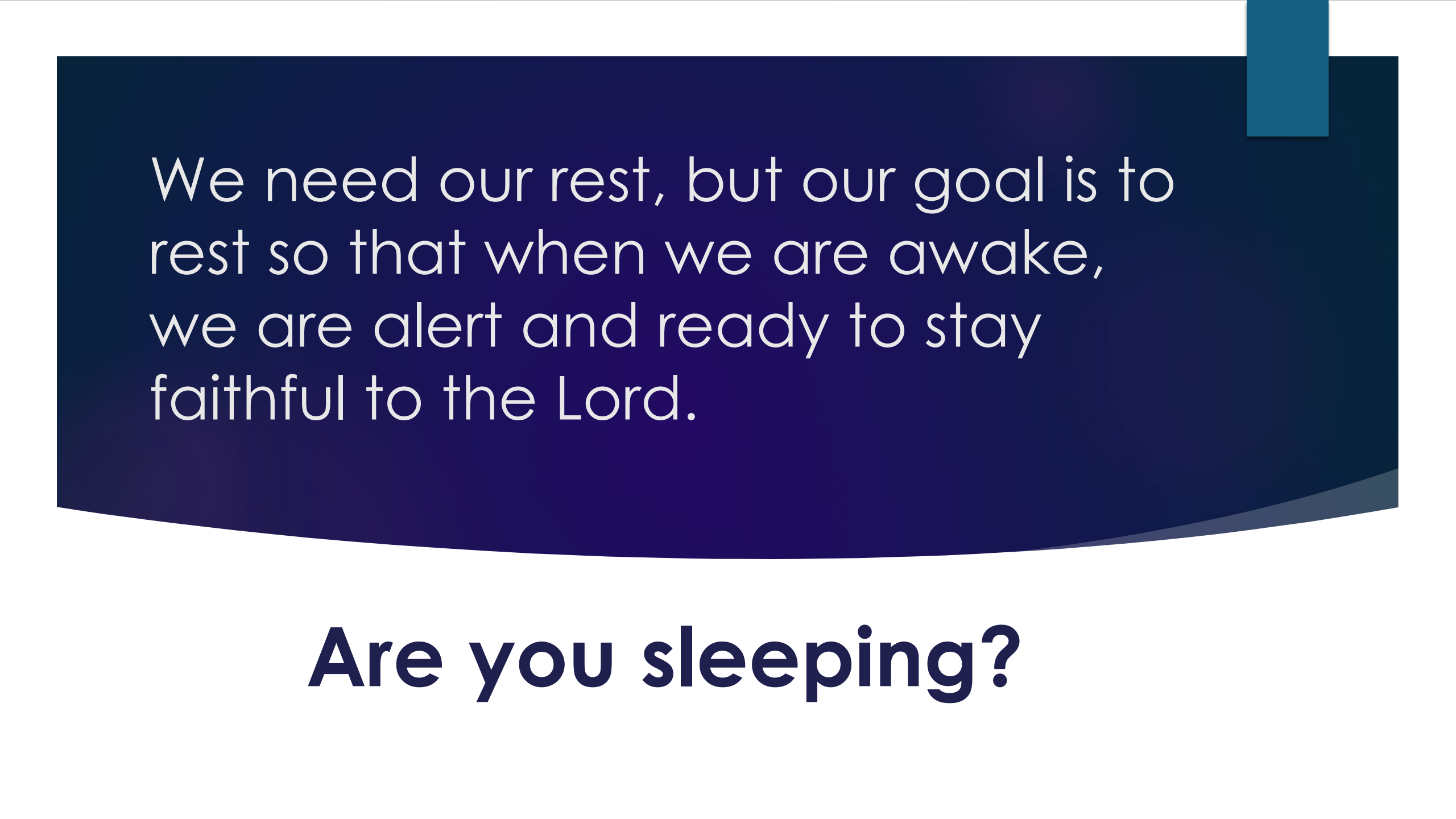
- ▶ **But spiritually, we need to always be alert**
- ▶ Satan does some of his most effective work while we are sleeping. **1 Peter 5:8**
He attempted to tempt Jesus while He was weak
- ▶ He also works to lull men to sleep. He will patiently wait for you to let down your guard.
Cf. Judges 4:18-21 – Jaal (Deborah & Barak)

Are you sleeping?

- ▶ **We must continually be alert to what is happening.**
- ▶ This was Paul's main point in our text
1 Thessalonians 5:2-8
- ▶ **1 Peter 4:7** – be serious and watchful in your prayers.
1 Corinthians 16:13 – Watch...

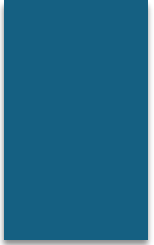
Are you sleeping?

- ▶ **“Wake up!”**
- ▶ **Ephesians 5:14**, *Awake, you who sleep...*
- ▶ **1 Corinthians 15:34** – *Awake to righteousness, and do not sin...*
- ▶ **Romans 13:11-14** – *... now it is high time to awake out of sleep... let us walk properly, as in the day...*



We need our rest, but our goal is to rest so that when we are awake, we are alert and ready to stay faithful to the Lord.

Are you sleeping?



Let us pray!