WEAVER STUDY GUIDES

The Blessings of Sleep and Rest

Study Guide

Old Testament Studies

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A lesson-by-lesson companion for reading, discussion, and written responses.

Downloadable classroom edition | 8.5 x 11 inches

Name / group

Date

Contents

Lesson 1: The Blessings of Sleep and Rest - Part One of Two 3

Major Themes 3

Key Arguments 4

Scripture References 5

Discussion Questions 8

Applications 11

Personal Application and Notes 12

Lesson 2: The Blessings of Sleep and Rest - Part Two of Two 13

Major Themes 13

Key Arguments 14

Scripture References 15

Discussion Questions 17

Applications 19

Personal Application and Notes 20

Online Lecture Resources 21

Using this guide

Read the corresponding chapter, then work through the themes, arguments, and Scripture references.

Write your responses before discussing the questions with others. Use the application pages to identify a practical next step.

The study material is retained from the existing lecture study guides. Added writing prompts provide space for your own response.

Print at Actual Size / 100% on US Letter paper. Single-sided and double-sided printing are both suitable. Lessons begin on the next available page; no blank pages are inserted.

Reading assignments refer to the October 9, 2026 opening-heading corrected edition of the companion book. Online lecture links and QR codes are collected at the end.

LESSON 1

The Blessings of Sleep and Rest

Part One of Two

November 27, 2012

Read Chapter 1 in the companion book, pages 5-20 (October 9, 2026 opening-heading corrected edition).

Major Themes

Sleep and rest as divine gifts

Sleep and rest are good gifts from God, not mere biological necessities. They are given by God to His beloved and should be received with thanksgiving.

Lecture support: Weaver states, 'It is God who gives us sleep and rest... Every good gift and every perfect gift is from above' (James 1:17). He cites Psalm 127:2: 'He giveth his beloved sleep.'

Trust in God's protection enables peaceful sleep

Faith in God's sovereign care allows believers to sleep peacefully even in danger, as seen in David, Peter, and Nicholas Ridley.

Lecture support: David said, 'I will both lay me down in peace and sleep, for thou, Lord, only makest me to dwell in safety' (Psalm 4:8). Peter slept between soldiers before his expected execution (Acts 12:6-7).

Human limitation and dependence on God

Our bodies are frail and need rest; we are dust. Jesus Himself grew weary, modeling our need for physical renewal and dependence on the Father.

Lecture support: Psalm 103:14: 'He knoweth our frame; he remembereth that we are dust.' John 4:6: 'Jesus therefore, being wearied with his journey, sat thus on the well.'

God's vigilant care during unconsciousness

God neither slumbers nor sleeps; He guards His people when they are most vulnerable. Believers can rest securely under His watch.

Lecture support: Psalm 121:4-5: 'Behold, he that keepeth Israel shall neither slumber nor sleep. The Lord is thy keeper.' Weaver prays for protection of his unconscious mind.

Death as sleep for the believer

Scripture consistently uses sleep as a metaphor for the death of the righteous, removing the fear of death and framing it as a peaceful transition to resurrection.

Lecture support: John 11:11: 'Our friend Lazarus sleepeth.' 1 Thessalonians 4:14: 'them also which sleep in Jesus will God bring with him.'

Obedience and sweet sleep

Keeping God's commandments leads to peaceful sleep, as promised in Proverbs 3:24. A clear conscience before God fosters rest.

Lecture support: Proverbs 3:24: 'When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet.'

Key Arguments

Sleep is a creation ordinance reflecting human finitude

God designed human bodies to require sleep; we are not self-sufficient. Ignoring this leads to physical and spiritual depletion.

Lecture support: Weaver says, 'Our bodies need sleep and rest... The Lord ordained it, we need it. He designed our bodies... We are men. We are not supermen.'

Peaceful sleep is a fruit of trusting God alone for safety

David's use of 'only' in Psalm 4:8 emphasizes that God alone is his keeper, not human guards. This exclusive trust produces inward peace.

Lecture support: Weaver highlights the word 'only': 'For thou, Lord, only makest me dwell in safety... It was God alone who was David's keeper.'

Hard work promotes restful sleep

Ecclesiastes 5:12 teaches that the sleep of a laboring man is sweet, contrasting with the restless rich. Physical exertion is a biblical aid to sleep.

Lecture support: Weaver reads Ecclesiastes 5:12 and comments, 'God said, if you work hard during the day, you'll probably sleep pretty well at night.'

