

4 Truths About Sleep

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

Proverbs 4:16 For they sleep not, except they have done mischief; and their sleep is taken away, unless they cause *some* to fall.

Proverbs 6:4 Give not sleep to thine eyes, nor slumber to thine eyelids.

Proverbs 10:5 He that gathereth in summer *is* a wise son: *but* he that sleepeth in harvest *is* a son that causeth shame.

Proverbs 6:9 How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep? **10** Yet a little sleep, a little slumber, a little folding of the hands to sleep:

Proverbs 19:15 Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger.

Proverbs 20:13 Love not sleep, lest thou come to poverty; open thine eyes, *and* thou shalt be satisfied with bread.

Proverbs 23:21 For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe *a man* with rags.

Ephesians 5:14 Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

Ephesians 5:15 See then that ye walk circumspectly, not as fools, but as wise, **16** Redeeming the time, because the days are evil.

2 Samuel 11:2 And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman *was* very beautiful to look upon.

Psalm 3:1 A Psalm of David, when he fled from Absalom his son. LORD, how are they increased that trouble me! many *are* they that rise up against me. **2** Many *there be* which say of my soul, *There is* no help for him in God. Selah. **3** But thou, O LORD, *art* a shield for me; my glory, and the lifter up of mine head. **4** I cried unto the LORD with my voice, and he heard me out of his holy hill. Selah. **5** I laid me down and slept; I awaked; for the LORD sustained me. **6** I will not be afraid of ten thousands of people, that have set *themselves* against me round about. **7** Arise, O LORD; save me, O my God: for thou hast smitten all mine enemies *upon* the cheek bone; thou hast broken the teeth of the ungodly. **8** Salvation *belongeth* unto the LORD: thy blessing *is* upon thy people. Selah.

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.