

# Helpful instructions

When you purchase an *energized* (a tool or an appliance) product you will most certainly get an Owner's Manual. Among other things the manual will contain **instructions**: *how to assemble, how to use, how to maintain and how to repair*. In content the Bible is not much different. It too contains **instructions**: *Whatever was previously written was written for our instruction*. Let me illustrate.

*"Most people need between seven and eight hours of sleep each night to feel refreshed and function optimally. If you're getting less sleep than your body needs, there can be serious consequences"* [Carl Hunt, MD, Director of the National Center on Sleep Disorders Research]. *"Brain imaging and behavioral studies are illuminating the brain pathways that are blocked or contorted by sleep deprivation, and the risks this poses to learning, memory, and mental health"* [Clifford Saper, PhD, MD, Harvard Medical School].

The Bible confirms what science is discovering about rest and sleep! The Creation account ends with this statement: *"By the seventh day God had finished His work. On the seventh **day He rested from all His work.**"* Rest is also included in the Maker's ten prescriptions for satisfactory living! *"Remember the **Day of Rest** .... Six days you will do all your work. But the seventh day is a **Day of Rest** to the Lord your God. For in six days the Lord made everything. But He rested on the seventh day. So the Lord gave honor to the **Day of Rest** and made it holy."*

Perhaps you're surprised by the practicality of the Bible. Listen to this! *"Children, listen to your father's teaching. Pay attention and you will learn *how to live*. **These words are the secret of life and health** to all who discover them."*

A retired business executive has said: *"Your customer doesn't*

*care how much you know until they know **how much you care***"  
[Damon Richards]. Your Father cares deeply about your satisfaction in living ... even as regards your rest and sleep. So, if you've been "burning the candle at both ends," **wise up!** You need adequate sleep and rest to experience optimum health!