

God Doesn't Sleep

[Isaiah 40:28–31](#) [28](#) Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. [29](#) He gives power to the faint, and to him who has no might he increases strength. [30](#) Even youths shall faint and be weary, and young men shall fall exhausted; [31](#) but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

[Psalm 121:3–4](#) [3](#) He will not let your foot be moved; he who keeps you will not slumber. [4](#) Behold, he who keeps Israel will neither slumber nor sleep.

[2 Peter 2:3](#) And in their greed they will exploit you with false words. Their condemnation from long ago is not idle, and their destruction is not asleep.

Sleep Is Evidence of Trust in YHWH and His Protection

[Psalm 3:5–6](#) [5](#) I lay down and slept; I woke again, for the LORD sustained me. [6](#) I will not be afraid of many thousands of people who have set themselves against me all around.

[Psalm 4:8](#) In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.

[Mark 4:38–40](#) [38](#) But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?” [39](#) And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. [40](#) He said to them, “Why are you so afraid? Have you still no faith?”

[Luke 8:23–25](#) [23](#) and as they sailed he fell asleep. And a windstorm came down on the lake, and they were filling with water and were in danger. [24](#) And they went and woke him, saying, “Master, Master, we are perishing!” And he awoke and rebuked the wind and the raging waves, and they ceased, and there was a calm. [25](#) He said to them, “Where is your faith?” And they were afraid, and they marveled, saying to one another, “Who then is this, that he commands even winds and water, and they obey him?”

[Proverbs 3:24–26](#) [24](#) If you lie down, you will not be afraid; when you lie down, your sleep will be sweet. [25](#) Do not be afraid of sudden terror or of the ruin of the wicked, when it comes, [26](#) for the LORD will be your confidence and will keep your foot from being caught.

[Psalm 91:5](#) You will not fear the terror of the night, nor the arrow that flies by day,

[Psalm 139:17–18](#) [17](#) How precious to me are your thoughts, O God! How vast is the sum of them! [18](#) If I would count them, they are more than the sand. I awake, and I am still with you.

Sleep Is a Pleasant Gift From God and a Blessing of Trust in YHWH's Provision

[Psalm 127:2](#) 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.

[Mark 4:27](#) He sleeps and rises night and day, and the seed sprouts and grows; he knows not how.

[Ecclesiastes 5:12](#) Sweet is the sleep of a laborer, whether he eats little or much, but the full stomach of the rich will not let him sleep.

[Proverbs 3:24](#) If you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

[Psalm 17:15](#) As for me, I shall behold your face in righteousness; when I awake, I shall be satisfied with your likeness.

[Jeremiah 31:26](#) At this I awoke and looked, and my sleep was pleasant to me.

Sleeplessness (due to anxiety or external physical circumstances)

[Esther 6:1](#) On that night the king could not sleep. And he gave orders to bring the book of memorable deeds, the chronicles, and they were read before the king.

[Daniel 6:18–19](#) [18](#) Then the king went to his palace and spent the night fasting; no diversions were brought to him, and sleep fled from him. [19](#) Then, at break of day, the king arose and went in haste to the den of lions.

[Psalm 102:7](#) I lie awake; I am like a lonely sparrow on the housetop.

[Job 7:4](#) When I lie down I say, ‘When shall I arise?’ But the night is long, and I am full of tossing till the dawn.

[Psalm 127:2](#) 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.

[Song of Solomon 5:2](#) I slept, but my heart was awake. A sound! My beloved is knocking. “Open to me, my sister, my love, my dove, my perfect one, for my head is wet with dew, my locks with the drops of the night.”

[Ecclesiastes 5:12](#) Sweet is the sleep of a laborer, whether he eats little or much, but the full stomach of the rich will not let him sleep.

[Ecclesiastes 12:4](#) and the doors on the street are shut—when the sound of the grinding is low, and one rises up at the sound of a bird, and all the daughters of song are brought low—

[Ecclesiastes 8:16–17](#) [16](#) When I applied my heart to know wisdom, and to see the business that is done on earth, how neither day nor night do one’s eyes see sleep, [17](#) then I saw all the work of God, that man cannot find out the work that is done under the sun. However much man may toil in seeking, he will not find it out. Even though a wise man claims to know, he cannot find it out.

