

Invitation from
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**spiritual
practice
of sleep**

SLEEP IS AN ESSENTIAL PART OF OUR LIFE WITH GOD

Consider: What difference does being well rested have in your life? What changes for you when you are sleep-deprived versus being well rested?

Our bodies are good gifts from God. They serve as our personal power packs to engage the world and to do good in partnership with God. The daily decision to treat our bodies with the respect to which God has endowed them is important for spiritual development. When we are not good stewards of our bodies we become exhausted and exhaustion can quickly lead us away from intimacy with God.

Our bodies are integrated with our souls. When our bodies suffer from lack of rest so too do our souls. When we are well rested we are more available to God, aware of ourselves, and able to access and assess our thoughts, emotions, desires, and will. In lack of rest, we make poor decisions and respond poorly to others.

Consider: What do you notice about your spiritual life when you do and don't get good sleep?

In sleep, we practice surrendering to God. Falling asleep is an act of surrender. We cease being in control of running the world or managing our lives and others. We learn to trust God and his guidance in our lives. We admit that we are not God.

HOW TO PRACTICE

As you begin, focus on creating a rhythm of getting seven to eight hours per night of consistent sleep. Create a regular schedule of going to sleep and waking at the same time every day.

Once a week, we invite you to practice getting one night of rest where you can sleep uninterrupted and can wake to feel fully rested.

It can be difficult to quiet our anxious thoughts as we lay down to rest at night. It can be helpful to recite an evening prayer or a scripture that encourages release and comfort.

PRACTICE CHECK IN August 9th and 23th

Each month, we will have two opportunities for you to check in with our community and share about your experience engaging the spiritual practice for the month. On these days, share on social using #pursuelife or scan the QR Code to upload a picture and reflections that we can share through our social media, email and in conversation with one another!

