**THE DANGERS OF SLEEPWALKING**

**Romans 13:11-14**

**11** And *do* this, knowing the time, that now *it is* high time **to awake out of sleep**; for now our salvation *is* nearer than when we *first* believed. **12** The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. **13** Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. **14** But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

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| **INTRODUCTION**  This beginning portion is intended to grab the students attention. As you describe these stories, feel free to be animated and descriptive. |

Marcia Moran, who is 47 and lives in Massachusetts, tells *Reader’s Digest* that in her lifetime of sleepwalking, she’s left the house and visited neighbors, kicked holes through doors, punched out windows, initiated arguments with her husband, and reported fictitious emergencies to the police—all while having utterly no idea of what she was doing or why, and no recollection upon waking.

Christopher Samuel, a 22 year old man from Monroe, LA, was found walking a parking lot of his apartment complex trying to open the doors to cars. Police came and found him while inside a 1994 Chevrolet pick-up truck. He was detained for attempted burglary but later discovered to have been sleepwalking. He went to bed in his own bed and woke up handcuffed in a cop car.

On December 14, 2021, deputies in Barnes County, North Dakota rescued a man on the ice on a Tuesday morning who told them he’d been sleepwalking. He was literally walking on thin ice. They say someone reported the man yelling for help around 8:20 Tuesday morning at the Ashtabula Crossing on Lake Ashtabula. When they arrived, they say the man was 100 yards from shore, sitting on the ice wearing a t-shirt and blue jeans, with no shoes. He was eventually transported to a near hospital with non-life-threatening injuries.

Dylan Fogg, a 20 something year old fisherman from southern California, was working with a crew off the coast of Ventura Bay. He went to bed exhausted and somewhere between the hours of 3AM - 5AM, he got out of his bed, walked over the side of the boat and woke up as soon as he hit the waters. As he watched his boat sail away, he was conscious enough to position himself in the shipping lanes to try and signal for help. He floated in the water for 5 hours and watched 3 ships pass by. Finally, the fourth cargo boat saw Dylan and rescued him from the frigid waters.

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| **CONNECTION**  After grabbing their attention, I use this moment to connect their mind to the direction of the message. This portion is a set up to the major biblical points. |

**SLEEPWALKING CAN BE HAZARDOUS FOR YOUR HEALTH**

The natural phenomenon of sleepwalking, also known as SOMNAMBULISM, is often caused by your hereditary genes, over exhaustion, interrupted or unproductive sleep or sleep disorders like sleep apnea.

Sleepwalking in the physical - comical, terrifying, startling, bizarre

Sleepwalking in the spiritual - dangerous, troublesome, alarming,

**Physical Sleep**

* a natural needed function of the body

**Scriptural/Spiritual Sleep**

* spiritual symbol of death and negative symbol of spiritual laziness | Spiritual Sleep endangers your eternal soul
* **spiritual torpor (inactivity and lethargy).** Disconnected, apathetic to the surroundings, consciousness is suspended

**Drowsy drivers stats -** slows reaction time, decreases awareness and impairs

* Drowsy driving was a contributing factor in 8.8% to 9.5% of crashes
* There are 100,000 [police-reported](https://attorneysheehan.com/how-to-get-a-police-report-for-your-car-accident-in-boston/) crashes each year are caused primarily by drowsy driving.
* Drowsy driving accidents result in 71,000 injuries annually.
* Drowsy driving results in more than 6,400 fatalities annually

**Defining Spiritual Sleepwalking**

Lethargic to spiritual disciplines | Disconnected from corporate worship | Little to no personal prayer, Bible reading and devotion | More connected to culture than the church | cynical and critical of the spiritual | Disconnected from the preached Word | Choosing pleasure and entertainment over spiritual growth

**THERE IS A BATTLED BEING WAGED FOR OUR SPIRITUAL STATE THAT WE MUST WIN….**

* **Now is not the time to walk through life “SPIRITUALLY ASLEEP”**
* **Now is the time to WAKE UP**

We cannot afford to sleep-walk spiritually through this time. We must open our eyes, get up, rise up, recognize the times.

**Romans 13**

“...that now *it is* high time **to awake out of sleep**; for now our salvation *is* nearer than when we *first* believed.”

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| **BIBLICAL EXAMPLES**  After connecting the audience to the spiritual issue, I typically try to tie in biblical examples that illustrate the message in greater depth. This is intended to build the biblical case in a stronger way. |

**JESUS AND HIS DISCIPLES IN THE GARDEN**

**Matthew 26**

37 And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. 38 Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.

39 And he went a little farther, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.

40 **And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour? 41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.**

42 He went away again the second time, and prayed, saying, O my Father, if this cup may not pass away from me, except I drink it, thy will be done. 43 And he came and found them asleep again: for their eyes were heavy.

