

## Sleep Well

*Well...hard to believe that my turn has come around to author March's "Walk of Faith!" How time flies! Yet this particular time, music, recipes and mirrors of self-reflection failed to guide me into a fruitful topic... Finally, after yet another nearly sleepless night, the only topic I could come up with was "death." Unfortunately, I just recently lost my mother to a sudden illness, three years after my father's death. As an only child, my mom and I had established an extremely close bond. During the last fifteen years of our relationship, I was "called" by the grace of God to walk in His truth, together with my wife.*

*Over many years, we consistently witnessed to my parents explaining the many spiritual truths that we had come to learn from the Bible, much of which proved contrary to their Roman Catholic beliefs. So now it remains my hope that they retained what we shared with them while they were able to hear. Now that she is asleep, I felt this study would be apropos not only to my wife and me but to all who are bereaving over the loss of a loved one.*

*It is only when we have experienced love that we truly appreciate loss. John 3:15 states That whosoever believeth in him should not perish, but have eternal life. Now don't get me wrong, I can't say for sure that my mother feared dying. After all, she lived a long healthy life and had her relationship with God based in Catholicism. But like nearly everyone, did my mom ever speculate wondering, pondering the question of "What will happen to me after I die?" There can be no answer more important! To KNOW what happens at death, and to KNOW what happens next! This question has eluded mankind's inquiry for centuries. Millions believe in the "transmigration of souls" assuming a living "soul" goes on to some other state. Millions believe in "reincarnation," that they have had a previous life, and will go on to yet another life. And others believe the Catholic or Protestant version that has the departed either going to heaven or to hell, or, as the Catholics additionally believe, to a "purgatory," a waiting room after death. All these posed outcomes are not biblically based, but mere traditions of men... nonsense! Nowhere in the Bible will you see any of this stated!*

*Let's get back to answering the question...What happens after death? You sleep. It makes so much sense to me. From infancy, to a toddler, especially from adolescence through adulthood, virtually all through our lives, we hear people telling us about the crucial importance of rest/sleep. Then after learning about the Sabbath Day's crucial status affirmed in the Fourth Commandment about the Sabbath, to keep it holy (set aside from the other days of the week), there was no denying it. If God himself blessed the Seventh Day as a day of rest for Himself after six days of creating everything, you just have to know how important it is!*

Genesis 2:2~3 And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. 3 And God blessed the

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seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.

*To validate its importance, God sanctified it as the day of rest for all generations to come forever. We all need rest...to put our feet up...sleep! Think of it each night as a mini Sabbath – a time to reflect, restore the mind and the body both physically and spiritually. He commands us to rest! Many times our minds are racing, thinking about this or that, sometimes stressed from the day and filled with anxiety. We need to put our complete trust in Him by choosing to switch off our minds and getting the sleep we need. He doesn't sleep so we know that while we sleep, He is in control and watching over us.*

Psalm 121:3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.

Psalm 127:2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep. ...*and peacefully*

Psalm 4:8 I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

*Most sleep in this life each night. When our physical life on earth has ended, all sleep until our resurrection.*

*As I mentioned earlier, both my wife and I had shared God's word with my mom and have continued to do so with many others along our walk. During my mom's final days, "sleep" became very relevant. People kept saying to keep talking to her while she slept, that she could hear us. Even the Hospice nurses affirmed her receptive state, that speaking let her know that it was OK for her to let go, that everything was alright, to now be at peace and just sleep. I do believe there is definitely truth in this! As she slipped from unconscious sleep to the sleep of death...*

Luke 9:60 Jesus said unto him, Let the dead bury their dead: but go thou and preach the kingdom of God.

*In the Gospel of Luke, Yahshua Himself says to let the dead bury the dead meaning no disrespect to a family's poignant loss but only to stress the priceless importance, one's top priority being devoted in this life to seek and gain eternity into the kingdom of God! It's showing the difference between the physical and the spiritual. This is why it is so important to focus on the spiritual...to witness...to share with others that the dead know no time until the resurrection(s).*

Psalm 48:14 For this God is our God for ever and ever: he will be our guide even unto death.

Psalm 23:4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Isaiah 25:8 He will swallow up death in victory; and the Lord GOD will wipe away tears from off all faces; and the rebuke of his people shall he take away from off all the earth: for the LORD hath spoken it.

2 Corinthians 4:16 For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

John 5:28~29 Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear his voice, 29 And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation.

John 8:51 Verily, verily, I say unto you, If a man keep my saying, he shall never see death.

*Remember:*

*Your life ends at the precise moment the Father intends it to end, in the same precise time context that the Father had your life on earth begin. As believers, we all have the hope of being part of the first resurrection. Let's turn to the Book of Corinthians to see yet another precise time pertaining to this.*

1 Corinthians 15:35~58 But some man will say, **How are the dead raised up? and with what body do they come?** 36 Thou fool, that which thou sowest is not quickened, except it die: 37 And that which thou sowest, thou sowest not that body that shall be, but bare grain, it may chance of wheat, or of some other grain: 38 But God giveth it a body as it hath pleased him, and to every seed his own body. 39 All flesh is not the same flesh: but there is one kind of flesh of men, another flesh of beasts, another of fishes, and another of birds. 40 There are also celestial bodies, and bodies terrestrial: but the glory of the celestial is one, and the glory of the terrestrial is another. 41 There is one glory of the sun, and another glory of the moon, and another glory of the stars: for one star differeth from another star in glory. 42 So also is the resurrection of the dead. It is sown in corruption; it is raised in incorruption: 43 It is sown in dishonour; it is raised in glory: it is sown in weakness; it is raised in power: 44 It is sown a natural body; it is raised a spiritual body. There is a natural body, and there is a spiritual body. 45 And so it is written, The first man Adam was made a living soul; the last Adam was made a quickening spirit. 46 Howbeit that was not first which is spiritual, but that which is natural; and afterward that which is spiritual. 47 The first man is of the earth, earthy: the second man is the Lord from heaven. 48 As is the earthy, such are they also that are earthy: and as is the heavenly, such are they also that are heavenly. 49 And as we have borne the image of the earthy, we shall also bear the image of the heavenly. 50 Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; neither doth corruption inherit incorruption. 51 ¶ Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed, 52 In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised incorruptible, and we shall be changed. 53 For this corruptible must put on incorruption, and this mortal must put on immortality. 54 So when this corruptible shall have put on incorruption, and this

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mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. 55 O death, where is thy sting? O grave, where is thy victory? 56 The sting of death is sin; and the strength of sin is the law. 57 But thanks be to God, which giveth us the victory through our Lord Jesus Christ. 58 ¶ Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord.

Romans 8:38~39 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, 39 Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

*I can't help but think about the miraculous moment when we are awakened to hear His voice. That in reality it will only seem to be a split second since your physical death, in a moment. Prayerfully, I hope we're all found worthy of being resurrected and will hear: "Come, enter in, well done, my good and faithful servant."*

### **A Proverb to Ponder**

Proverbs 14:32 The wicked is driven away in his wickedness: but the righteous hath hope in his death.

*So – As we tucked in my mom, all I could say was  
"Please remember what we told you...  
I love you, I'll miss you.  
Sleep well."*

*Selah*

\*All Scriptures KJV unless otherwise noted\*

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