

God designed us to be able to sleep and rest. He created day and night (Genesis 1) and designed our bodies to perform differing functions when we are asleep than when we are awake.

- **TOO LITTLE SLEEP** is a problem many of us suffer. Of the general population, 10-18% of people struggle with sleep deprivation. One study determined that 50-80% of those with a mental health problem struggle with sleeping well.
  - **Psalm 127:2 ESV** *It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.* Many of us sleep too little and some struggle with insomnia. Others suffer from sleep apnea that interrupts our sleep.
  - **Ecclesiastes 5:12b NLT** *The rich seldom get a good night's sleep.* The rich worry about not being able to protect and preserve what they have. Both care receivers and care givers have plenty to think and worry about that can keep them awake and up tight.
- **TOO MUCH SLEEP** is one of the symptoms of depression.
  - **Proverbs 20:13 NAU** *Do not love sleep, or you will become poor.* Depression often robs us of the desire to go anywhere or do anything. Our bed can look like a wonderful refuge when in emotional and mental pain.

**Q1. How is your sleep? Please describe a usual night of sleep.**

**Q2. Do you have a schedule for when you go to bed and when you get up?**

**Q3. Who thinks they are sleeping too little? Why do you think you are sleeping too little?**

- **Ecclesiastes 5:12a** *People who work hard sleep well, whether they eat little or much.* Too little physical exercise often contributes to too little sleep.

**Q4. Who thinks they are sleeping too much? Why do you think you are sleeping too much?**

- Resting during the day also prepares for restful sleep at night. Jesus said to His hard-working disciples...

**Mark 6:31 NLT** *"Let's go off by ourselves to a quiet place and rest awhile."* Learning how to rest and relax physically is as important as knowing how to work hard.

- Learning how to rest our soul and refresh our spirit is also important.

**Matthew 11:28 NLT** *Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."*

**Hebrews 4:1 NLT** *God's promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it.*

**Q5. How has Jesus helped you rest?**

- God also wants to use us to help refresh others.

**1 Corinthians 16:18 NIV** *For they refreshed my spirit and yours also. Such men deserve recognition.*

**2 Corinthians 7:13 NIV** *We were especially delighted to see how happy Titus was, because his spirit has been refreshed by all of you.*

**Q6. How have you been refreshed by someone as you have struggled restlessly with your mood disorder?**

## Prayer Requests

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**Matthew 11:28 NLT Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."**

## Mood Disorder Share & Prayer Support Group

**Sleep and  
Rest**

**Our mission** – Glorify God by serving those who suffer from a mood disorder and those who care for them

A ministry of Grace Baptist Church, Bowie MD  
Childcare available at no cost from 7:00-8:30 Tuesdays  
[www.gbcbowie.org](http://www.gbcbowie.org)