[Ecclesiastes 2:22–23](#) [22](#) What has a man from all the toil and striving of heart with which he toils beneath the sun? [23](#) For all his days are full of sorrow, and his work is a vexation. Even in the night his heart does not rest. This also is vanity.

[Genesis 31:40](#) There I was: by day the heat consumed me, and the cold by night, and my sleep fled from my eyes.

[Proverbs 27:14](#) Whoever blesses his neighbor with a loud voice, rising early in the morning, will be counted as cursing.

Sleep can Sign of Lazy Foolishness or Weakness or Spiritual Inattentiveness; Sleep Can Be Abused/Overused

[Proverbs 6:9–11](#) [9](#) How long will you lie there, O sluggard? When will you arise from your sleep? [10](#) A little sleep, a little slumber, a little folding of the hands to rest, [11](#) and poverty will come upon you like a robber, and want like an armed man.

[Proverbs 10:5](#) He who gathers in summer is a prudent son, but he who sleeps in harvest is a son who brings shame.

[Proverbs 19:15](#) Slothfulness casts into a deep sleep, and an idle person will suffer hunger.

[Proverbs 20:13](#) Love not sleep, lest you come to poverty; open your eyes, and you will have plenty of bread.

[Proverbs 23:21](#) for the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.

[Proverbs 26:14](#) As a door turns on its hinges, so does a sluggard on his bed.

[Job 33:14–18](#) [14](#) For God speaks in one way, and in two, though man does not perceive it. [15](#) In a dream, in a vision of the night, when deep sleep falls on men, while they slumber on their beds, [16](#) then he opens the ears of men and terrifies them with warnings, [17](#) that he may turn man aside from his deed and conceal pride from a man; [18](#) he keeps back his soul from the pit, his life from perishing by the sword.

[Proverbs 24:30–34](#) [30](#) I passed by the field of a sluggard, by the vineyard of a man lacking sense, [31](#) and behold, it was all overgrown with thorns; the ground was covered with nettles, and its stone wall was broken down. [32](#) Then I saw and considered it; I looked and received instruction. [33](#) A little sleep, a little slumber, a little folding of the hands to rest, [34](#) and poverty will come upon you like a robber, and want like an armed man.

[Matthew 26:40–45](#) And he came to the disciples and found them sleeping. And he said to Peter, “So, could you not watch with me one hour? [41](#) Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” [42](#) Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” [43](#) And again he came and found them sleeping, for their eyes were heavy. [44](#) So, leaving them again, he went away and prayed for the third time, saying the same words again. [45](#) Then he came to the disciples and said to them, “Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.

[Mark 14:37–41](#) [37](#) And he came and found them sleeping, and he said to Peter, “Simon, are you asleep? Could you not watch one hour? [38](#) Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” [39](#) And again he went away and prayed, saying the same words. [40](#) And again he came and found them sleeping, for their eyes were very heavy, and they did not know what to answer him. [41](#) And he came the third time and said to them, “Are you still sleeping and taking your rest? It is enough; the hour has come. The Son of Man is betrayed into the hands of sinners.

[Amos 6:4](#) “Woe to those who lie on beds of ivory and stretch themselves out on their couches, and eat lambs from the flock and calves from the midst of the stall,

Jesus Slept

[Luke 8:23](#) and as they sailed he fell asleep. And a windstorm came down on the lake, and they were filling with water and were in danger.

[Mark 4:38](#) But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?”

[2 Corinthians 6:5](#) beatings, imprisonments, riots, labors, sleepless nights, hunger;

Natural Consequence of Being Tired & Physical Limitation

[Judges 4:21](#) But Jael the wife of Heber took a tent peg, and took a hammer in her hand. Then she went softly to him and drove the peg into his temple until it went down into the ground while he was lying fast asleep from weariness. So he died.

[Luke 9:32](#) Now Peter and those who were with him were heavy with sleep, but when they became fully awake they saw his glory and the two men who stood with him.

[Acts 20:9](#) And a young man named Eutychus, sitting at the window, sank into a deep sleep as Paul talked still longer. And being overcome by sleep, he fell down from the third story and was taken up dead.

