

SLEEPING FROM SORROW

Our lesson comes from Luke's account of the Gethsemane prayer of Jesus Christ on the day of His crucifixion.

We will study our lesson text by the following four homiletical points.

- Appeal (22:39-42) supplication
- Angel (22:43) strengthen
- Agony (22:44) sweat
- Anxiety (22:45-46) sorrow

Last week, we studied the Gethsemane prayer of Jesus Christ (Mark 14:32-42).

This week, we will study Peter, James, and John sleeping from sorrow during this prayer from Luke 22:39-46.

This lesson will study SEVEN aspects of the disciples of Jesus Sleeping from Sorrow on the day of His crucifixion.

1. The following three Greek words are used in the NT for sleep: koimao; katheudo; and hupnos.

Sleep is a human phenomenon since God never sleeps (Ps.121:1-8).

Koimao is used for body and mind rest by natural sleep (Luke 22:45; Eccl.5:12).

There are several things that disrupts the natural sleep cycle such as metabolism, inactivity, hormone changes, sickness, some medicines, caffeine, alcohol, eating before bed-time, and cat naps (Helpful hints: warm milk, hot baths, soothing music, exercise, and PRAYER (1 Sam.26:12).

Katheudo is used for the four stages of natural sleep (Luke 22:46; Ps.127:2).

There are four stages to NREM (non-rapid eye movement) cycles of natural sleep. These four stages are first sleep, slumber, deep sleep, and sound sleep (Job 33:15). During an 8-hour sleep, there are about 5-6 NREM cycles. During this 8-hour sleep, there are about one and half hours of dreams.

Hupnos is used for deep sleep (Luke 8:23). Deep sleep is the nearest thing to death one can experience alive. Older people tend to have a poorer quality of sleep cycle and deep sleep because of the things listed under (koimao sleep).

2. God did not design sleep to resolve problems of the soul (Prov.3:23-24). "In sleep I will lie down and sleep, for Thou alone, O Lord, dost make me to dwell in safety." (Ps.4:8)

Some people attempt to resolve their problems by "sleeping their lives away." They attempt to live in dream fancy that results in sleeping more and living less. This is what the disciples of Jesus are doing in the garden of Gethsemane.

These disciples are depressed by the truth and are burden under heavy emotions because they are unwilling to face the truth by faith (Jas.1:6-8).

3. It is important to apply the faith cycle to your problems in prayer before retiring to acquire a good night's rest (Prov.6:20-22).

- Sweet hour of prayer results in sweet hours of sleep (Prv.3:23-24).
- Meditate on the word of God day and night (Ps.1:1-3).
- Do not let the sun go down on your anger. (Eph.4:26)
- At this I awoke and looked, and my sleep was pleasant to me. (Jer.31:26)

Jesus warned these disciples that they were not going to be able to escape their problems by sleeping them away and that prayer would help them from this temptation (Luke 22:40).

4. Dealing with sorrow was contrasted between Jesus and His disciples in the garden of Gethsemane.

JESUS – “And He took with Him Peter and James and John, and began to be very distressed and troubled. And He said to them, ‘My soul is *deeply grieved (perilupos)* to the point of death; remain here and keep watch.’” (Mark 14:33-34)

DISCIPLES – “And when He rose from prayer, he came to the disciples and found them *SLEEPING FROM SORROW (koimao apo tes lupe)* (Luke 22:45)

They were both suffering from the same sorrow but differently. In fact Jesus was suffering in a greater degree (perilupos verses lupe). However, the issue is not my sorrow verses your sorrow but about dealing with them both according to the will of God (Luke 22:42).

Jesus was praying from sorrow and the disciples were sleeping from sorrow.

5. Jesus taught that the first step to resolving sorrowful problems was to WAKE-UP (Eph.5:14-17).

The wake-up call involves inhaling the word of God to the problem by faith and then exhaling the problem to God by prayer (1 Pet.5:6-9; Ps.3:5-6).

It is important to wake-up and pray in order to take the problem through the faith cycle (Eph.6:10-17) – “With all prayer and petition pray at all times in the Spirit, and with this in view, be on the alert with all perseverance and petition for all the saints.” (Eph.6:18)

Note how Peter dealt with life threatening charges (Acts 12:1-7).

Note how Jesus dealt with a life-threatening storm (Matt.8:24-26).

6. Sleep is used as a euphemism for reversionism (Mark 13:33-37; Rom.13:11-14; Eph.5:8-14).

“So then let us not sleep as others do, but let us be alert and sober. For those who sleep do their sleeping at night, and those who get drunk get drunk at night.” (1 Thess.5:6-7) (5:1-11)

7. Sleep is also used as a euphemism for the death of a believer (1 Thess.4:13-18; 5:10; 1 Cor.15:6, 20).

Eucharist – “for this reason many among you are weak and sick, and a number sleep.” (1 Cor.11:30)