

SWEET SLEEP



The Bible Brite series will serve believers in their study of the Bible in a meaningful way. Grab your Bible and your Bible Brite study guide, and you are on your way.

WHAT DOES THE BIBLE SAY ABOUT HAVING A SWEET SLEEP?

Let's turn to the book of Proverbs, the third chapter, and the twenty-fourth verse.

WHAT IF I AM AFRAID WHEN I GO TO SLEEP?

Proverbs 3:24 (NLT)

You can go to bed without fear; you will lie down and sleep soundly.

1. We can go to bed without fear.
2. We can lie down and sleep soundly.

DOES THE LORD LOOK OVER US WHEN WE SLEEP?

Psalms 3:5 (NASB95)

I lay down and slept; I awoke, for the Lord sustains me.

1. Both sleeping and waking up come from God.
2. The Lord sustains me.

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SOMETIMES I DO NOT FEEL SAFE WHEN I GO TO SLEEP, WILL THE LORD HELP ME?

Psalm 4:8 (NLT)

In peace, I will lie down and sleep, for you alone, O Lord, will keep me safe.

1. In peace, you can lie down and sleep.
2. The Lord will keep you safe.

HOW CAN I FEEL PEACE FROM GOD?

Isaiah 26:3 (NLT)

You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

1. God will keep you in perfect peace.
2. Trust in the Lord.
3. Fix your thoughts on the Lord.



WHAT CAN WE TAKE AWAY FROM THIS LESSON?

1. We can go to bed without fear.
2. We can sleep soundly.
3. The Lord sustains me.
4. He will keep us safe.
5. God will keep us in perfect peace.