[Matthew 26:43](#) And again he came and found them sleeping, for their eyes were heavy.

[Ecclesiastes 12:1](#) Remember also your Creator in the days of your youth, before the evil days come and the years draw near of which you will say, "I have no pleasure in them";

Foregoing Sleep for Good Reasons

[Psalm 119:147–148](#) I rise before dawn and cry for help; I hope in your words. [148](#) My eyes are awake before the watches of the night, that I may meditate on your promise.

[Luke 6:12](#) In these days he went out to the mountain to pray, and all night he continued in prayer to God.

[Proverbs 6:4–5](#) [4](#) Give your eyes no sleep and your eyelids no slumber; [5](#) save yourself like a gazelle from the hand of the hunter, like a bird from the hand of the fowler.

[Matthew 26:40–41](#) And he came to the disciples and found them sleeping. And he said to Peter, "So, could you not watch with me one hour? [41](#) Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak."

[Proverbs 31:15](#) She rises while it is yet night and provides food for her household and portions for her maidens.

[Psalm 119:62](#) At midnight I rise to praise you, because of your righteous rules.

Caused by God to Accomplish Purpose / Reveal Will / Give Vision

[Genesis 2:21–22](#) [21](#) So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. [22](#) And the rib that the LORD God had taken from the man he made into a woman and brought her to the man.

[Genesis 15:12](#) As the sun was going down, a deep sleep fell on Abram. And behold, dreadful and great darkness fell upon him.

[Genesis 28:11–18](#) [11](#) And he came to a certain place and stayed there that night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place to sleep. [12](#) And he dreamed, and behold, there was a ladder set up on the earth, and the top of it reached to heaven. And behold, the angels of God were ascending and descending on it! [13](#) And behold, the LORD stood above it and said, “I am the LORD, the God of Abraham your father and the God of Isaac. The land on which you lie I will give to you and to your offspring. [14](#) Your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south, and in you and your offspring shall all the families of the earth be blessed. [15](#) Behold, I am with you and will keep you wherever you go, and will bring you back to this land. For I will not leave you until I have done what I have promised you.” [16](#) Then Jacob awoke from his sleep and said, “Surely the LORD is in this place, and I did not know it.” [17](#) And he was afraid and said, “How awesome is this place! This is none other than the house of God, and this is the gate of heaven.” [18](#) So early in the morning Jacob took the stone that he had put under his head and set it up for a pillar and poured oil on the top of it.

[Genesis 37:5–10](#) [5](#) Now Joseph had a dream, and when he told it to his brothers they hated him even more. [6](#) He said to them, “Hear this dream that I have dreamed: [7](#) Behold, we were binding sheaves in the field, and behold, my sheaf arose and stood upright. And behold, your sheaves gathered around it and bowed down to my sheaf.” [8](#) His brothers said to him, “Are you indeed to reign over us? Or are you indeed to rule over us?” So they hated him even more for his dreams and for his words. [9](#) Then he dreamed another dream and told it to his brothers and said, “Behold, I have dreamed another dream. Behold, the sun, the moon, and eleven stars were bowing down to me.” [10](#) But when he told it to his father and to his brothers, his father rebuked him and said to him, “What is this dream that you have dreamed? Shall I and your mother and your brothers indeed come to bow ourselves to the ground before you?”

[Genesis 40:5](#) And one night they both dreamed—the cupbearer and the baker of the king of Egypt, who were confined in the prison—each his own dream, and each dream with its own interpretation.

[Genesis 41:1](#) After two whole years, Pharaoh dreamed that he was standing by the Nile,

[1 Kings 3:5](#) At Gibeon the LORD appeared to Solomon in a dream by night, and God said, “Ask what I shall give you.”

[1 Samuel 26:12](#) So David took the spear and the jar of water from Saul’s head, and they went away. No man saw it or knew it, nor did any awake, for they were all asleep, because a deep sleep from the LORD had fallen upon them.

