

We all need rest—sleep is a gift from God for the restoration of the body (Psalm 127:2). But like anything good, when taken to the extreme, it can become a trap. The Bible warns us against loving sleep—treating it as a comfort we indulge in, even when it begins to interfere with our purpose.

Proverbs 20:13 says:

*“Do not love sleep, lest you come to poverty;
Open your eyes, and you will be satisfied with bread.”*

This is more than a call to physical discipline. It's a life principle. God has ordained work and responsibility (Genesis 2:15). Excessive sleep delays those responsibilities and opens the door to lack. Think about it:

- A **student** who oversleeps will likely be late or miss important lessons.
- An **employee** who sleeps too much becomes unreliable and risks their job.
- A **businessperson** who delays opening shop misses early customers, often the ones most ready to buy.

There's a popular Swahili proverb: "*Biashara ni asubuhi*" (Business is in the morning). That truth echoes what the Bible says: that diligence is tied to provision.

▣ Procrastination is Subtle but Dangerous

We often intend to wake up early and get things done. But when morning comes, the bed feels stronger than our will. So we whisper to ourselves, "*Just a few more minutes.*" But that "few" often becomes hours—and before we know it, the day is gone.

Proverbs 6:9-11 warns:

*"How long will you slumber, O sluggard?
When will you rise from your sleep?
A little sleep, a little slumber,
A little folding of the hands to sleep—
So shall your poverty come on you like a prowler,
And your need like an armed man."*

This is **not just about physical sleep**—it's also about delay, passivity,

and a mindset of comfort over calling. The Bible constantly calls believers to **alertness, diligence, and readiness** (1 Peter 5:8, 1 Thessalonians 5:6).

▣ The Bible Is More Than a Spiritual Manual—It's a Guide for Daily Life

Sometimes Christians wrongly assume that fasting and prayer alone are the answers to all problems. But Scripture teaches that **obedience to life principles** is part of God's design for blessing.

The Bible says clearly: **don't love sleep**. If you fast and pray but consistently indulge laziness or disorganization, don't expect breakthrough.

Proverbs 19:15 says:

*"Laziness casts one into a deep sleep,
And an idle person will suffer hunger."*

This is not the devil's doing—it's our own lack of discipline. We are

called not only to pray but to **steward our time wisely** (Ephesians 5:15-16). God blesses the **work of our hands** (Deuteronomy 28:12), but we must show up, wake up, and be present.

□ What About Spiritual Sleep?

Just as physical laziness leads to material poverty, **spiritual laziness leads to spiritual destruction**. A person can be wide awake physically but completely asleep in the things of God.

What does spiritual sleep look like?

- Tolerating sin without conviction
- Being numb to God's Word
- Living without prayer or worship
- Excusing immorality, gossip, drunkenness, and envy

These are signs that someone is no longer awake spiritually. The enemy thrives in this kind of darkness. The Bible calls us to **wake up** from spiritual sleep and walk in the light.

Romans 13:11-13says:

*“And do this, knowing the time, that now it is high time to awake out of sleep;
for now our salvation is nearer than when we first believed.
The night is far spent, the day is at hand.
Therefore let us cast off the works of darkness, and let us put on the armor of light.”*

*“Let us walk properly, as in the day,
not in revelry and drunkenness,
not in lewdness and lust,
not in strife and envy.”*

Ephesians 5:14-16 adds:

*“Awake, you who sleep,
Arise from the dead,
And Christ will give you light.”*

*“See then that you walk circumspectly, not as fools but as wise,
redeeming the time, because the days are evil.”*

▣ **In Summary:**

- **Don't idolize comfort**—discipline is a biblical principle.
- **Work is worship.** God ordained labor before the fall (Genesis 2:15).
- **Laziness, both physical and spiritual, leads to ruin.**
- **Spiritual awakening is urgent.** The Lord's return is nearer than ever.
- **Balance rest with responsibility.** Sleep, but don't be mastered by it.

▣ **A Prayer:**

Lord, wake us up from every kind of sleep—physical, emotional, and spiritual.

Help us to redeem the time, be diligent in our calling, and walk in the light of Your truth.

In Jesus' name, Amen.

May the Lord bless you and give you the strength to rise, shine, and walk in His purpose.

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