Christ's deliverance from the fear of death enables peaceful death-sleep

Hebrews 2:14-15 says Christ destroyed the devil's power of death to free believers from lifelong bondage to fear. Death becomes a sleep from which we awaken.

Lecture support: Weaver reads Hebrews 2:14-15 and states, 'He's delivered us from the fear of death... death is nothing more than going to sleep.'

Morning thanksgiving for nightly rest is proper worship

Psalm 92:1-2 calls believers to declare God's lovingkindness in the morning and faithfulness at night. Weaver models thanking God daily for sleep.

Lecture support: Weaver says, 'Each morning, I thank the Lord for the sleep and rest that He's given us' and cites Psalm 92:2.

Scripture References

Psalm 4:8

The central text: David declares he will lie down in peace and sleep because the Lord alone makes him dwell in safety.

Proverbs 3:21-26

Promise that keeping God's commandments leads to safety, fearless lying down, and sweet sleep.

Jeremiah 31:25-26

God satiates the weary soul and replenishes the sorrowful; Jeremiah awakes and finds his sleep sweet. (Weaver initially misstates the reference as Jeremiah 33.)

Acts 12:5-11

Peter sleeps between two soldiers, bound with chains, while the church prays; an angel awakens him for deliverance.

Psalm 3:1-6

David, surrounded by enemies, lies down and sleeps, sustained by the Lord, and will not fear ten thousands.

Psalm 103:13-14

The Lord pities His children, knowing our frame and remembering we are dust.

John 4:5-6

Jesus, wearied from His journey, sits by Jacob's well, demonstrating genuine human fatigue.

Mark 6:30-32

Jesus invites His disciples to come apart to a desert place and rest a while due to the crowds.

Psalm 92:1-2

It is good to show forth God's lovingkindness in the morning and His faithfulness every night.

Ecclesiastes 5:12

The sleep of a laboring man is sweet, but the abundance of the rich will not allow him to sleep.

James 1:16-17

Every good and perfect gift comes from above, from the Father of lights.

Psalm 127:2

It is vain to rise early and stay up late; God gives His beloved sleep.

Lamentations 3:22-23

The Lord's mercies are new every morning; great is His faithfulness.

Psalm 121:4-5

He who keeps Israel neither slumbers nor sleeps; the Lord is your keeper.

Ezekiel 34:25

God will make a covenant of peace and cause His people to dwell safely in the wilderness and sleep in the woods.

Hebrews 13:5

God has promised, 'I will never leave thee nor forsake thee.'

Psalm 23:4

Though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me.

Hebrews 2:14-15

Christ partook of flesh and blood to destroy the devil and deliver those subject to bondage through fear of death.

Deuteronomy 31:16

The Lord tells Moses, 'Thou shalt sleep with thy fathers,' using sleep as a metaphor for death.

John 11:11-14

Jesus says Lazarus sleeps and He goes to awaken him; the disciples misunderstand until He plainly says Lazarus is dead.

Study notes

Discussion Questions

1. Why do we often take sleep and rest for granted, and how can we cultivate gratitude for these daily gifts?

Consider: Weaver opens by noting that sleep and rest come naturally, so we assume they will always be available, yet they consume a third to half of our lives.

2. How does the promise of sweet sleep in Proverbs 3:24 relate to obedience and trust in God's commandments?

Consider: Weaver reads Proverbs 3:21-26, linking keeping God's law with fearless, sweet sleep.

3. What does Peter's ability to sleep soundly in prison teach us about trusting God's sovereignty in dire circumstances?

Consider: Acts 12:6-7 describes Peter sleeping between two soldiers, bound with chains, awaiting possible execution.

4. In what ways does our culture's pace and lack of physical labor contribute to sleep problems, and what biblical remedy does Ecclesiastes 5:12 offer?

Consider: Weaver contrasts modern sedentary lifestyles with the hard work of previous generations and cites Ecclesiastes 5:12.

5. How should the truth that God neither slumbers nor sleeps (Psalm 121:4-5) change the way we pray before bed and face nighttime fears?

Consider: Weaver shares the story of a widow who, after reading Psalm 121, decided to sleep because God was watching.

6. Why is the metaphor of death as sleep for believers so comforting, and how does it reshape our view of dying?

Consider: Weaver traces the sleep-death analogy through Deuteronomy, John, Acts, and 1 Thessalonians, concluding that death is as easy as falling asleep in Christ.

7. What practical steps can we take to 'lie down in peace' each night, following David's example in Psalm 4:8?

Consider: Weaver describes his nightly practice of quoting Psalm 4:8 and praying for sleep and protection.

