

But we're not exactly wide awake either. We're spiritually asleep--alive but unresponsive and, as a result, quite useless to the advance of Christ's cause.

The Bible contains a lot of wake-up calls to believers in Christ. Accordingly, spiritual sleep is related to darkness (Romans 13:11-12). But if our lives are filled with God's light, it should be tough to sleep.

So what should we be doing instead of "sleeping"? Praying would be a good start. (Check out Luke 21:36.) If we're awake, we recognise that things are tough, and we need to be strong. If we're sleeping, we're not praying.

So how alert are you these days? I'm not talking about becoming some kind of spiritual insomniac. We rest in the Lord. But we don't sleep in Him!

You might need to ask God for a wake-up call. Let Him keep you alert and on guard. There can be no sleeping on the job when you're working for the Lord.

REFLECTION

- In what ways might I be oversleeping spiritually?
- What kind of wake-up call is God giving me today?

When God sends a wake-up call--get up!



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Central Mountains Baptist Church

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Wake Up!

Here is something to lose sleep over: the older you get, the less sleep you get. That goes for people as young as you! According to researchers, kids ages 9 to 12 years old sleep the most. By the teenage years, the stresses of school, work, and relationships crowd out time for sleep.

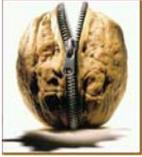
It's not surprising, then, that 38 percent of adults reported difficulty with staying awake during the day--a consequence of sleep problems. About a

third of them reported using medications or dietary supplements to help them stay awake.

Such research is surprising. For most teenagers, it seems that the problem is too much sleep--that satisfied feeling you get when you realise you slept so long it's time for lunch instead of breakfast.

In spiritual terms, the problem definitely is too much sleep among Christians. We're not spiritually dead, as we were before we began a personal relationship with God through Jesus Christ.





Romans: Truth in a Nutshell

(unzipped for you)

Knowing the Time

Romans 13:11-14
Ezekiel 37:1-11



(Romans 11:25-26) "For I do not desire, brethren, that you should be ignorant of this mystery, lest you should be wise in your own opinion, that blindness in part has happened to Israel until the fullness of the Gentiles has come in. {26} And so all Israel will be saved, ...;"

In Romans 13:11-14 Paul gives us three instructions that picture being ready:

1. _____ up, verses 11-12



2. Get _____, verses 12, 14

(Galatians 5:19-23) "Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, {20} idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, {21} envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things will not inherit the kingdom of God."



(Romans 13:14) ".. do not think about how to gratify the desires of the sinful nature." [paraphrase]

(Galatians 5:22-23) But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, {23} gentleness, self-control. Against such there is no law."

(2 Corinthians 10:4-5) "For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, {5} casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,"

(Ephesians 6:12-18) "For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. {13} Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand. {14} Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, {15} and having shod your feet with the preparation of the gospel of peace; {16} above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. {17} And take the helmet of salvation, and the sword of the Spirit, which is the word of God; {18} praying always with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints;"



3. _____ properly, verses 13, 14

(Romans 13:13) "Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy." [paraphrase]

