

HIS
Nature

I will lie down and sleep in peace, for you alone,
O LORD, make me dwell in safety.
PSALM 4:8

REST ASSURED

When the eyes of a child or a tiny frog close to sleep, they bow in worship before God their Maker. Each and every day, nature rests sweetly in the arms of its Creator. Sleep proclaims our utter helplessness before God—we need rest to survive. Jesus designed his creation to depend on him in this way. Since the beginning of time, sleep has been a mysterious and natural expression of praise for the Creator.

All creatures sleep, even insects! But the amount of time each animal rests varies greatly. A giraffe sleeps only three hours a night; yet a cat spends twice as much time napping as awake. The grand prize for drowsiness, however, goes to the cave-dwelling bat, the sultan of slumber—it is active only four hours each day.

Sometimes God's creatures are forced to sleep "on the fly." Migrating



Cat Nap

birds often travel over open water for several days at a time. They cannot land to rest, so they literally sleep on the wing. During spring and autumn migrations, ocean birds doze in 30-second intervals, gliding as they dream. (Much longer than 30 seconds would be disastrous.)

Scientists have also discovered that dolphins have an especially unique way to get the rest they need. Christ Jesus fitted the dolphin with lungs, not gills, so it must breathe air—unlike a fish—and it cannot stop swimming

continued...



lest it sink and drown. When a dolphin gets tired, one half of its brain goes to sleep. The other half remains fully awake, allowing the animal to gently paddle close to the surface where it can breathe. After an hour or so, the sleeping portion of the dolphin's brain wakes up, and the other half then dozes. (I wish I could have mastered this technique in college.) Using this alternating method, dolphins safely get seven hours of sleep a day.

Don Quixote aside, the biggest dreamers of all Christ's creatures must be mice. At night, people normally dream every 90 minutes. A mouse dreams every nine minutes! (What a mouse dreams about, I don't know—maybe the neighborhood cat?)

It is possible, in the rush of our modern society, to become chronically fatigued due to lack of sleep. Sleep debt may not seem like a serious problem to most folks, but it leads to many accidents at the workplace. Physicians have discovered that sleep-deprived people are also more prone to infections. Conversely, when we're sick, we sleep more—proper rest is vital to recovery from illness because our immune systems work best when we rest.

Among other things, sleep distinguishes the creature from the Creator. It declares our dependence upon God and proves his trustworthiness. Day after day, billions upon billions of people and animals fall asleep, and most wake up unharmed.

Yet Christ can provide us more than a good night's sleep. He offers us peace with his Father and eternal rest. At the end of time, all creatures in heaven and on earth will kneel before the Lord Jesus Christ—all those who have loved him and all who have not (Philippians 2:10).

This drama is foretold in every bedroom and every secluded spot around the globe. Whenever a little mouse, fearsome lion, or some scaly reptile crawls into its den or nest, it proclaims that God is great while it is small. When we willingly fall asleep at night, we bow in worship before our Creator. When we sleep, God is honored.

Customer service/subscription number: 1-800-998-0737.
Published by Jim Kraus, designed by Mary Pappas, edited by Rick Destree. Copyright © 2011 HIS NATURE, issue 08. His Nature is published monthly by Tyndale House Publishers, Inc., 351 Executive Dr., Carol Stream, IL 60188. Printed in the USA. Subscription \$12 per month per 100 copies. Canada: \$14 per 100 per month. Cover photo © Patrick Herman/Stockphoto. All rights reserved. POSTMASTER: Send address changes to His Nature, Subscription Services, P.O. Box 464, Mt. Morris, IL 61054.

Come to me, all you who are weary and burdened, and I will give you rest.

MATTHEW 11:28

