

Session 6

# That's a good question!

Based on the book by J. John

Does God sleep?

## **Big Game: Sleeping Lions**

Have the children lay on the ground and the leader 'prowls' around trying to make the children laugh. If the child moves/laughs they are out, the last child remaining 'asleep' wins.

## **Memory Verse**

I will lie down and sleep in peace, for you alone Lord, make me dwell in safety.

Psalm 4:8

## **Big Read (p24)**

Definitely not...God does not have a physical body like us, so he doesn't need to sleep or eat. When the Bible says "God rests" it means he has stopped doing something. But God doesn't get tired or worn out, so doesn't need to rest the way we do.

The Bible clearly tells us that God watches over his people and that not only does he not sleep he doesn't even get sleepy.

Actually, there's a story about this.

A long time ago, in the second world war, planes regularly bombed London at night. Someone met a woman who lived close to where the bombs were falling and was surprised at how well she looked. So he asked her. "Aren't you kept awake at night by dear and worry?"

"Oh, I sleep just fine." She replied. "I read in the Bible that God doesn't sleep so I decided that there was no point in both of us staying awake."

That's good thinking. God watches over us all day and night.

## Big questions

What do you think 'watching over you' means?

How does it make you feel knowing that God is watching over you all day and all night?

## Big Activities

God is watching over me binoculars



Decorate two empty toilet roll cores and then tape them together. Make two holes at top of binoculars and attach the string. Finally glue a piece of paper saying "God is always watching over me" on.

## Big Prayer

Father God, thank you that you care about us so much that you watch over us day and night. Thank you that we can sleep peacefully knowing you are with us. Amen

# Why Is Sleep Important?

We all need sleep. Sleep is important for many different reasons. Complete the mind map below with reasons you think sleep is important.