***How Luke described it….***

**Luke 22**

44 And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

45 And when he rose up from prayer, and was come to his disciples, **he found them sleeping for sorrow,**

**46 And said unto them, Why sleep ye? rise and pray, lest ye enter into temptation**.

In the weight of the moment, with all of the surrounding events and the heaviness of the moment, in their weariness, in the weight of the season…. THEY SLEPT FOR SORROW

**In this weight of this current moment… the news cycle, social pressures, political debates, the fear, the lashing out, the outrage, the social**

**WE CAN’T SLEEP FOR SORROW**

But Jesus' warning in this account is so clear.

I DON’T WANT YOU TO FALL…. WAKE UP

I DON’T WANT SLEEP TO OVERTAKE YOU

***It’s a treacherous thing to live in the last days***… WE ARE CONSTANTLY WARNED ABOUT DECEPTION IN THE LAST DAYS IN THE NEW TESTAMENT.

The awareness is so low and the stakes are so high.

**It is the time just before the end of time, and it is high time to wake up.**

**11** And *do* this, knowing the time, that now *it is* high time **to awake out of sleep**; for now our salvation *is* nearer than when we *first* believed. **12** The night is far spent, the day is at hand.

**+++++ The Results of Intoxication ++++**

**Ephesians 5:14-18**

14Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

15 See then that ye walk circumspectly, not as fools, but as wise,

16 Redeeming the time, because the days are evil.

17 Wherefore be ye not unwise, but understanding what the will of the Lord is.

18 And be not drunk with wine, wherein is excess; but be filled with the Spirit;

The human body can only take so much of certain substances before it begins to become impaired, limited, and disabled.

Alcohol and other substances can position the body to a place of lack of control, forced sleep, and even death.

***Alcohol and other substances are not the only things that can leave you intoxicated.***

* Affirmation, entertainment, media, opinions, self, pride, accomplishments

**Being “sober-minded”**

**Sober - sound mind, temperate, calm, collected in spirit, circumspect**

**1 Thessalonians 5** - written to warn about the last days

5 You are all sons of light and sons of the day. We are not of the night nor of darkness. 6 Therefore **let us not sleep, as others do, but let us watch and be sober**. 7 For those who sleep, sleep at night, and those who get drunk are drunk at night. 8 **But let us who are of the day be sober**, putting on the breastplate of faith and love, and as a helmet the hope of salvation. 9 For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ,

**1 Peter 1:13-14**

13 Wherefore gird up the loins of your mind, **be sober**, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

14 As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

**1 Peter 5:8-9**

8 **Be sober**, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

**Titus 2:11-12**

11 For the grace of God that bringeth salvation hath appeared to all men,

12 Teaching us that, denying ungodliness and worldly lusts, **we should live soberly**, righteously, and godly, in this present world;

**The instruction here is to WALK CIRCUMSPECTLY**

* Be diligent, stay awake, stay alert, stay focused and disciplined.
* **YOU DON’T HAVE TO APOLOGIZE FOR STAYING FOCUSED ON YOUR WALK WITH THE LORD.**

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| **BODY OF MESSAGE**  This portion is the main meat of the sermon. By either using a key passage or biblical story/stories, the focus here is the Word for the message. Preach the narrative, idea, or content with passion. |

**PARABLE ABOUT THE DANGERS OF SLEEPWALKING**

**Matthew 13 - Parable of the Tares**

24 Another parable He put forth to them, saying: “The kingdom of heaven is like **a man who sowed good seed** in his field; 25 **but while men slept**, **his enemy came and sowed** tares among the wheat and went his way. 26 But when the grain had sprouted and produced a crop, then the tares also appeared. 27 So the servants of the owner came and said to him, ‘Sir, did you not sow good seed in your field? How then does it have tares?’ 28 He said to them, ‘An enemy has done this.’ The servants said to him, ‘**Do you want us then to go and gather them up?’ 29 But he said, ‘No, lest while you gather up the tares you also uproot the wheat with them. 30 Let both grow together until the harvest, and at the time of harvest I will say to the reapers**, “First gather together the tares and bind them in bundles to burn them, but gather the wheat into my barn.” ’ ”

Good seed is being sown into your life week in and week out. Preaching, devotion, Bible study is sowing the good seed of the Word of God into your life. However, the sowing process has an enemy. There is an adversary that would like to destroy the process of good things being cultivated in your life.