[Daniel 2:1–3](#) [1](#) In the second year of the reign of Nebuchadnezzar, Nebuchadnezzar had dreams; his spirit was troubled, and his sleep left him. [2](#) Then the king commanded that the magicians, the enchanters, the sorcerers, and the Chaldeans be summoned to tell the king his dreams. So they came in and stood before the king. [3](#) And the king said to them, “I had a dream, and my spirit is troubled to know the dream.”

[Psalm 77:2–4](#) [2](#) In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. [3](#) When I remember God, I moan; when I meditate, my spirit faints. *Selah* [4](#) You hold my eyelids open; I am so troubled that I cannot speak.

Illustration of Death, Especially for the Christian

[Daniel 12:2](#) And many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt.

[John 11:11–14](#) [11](#) After saying these things, he said to them, “Our friend Lazarus has fallen asleep, but I go to awaken him.” [12](#) The disciples said to him, “Lord, if he has fallen asleep, he will recover.” [13](#) Now Jesus had spoken of his death, but they thought that he meant taking rest in sleep. [14](#) Then Jesus told them plainly, “Lazarus has died,

[1 Corinthians](#) That is why many of you are weak and ill, and some have died.
[11:30](#)

[Job 14:12](#) so a man lies down and rises not again; till the heavens are no more he will not awake or be roused out of his sleep.

[1 Thessalonians](#) For since we believe that Jesus died and rose again, even so, through Jesus, God will bring with him those who have fallen asleep.
[4:14](#)

[1 Thessalonians](#) who died for us so that whether we are awake or asleep we might live with him.
[5:10](#)

[Matthew 27:52](#) The tombs also were opened. And many bodies of the saints who had fallen asleep were raised,

[Acts 7:60](#) And falling to his knees he cried out with a loud voice, “Lord, do not hold this sin against them.” And when he had said this, he fell asleep.

[Acts 13:36](#) For David, after he had served the purpose of God in his own generation, fell asleep and was laid with his fathers and saw corruption,

[1 Corinthians](#) Then he appeared to more than five hundred brothers at one time, most of whom are still alive, though some have fallen asleep.
[15:6](#)

[1 Corinthians](#) Then those also who have fallen asleep in Christ have perished.
[15:18](#)

[1 Corinthians](#) But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep.
[15:20](#)

[2 Peter 3:4](#) They will say, “Where is the promise of his coming? For ever since the fathers fell asleep, all things are continuing as they were from the beginning of creation.”

Sleep as Parable of Spiritual Inattentiveness / Wakefulness as Spiritual Alertness

[Romans 13:11–13](#) [11](#) Besides this you know the time, that the hour has come for you to wake from sleep. For salvation is nearer to us now than when we first believed. [12](#) The night is far gone; the day is at hand. So then let us cast off the works of darkness and put on the armor of light. [13](#) Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy.

[Mark 13:32–37](#) [32](#) “But concerning that day or that hour, no one knows, not even the angels in heaven, nor the Son, but only the Father. [33](#) Be on guard, keep awake. For you do not know when the time will come. [34](#) It is like a man going on a journey, when he leaves home and puts his servants in charge, each with his work, and commands the doorkeeper to stay awake. [35](#) Therefore stay awake—for you do not know when the master of the house will come, in the evening, or at midnight, or when the rooster crows, or in the morning— [36](#) lest he come suddenly and find you asleep. [37](#) And what I say to you I say to all: Stay awake.”

[Matthew 25:5](#) As the bridegroom was delayed, they all became drowsy and slept.

[Matthew 24:43](#) But know this, that if the master of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into.

[1 Thessalonians 5:6–8](#) [6](#) So then let us not sleep, as others do, but let us keep awake and be sober. [7](#) For those who sleep, sleep at night, and those who get drunk, are drunk at night. [8](#) But since we belong to the day, let us be sober, having put on the breastplate of faith and love, and for a helmet the hope of salvation.

[Isaiah 29:10](#) For the LORD has poured out upon you a spirit of deep sleep, and has closed your eyes (the prophets), and covered your heads (the seers).

[Matthew 9:24](#) he said, "Go away, for the girl is not dead but sleeping." And they laughed at him.

Applied to God's Apparent Inactivity

[Psalm 44:23](#) Awake! Why are you sleeping, O Lord? Rouse yourself! Do not reject us forever!

