

God's Special Gift for You—Straight From Psalm 127:2

“God gives rest to his loved ones” (Psalm 127:2b, NLT).

Throughout the day, and when you sleep, your heavenly Father watches over you in love. Sleep is God's gift, and to accept that gift is an act of trust. He restores your body and energy through sleep.

One of the hidden triggers to overeating is lack of rest. When we're overtired, we often try to boost our energy with caffeine or sugar or carbs, which ultimately leaves us more tired than before.

Trusting God and prioritizing your sleep builds your faith. Why does sleep require trust? Because we tend to overload our schedules and think we don't have time to get the proper amount of sleep.

Jesus relaxed, and he never felt guilty about it. Even God took a day off after Creation. Who are we to think we're too busy to get the proper rest? Jesus says, “Come to Me, all you who labor and are heavily burdened, and I will give you rest. Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls” (Matt. 11:28-29).

Talk It Over

- How might giving yourself the gift of a good night's sleep help you meet your healthy lifestyle goals?
- Jesus says, “Come to Me, all you who labor and are heavily burdened, and I will give you rest. Take My yoke upon you, and learn from Me. For I am meek and lowly in heart, and you will find rest for your souls” (Matt. 11:28-29). What longings stir in you when you read

Jesus' invitation to rest?

- What do you need to change about your schedule and priorities so you can make more time for rest? {eoa}

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This article originally appeared at .