**Dangers of Sleepwalking**

1. **The enemy is an opportunist.** He was in and out before you could discern his movements. He was working while you were sleeping.
   1. **1 Peter 5:8** “Be sober, be vigilant, because your adversary the devil walketh about as a roaring lion, seeking whom he may devour”
      1. A lion can sometimes take weeks to watch, observe and attack his prey.
      2. Like a lion, our adversary will observe us and wait for us and watch for us to doze off… drift off… get distracted… and then sow something into our Spirit, inject something into our life
      3. The enemy is looking for you to fall asleep.
   2. **The danger of sleepwalking is that your enemy is ALWAYS ALERT**
2. **He’s a SOWER too**. He sows things counterproductive - tares and wheat look identical in the growing process. **WHEAT AND WEEDS look a lot alike**
   1. The enemy’s plan was subtle
   2. The enemy’s plans were long-term - would sow to reap one day
   3. **The dangers of sleepwalking is that your enemy has a long-term plan**
   4. **Pastors and preachers aren’t supposed to tear apart the wheat and weeds; that’s not our job. We love you. But we love you enough to warn you.**

ALL Jesus’ parables warning of His coming involve a reference to sleep, distraction, or lethargy

* The Doorkeeper - Mark 13 - Don’t be found sleeping
* Owner of the House - Matthew 24 - thief in the night
* Servant in Charge - Matthew 25 - master delayeth His coming
* Ten Virgins - Matthew 25 - all were sleeping
* Parable of the Talents - Matthew 25 - the lazy servant

The only reason for telling these parables is **TO WARN US THAT THERE ARE THOSE WHO THINK THEY ARE READY TO MEET JESUS AND THEY ARE NOT.**

**STORY ABOUT THE DANGERS OF SLEEPWALKING**

**Acts 20**

6 But we sailed away from Philippi after the Days of Unleavened Bread, and in five days joined them at Troas, where we stayed seven days.

7 Now on the first day of the week, when the disciples came together to break bread, Paul, ready to depart the next day, spoke to them and continued his message until midnight. 8 There were many lamps in the upper room where they were gathered together. 9 And **in a window sat** a certain young man named Eutychus, **who was sinking into a deep sleep.** **He was overcome by sleep**; and as Paul continued speaking, **he fell down** from the third story and was taken up dead. 10 But Paul went down, fell on him, and embracing him said, “Do not trouble yourselves, for his life is in him.” 11 Now when he had come up, had broken bread and eaten, and talked a long while, even till daybreak, he departed. 12 And they brought the young man in alive, and they were not a little comforted.

**Dangers of Sleepwalking through life**

1. Let’s a start a new normal and not care about the time
2. He slept during preaching
   1. He let an unconscious state overtake him, a disconnect from reality
   2. **The danger of sleepwalking is missing out on receiving something you really need**
3. The window is the worst place to position yourself - His distraction could have led to his disconnection
   1. **The danger to sleepwalking is positioning your life in a wrong place/posture**
4. We can’t let them sit in the window - don’t let me sit in the window
5. His sleep caused his fall - I’ve seen too many sleep during a critical moment only to fall later
   1. Fall to sin, fall to false doctrine, fall to lies and deceit
   2. **The danger of sleepwalking is an inevitable fall**

We’ve got to WAKE UP

Do you feel that hand on your shoulder, trying to shake you and wake you?

**Romans 13:11**

**11** And *do* this, knowing the time, that now *it is* high time **to awake out of sleep**; for now our salvation *is* nearer than when we *first* believed. **12** The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light. **13** Let us walk properly, as in the day, not in revelry and drunkenness, not in lewdness and lust, not in strife and envy. **14** But put on the Lord Jesus Christ, and make no provision for the flesh, to *fulfill its* lusts.

* It’s past time to be awake, be alert, be vigilant
* If they were watchful of His return then, how much more should we be today?
* There are day activities and night activities… we aren’t called to live in night, act in the night… **BUT TO WALK PROPERLY… as in the day… Make no provision for the flesh…. WAKE UP…. STAY AWAKE…**

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| **ENDING**  This final portion is the appeal from the message. Typically, the goal is to draw them to a place of prayer and seeking the Lord. I use this final moment to push them to respond in the moment and in the future. |

**The concept of LEVELS vs LINES**

We always paint a picture of levels in God/His Kingdom… Scripture paints a little bit of a different picture…

Wise vs foolish

Works of darkness vs armor of light

Sheep vs goats

Wheat vs tares

Some taken vs some left

Righteousness vs wickedness

Day vs Night

Awake vs. Asleep

**Scripture paints a picture of a line between two lifestyles, two groups, two sides and we have an opportunity today to choose our side.**

**Will you wake up or will you fall asleep?**