

University Heights Church  
of Christ  
445 Columbia Ave.,  
Lexington, KY 40508  
(859) 255-6257  
www.uheightschurch.com

**WORSHIP SERVICES**

**Sunday**

Bible Study: 9:45 AM

Worship: 10:45 AM; 6:00 PM

**Wednesday**

Bible Study: 7:30 PM (This is  
immediately followed by a  
short worship period)

**First Friday of Each Month**

Singing: 7:30 PM

**LEADERSHIP**

**Elders**

David Collins

John Thompson

Troy Antle

**Evangelist**

Adam Litmer

**Deacons**

Richard Brundige

Matt Thompson

Adam Litmer

Bill Morelan

Jim Parsons

Pat Seabolt

Adam Daniels

Jamie Powell

**In need of prayers**

Jim Parsons, Edith Huffman, Diane  
Thompson, Karen Spivey, Jeff  
Howerton (also his aunt), Rhonda  
Boyd (and her sister, Dorothy), Paul  
Atkisson, Lois Weatherholt, Cassie  
Neel, Keia Burton, Robert Brundige,  
Valerie and Barry Boyd, Erlene  
Young, Larry Sells, Evelyn Damron,  
John Blessing, William Roberts, Paul  
Lyda, Sandra Queen, Annie Allen,  
Elijah Ossege, Chassey and Paisley  
Seabolt, Tammy Goble, Veronica  
Bowman, Cindi Bradbury (multiple  
sclerosis, recent eye surgery, and a  
fall that broke her arm), Jennifer  
Strutz, Steve Stewart (Chris's father,  
severe allergies causing significant  
and continuing health concerns)

# University Heights Messenger

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## Sleepless Nights

John Thompson

A very common and prevalent health problem is the difficulty in getting to sleep and/or staying asleep at night. Several years ago, a survey was done to determine the prevalence of sleep disorders in people living in the metropolitan Los Angeles area. This study found that 42.5% of the 1,006 households canvassed experienced insomnia. Similar results would, no doubt, be consistent across the board. It is a problem that so very many people struggle with, and not only with the symptom of sleeplessness itself, but also with the myriad health problems to which insomnia contributes.

How do you handle sleepless nights? Remedies to deal with sleeplessness are as numerous as the causes of the disorder itself. Do you count sheep or engage in some other mental exercise hoping that pure boredom will eventually wear you out and sleep will overtake you? Do you put on some relaxing music or some other quiet sound such as water running over shallow rocks or the wind sighing softly through tree branches? Do you toss and turn, first with your head on top of the pillow, then under, then with covers off followed by burying yourself deeply under them then repeating the pattern until frustration forces you out of bed? Or maybe you head to the medicine cabinet to choose a sleeping potion from your cache of over-the-counter medicines promising uninterrupted sleep.

Might there be more productive ways to get through sleepless nights? I have many nights when sleep is late arriving, and sometimes

fails to show up at all. I find it to be a time when I get a lot done. Ephesians 5:15-17 states a principle that has application to sleepless nights. *Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore, do not be foolish, but understand what the will of the Lord is.*

If you are going to be sleepless why stay in bed when you can be up and about, and if you are going to be up and about you might as well engage in some spiritual activity. Now I must admit that I don't always take that principle into consideration when I am wide awake at night. Upon examining the scriptures, I soon learned that I should more frequently make better use of my sleeplessness by engaging in spiritual activities. What better use can there be? In the Ephesian passage above two spiritual reasons are given for making the best use of one's time, even if that time occurs during a sleepless night. The first reason given is because the days are evil. It behooves us to look carefully how we walk. That is the wise thing to do. Second, we must understand what the will of the Lord is. Need something to do overnight while everyone else at home is sleeping except you? Open up your Bible for a better understanding of the will of the Lord.

Those who experience sleepless nights find themselves in very good company. Among the dangers, hardships, and weaknesses experienced by Paul, in 2 Corinthians 11:27 he includes "many a sleepless night." In the very next verse he says *And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.* An earlier list of hardships, in 2 Corinthians 6:4-6, also includes the phrase "sleepless nights."- Did you ever wonder what Paul did on those sleepless nights? Surely some of the time was taken up in dealing with the pain and misery associated with all of his hardships, but Paul usually made better use of those sleepless nights than dwelling upon his miseries.

There is a very good chance that his sleepless nights began with his conversion. In Acts 9 it is recorded that he spent three days without sight and neither ate or drank. We understand that during this time he was repenting of his opposition to God. Surely his regret over persecuting Jesus

kept him awake both day and night. In Philippi Paul and Silas were beaten with rods and thrown into prison. It is recorded in Acts 16 that at midnight they were singing hymns to God and praying and the other prisoners were listening to them.

Paul himself informs us of his typical activities during sleepless nights. *For you remember, brothers, our labor and toil: we worked **night** and day, that we might not be a burden to any of you, while we proclaimed to you the gospel of God. (1 Thessalonians 2:9) as we pray most earnestly **night** and day that we may see you face to face and supply what is lacking in your faith? (1 Thessalonians 3:10) I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers **night** and day. (2 Timothy 1:3)*

It is not always a matter of being unable to sleep after considerable trying, then giving up and finding some activity to fill the time. Sleeplessness can be planned for some specific spiritual purpose, and is so encouraged in several places in the Bible. Here are a couple: *At midnight I shall rise to give thanks to You because of Your righteous ordinances. (Psalm 119:62) My eyes anticipate the night watches, that I may meditate on your word. (Psalm 119:148) It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God. (Luke 6:12) but his delight is in the law of the Lord, and on his law he meditates day and **night**. (Psalm 1:2)*

Sleepless nights do not have to be a burden. Make the best use of that time to sing hymns to God, to meditate on his word, to give thanks to him, and to pray. *By day the Lord commands his steadfast love, and at **night** his song is with me, a prayer to the God of my life. (Psalm 42:8)*





