


AWAKENING

List everything you know about the brain and body during sleep cycles. Also, what makes you a sleeper? What things cause you to wake?

Brainstorm books, movies, and fairy tales with sleep/awakening and/or dreams as a significant theme.

Explore this Hebrew word & picture: Ur - H5782 עור אֵינִי 

Read this selection of verses and ponder God's design of sleep/wake in creation and his use of it throughout Scripture:

Genesis 2:20-25
 Daniel 12:1-3
 Matthew 9:23-26,
 8:23-27, 26:36-46
 1 Corinthians 15:17-22, 51:53
 1 Thessalonians 4:13-5:11

Dreams play an important role in God's story. There were many significant events that occurred in or through them. Read the following verses and consider how each individual knew their dream was from God and the role that faith played in response.

Genesis 15:12-18, 28:10-22
 Matthew 1:19-20, 2:11-14, 2:19-20

Take some time to ponder on all you've learned.
 How does sleep/waking give glory to Jesus & illustrate His story?
 Have you made any new discoveries?

ENGAGE IN WONDER

How does reflection illustrate God's living story? Ponder everything you've learned.

Here are some additional questions to ignite your curiosity and imagination:

- Physical sleep/awakening are pointing to a spiritual condition. What do you think it means to be asleep spiritually? What types of things does God use to wake us up? How do we see differently once our eyes are open?
- Why do you think God's faithful promise to Abraham was given to him while he was in a deep sleep? From the imagery, what emotions was Abraham feeling during his dream?
- How does God communicate differently through dreams than we are awake? Why do you think he designed our minds to dream? Note: Always keep the *3 Rules of Wonder* in mind when you've had a dream that you think might be from God.
- How are dreams similar to symbolism, parables, and prophecies? Mirrors, reflections, shadows, unveiling?
- God illustrated darkness/light to coordinate with the sleep/awake and death/life. Read Revelation 22:5
- Do you think artificial light has had a spiritual impact on our rhythms and faith?
- What is the connection between sleep and seeds in 1 Corinthians 15? How does this illustrate his story?