[Psalm 59:4–6](#) [4](#) for no fault of mine, they run and make ready. Awake, come to meet me, and see! [5](#) You, LORD God of hosts, are God of Israel. Rouse yourself to punish all the nations; spare none of those who treacherously plot evil. *Selah* [6](#) Each evening they come back, howling like dogs and prowling about the city.

[Psalm 78:65](#) Then the Lord awoke as from sleep, like a strong man shouting because of wine.

[Matthew 13:25](#) but while his men were sleeping, his enemy came and sowed weeds among the wheat and went away.

Sleep Makes One Easy Prey for Enemy

[Judges 4:20–21](#) [20](#) And he said to her, "Stand at the opening of the tent, and if any man comes and asks you, 'Is anyone here?' say, 'No.'" [21](#) But Jael the wife of Heber took a tent peg, and took a hammer in her hand. Then she went softly to him and drove the peg into his temple until it went down into the ground while he was lying fast asleep from weariness. So he died.

[Judges 16:19](#) She made him sleep on her knees. And she called a man and had him shave off the seven locks of his head. Then she began to torment him, and his strength left him.

[1 Samuel 26:7–12](#) [7](#) So David and Abishai went to the army by night. And there lay Saul sleeping within the encampment, with his spear stuck in the ground at his head, and Abner and the army lay around him. [8](#) Then Abishai said to David, "God has given your enemy into your hand this day. Now please let me pin him to the earth with one stroke of the spear, and I will not strike him twice." [9](#) But David said to Abishai, "Do not destroy him, for who can put out his hand against the LORD's anointed and be guiltless?" [10](#) And David said, "As the LORD lives, the LORD will strike him, or his day will come to die, or he will go down into battle and perish. [11](#) The LORD forbid that I should put out my hand against the LORD's anointed. But take now the spear that is at his head and the jar of water, and let us go." [12](#) So David took the spear and the jar of water from Saul's head, and they went away. No man saw it or knew it, nor did any awake, for they were all asleep, because a deep sleep from the LORD had fallen upon them.

[Leviticus 26:6](#) I will give peace in the land, and you shall lie down, and none shall make you afraid. And I will remove harmful beasts from the land, and the sword shall not go through your land.

[Hosea 2:20](#) And I will make for them a covenant on that day with the beasts of the field, the birds of the heavens, and the creeping things of the ground. And I will abolish the bow, the sword, and war from the land, and I will make you lie down in safety.

[Ezekiel 34:25](#) "I will make with them a covenant of peace and banish wild beasts from the land, so that they may dwell securely in the wilderness and sleep in the woods.

Describing False gods' Inability

[Habakkuk 2:19](#) Woe to him who says to a wooden thing, Awake; to a silent stone, Arise! Can this teach? Behold, it is overlaid with gold and silver, and there is no breath at all in it.

[1 Kings 18:27](#) And at noon Elijah mocked them, saying, "Cry aloud, for he is a god. Either he is musing, or he is relieving himself, or he is on a journey, or perhaps he is asleep and must be awakened."

Opportunity to Align Your Thinking With God's

[Psalm 4:4](#) Be angry, and do not sin; ponder in your own hearts on your beds, and be silent. *Selah*

[Deuteronomy 6:7](#) You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

[Psalm 16:7](#) I bless the LORD who gives me counsel; in the night also my heart instructs me.

[Psalm 42:8](#) By day the LORD commands his steadfast love, and at night his song is with me, a prayer to the God of my life.

[Psalm 63:6](#) when I remember you upon my bed, and meditate on you in the watches of the night;

[Psalm 77:2-6](#) 2 In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. 3 When I remember God, I moan; when I meditate, my spirit faints. *Selah* 4 You hold my eyelids open; I am so troubled that I cannot speak. 5 I consider the days of old, the years long ago. 6 I said, "Let me remember my song in the night; let me meditate in my heart." Then my spirit made a diligent search:

[Psalm 119:55](#) I remember your name in the night, O LORD, and keep your law.

[Psalm 119:148](#) My eyes are awake before the watches of the night, that I may meditate on your promise.

[Psalm 149:5](#) Let the godly exult in glory; let them sing for joy on their beds.