



Message Outline

*A Doctor's Diagnosis of Jesus:
Sleep*

Luke 6:12-16, 22:39-45, 8:22-25

Intro: Luke's data from OB/GYN, Pediatrics, Genetics (Lk.1-3) to Diet, Exercise, and Sleep.

Read: Luke 6:12-16

v.12—Jesus' all-nighter of prayer...

- Man doesn't live on *sleep* alone...

v.13-16—From slumber party to the selection of disciples...

Read: Luke 22:39-45

v.39-45—Another incident of skipping sleep for the sake of prayer.

- Again, man doesn't live on *sleep* alone...

Read: Luke 8:22-25 (cf. Mk.4, Mt.8)

v.22-23a—The human need for sleep...showing the humanity of Jesus...

v.23-24a—Deep sleep!!!

- Storm that scares pro fishermen but doesn't even awaken Jesus!!!
- Storms don't stir Jesus but disciples do!
-He hears our pleas more than waves ☺
- Cognitive dissonance of disciples...
"Master...perishing."

v.24b—Creation responding to Creator...

v.25—In wake of storm, search the soul...

Sleeping in the Storm



- Mayo Clinic sleep tips...

1) P_____ (Lk.5:16)

- Habit of prayer helps in storms...

2) P_____ (Lk.8:22, 9:22)

- Jesus' reason for coming was a beam, not a boat...
-Knowing God's ultimate plans helps you weather random storms!

3) P_____ (Remember Your Master v.24)

- Our Savior bigger than our circumstances!

Closing: Acts 12 and Peter sleeping...



Small Group

Reflection Questions

(Please take time to ponder and pencil in to prep for this week's small group session.)

Read: Acts 20

**What do you observe about the early church in Acts?*

**What spoke to you this past Sunday (ie. what made you laugh, learn, look deeper at life etc.)?*

**What is the "scariest" weather situation you have been in?*

**What is your FIRST reaction when a situation seems out of control?*

**The storm in Luke 8 scared seasoned fisherman—what do you think is the significance of fear in the midst of a context so many were already good at?*

**Has it ever felt like Jesus was asleep when you were facing a difficult situation? Did Jesus "wake"? What was the outcome?*

**We are not promised a life without storms, but Jesus does promise to be with us in the middle of the storm. Why then is it so difficult to trust Him in the middle of life's storms?*

**So if we believe that Jesus is on board in our storms, what should we do next time a crisis arises?*