Applications

Thank God daily for sleep and rest

Weaver models thanking God each morning for the sleep and rest He provided, based on Psalm 92:1-2. Believers should consciously acknowledge sleep as a gift.

Lecture support: Weaver says, 'Each morning, I thank the Lord for the sleep and rest that He's given us' and cites Psalm 92:2.

Pray for God's protection during sleep

Weaver prays nightly for God to guard his consciousness, subconsciousness, and unconsciousness, recognizing vulnerability during sleep.

Lecture support: Weaver states, 'I ask the Lord to guard my consciousness, my subconsciousness, and my unconsciousness.'

Trust God's sovereignty to remove fear of death

Since Christ has delivered believers from the fear of death (Hebrews 2:14-15), they can view death as falling asleep in Jesus, awaiting resurrection.

Lecture support: Weaver says, 'We should not fear to die, because our Lord has taken the fear out of death... death is nothing more than going to sleep.'

Engage in diligent labor to promote restful sleep

Ecclesiastes 5:12 teaches that hard work leads to sweet sleep. Weaver suggests physical exertion as a biblical aid to rest.

Lecture support: Weaver comments, 'God said, if you work hard during the day, you'll probably sleep pretty well at night.'

Rest in God's faithful watchfulness

Because God never slumbers nor sleeps (Psalm 121:4-5), believers can relinquish anxious vigilance and sleep peacefully, as the widow in Weaver's illustration did.

Lecture support: Weaver recounts the widow who said, 'Well, Lord, if you're going to sit up and watch over me, there's no need for both of us to stay awake.'

Personal Application and Notes

Which application will you work on, and what specific step will you take?

What Scripture or teaching will you return to as you put this into practice?

Additional notes or questions to discuss

LESSON 2

The Blessings of Sleep and Rest

Part Two of Two

November 27, 2012

Read Chapter 2 in the companion book, pages 21-39 (October 9, 2026 opening-heading corrected edition).

Major Themes

God instructs during sleep

God can open ears and seal instruction during sleep, but this is not about trusting dreams; Christ is the final revelation.

Lecture support: Job 33:14-16: 'In a dream, in a vision of the night... then he openeth the ears of men, and sealeth their instruction.'

Sufficiency of Scripture over dreams

Dreams are not to be trusted; the completed Word of God is the only reliable source of truth.

Lecture support: Hebrews 1:1-2: 'God... hath in these last days spoken unto us by his Son.'

Providential withholding of sleep

God sometimes withholds sleep to get our attention and teach us something through His Word.

Lecture support: Esther 6:1: 'On that night could not the king sleep.'

Spiritual dullness as sleep

Spiritual apathy and lethargy are condemned as a form of sleep from which believers must awake.

Lecture support: 1 Thessalonians 5:6: 'Therefore let us not sleep, as do others; but let us watch and be sober.'

Danger of sleeping in sin

Sleeping in sin, like Samson, leads to destruction. Sinners are asleep and must awake to Christ.

Lecture support: Ephesians 5:14: 'Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.'

Key Arguments

God instructs in sleep but not through dreams today

While God used dreams in biblical times, today He instructs through His completed Word, not through dreams.

Lecture support: Hebrews 1:1-2 shows Christ is the final revelation; Job 33:14-16 shows God's past method.

Sleeplessness can be a divine signal

When sleep is withheld, it may be God prompting us to seek Him in Scripture and prayer.

Lecture support: Esther 6:1; Daniel 6:18; Ephesians 4:26-27.

Spiritual lethargy is sinful

The Bible likens spiritual dullness to sleep and commands believers to be alert and sober.

Lecture support: 1 Thessalonians 5:6; Romans 13:11; Hebrews 5:11.

Laziness leads to poverty

Physical and spiritual laziness result in lack and hunger; diligence in God's Word is required.

Lecture support: Proverbs 6:9-11; 19:15; 20:13; 24:30-34.

Sleeping in sin is dangerous

Being comfortable in sin is like sleeping in a dangerous place; sinners must awake to righteousness.

Lecture support: Samson in Judges 16; Ephesians 5:14; 1 Corinthians 15:34.

Scripture References

Psalm 4:8

Foundation of the message: David's trust in God for peaceful sleep and safety.

Matthew 11:28

Jesus gives rest to the weary; physical rest as analogy of eternal rest.

Psalm 121:4-5

God neither slumbers nor sleeps; He is our keeper.

1 Corinthians 15:51-57

Death is likened to sleep; victory over death through Christ.

Hebrews 1:1-2

Christ is the full and final revelation; no need for dreams.

Job 35:10

God gives songs in the night; He instructs during sleep.

Job 33:14-16

God speaks in dreams and seals instruction.

Genesis 20:1-6

God warned Abimelech in a dream regarding Sarah.

Genesis 31:24

God warned Laban in a dream not to harm Jacob.

Genesis 28:10-17

Jacob's dream of the ladder; God spoke to him.

Daniel 8:18; 10:9

Daniel received revelation while in a deep sleep.

Matthew 1:19-24

Joseph instructed in a dream about Mary's child.

Job 36:10

God opens ears to discipline and commands return from iniquity.

Ecclesiastes 5:3, 7

Dreams come from multitude of business; fear God instead.

Esther 6:1-3

God withheld sleep from Ahasuerus to honor Mordecai.

Daniel 2:1; 6:18

Nebuchadnezzar and Darius had sleep withheld.

Ephesians 4:26-27

Do not let the sun go down on your wrath; avoid giving place to the devil.

1 Thessalonians 5:6-8

Let us not sleep spiritually but be sober and watch.

Hebrews 5:11-14

Dullness of hearing prevents deeper teaching.

Proverbs 6:9-11; 19:15; 20:13; 24:30-34

Sleep and slothfulness lead to poverty.

Study notes

Discussion Questions

1. How does understanding that Christ is the full and final revelation affect our view of dreams and visions today?

Consider: Based on Hebrews 1:1-2 and the warning against trusting dreams.

2. In what ways might God be instructing us during our sleep, and how can we discern His voice from our own thoughts?

Consider: From Job 33:14-16 and the emphasis on Scripture over subjective experiences.

3. Have you ever experienced a time when God providentially withheld sleep? What did you learn from that experience?

Consider: Examples of Ahasuerus, Nebuchadnezzar, and Darius; practical application.

4. What are some signs of spiritual dullness or lethargy in our lives, and how can we 'awake' according to Scripture?

Consider: 1 Thessalonians 5:6; Romans 13:11; Hebrews 5:11.

5. How does the connection between physical laziness and spiritual laziness challenge your current habits in studying God's Word?

Consider: Proverbs passages on slothfulness and 2 Timothy 2:15.

6. What are some 'dangerous places' where believers might be tempted to sleep spiritually, and how can we avoid them?

Consider: Samson's example and Ephesians 5:14.

Applications

Seek God's instruction through His Word, not dreams

Since Christ is the final revelation, we must rely on Scripture for truth and not seek extra-biblical revelations.

Lecture support: Hebrews 1:1-2; the warning against trusting dreams.

Respond to sleeplessness with Scripture and prayer

When unable to sleep, instead of frustration, use the time to read the Bible and seek God's message.

Lecture support: Esther 6:1; the advice to get up and read the Bible.

Guard against spiritual lethargy

Be alert and sober in faith, avoiding apathy and dullness toward God's truth.

Lecture support: 1 Thessalonians 5:6; Romans 13:11.

Diligently study God's Word

Spiritual growth requires hard work; we must be workmen who rightly divide the Word.

Lecture support: 2 Timothy 2:15; Proverbs warnings against sloth.

Avoid sleeping in sin

Do not become comfortable in sin; awake to righteousness and flee from spiritual danger.

Lecture support: Ephesians 5:14; Samson's example.

Meditate on God's Word day and night

Keep God's commandments close, so they guide, keep, and talk with you when you sleep and awake.

Lecture support: Proverbs 6:20-23.

Personal Application and Notes

Which application will you work on, and what specific step will you take?

What Scripture or teaching will you return to as you put this into practice?

Additional notes or questions to discuss

Online Lecture Resources

Scan a code or select the lecture link in the PDF. The original lecture identifiers and destinations are preserved.

Lesson 1: The Blessings of Sleep and Rest - Part One of Two

Lecture JW01316

Open the formatted lecture online



https://weaverbiblecollege.com/transcript.php?library=weaverbiblecollege&lecture=JW01316&transcript=ai&pc_view=formatted

Lesson 2: The Blessings of Sleep and Rest - Part Two of Two

Lecture JW01317

Open the formatted lecture online



https://weaverbiblecollege.com/transcript.php?library=weaverbiblecollege&lecture=JW01317&transcript=ai&pc_view=formatted

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Source information

Study material: existing Major Themes, Key Arguments, Scripture References, Discussion Questions, and Applications from the corresponding Weaver Bible College lecture records. Original lecture titles and provenance are retained in those source records.

Layout upgraded September 30, 2026. Original manuscripts, study-guide data, and previous PDFs have not been changed.