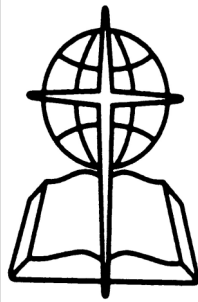


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Local Edition of the Alabama Baptist



## BIBB BAPTIST ASSOCIATION

*"I have the daily burden of how the churches are getting along."*

2 Cor. 11: 28b

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Office Hours: Mon.-Thurs., 8 am-4 pm— Closed Fridays

### Rip Van Winkle; A Spiritual Giant?

**I laid me down and slept; I awaked; for the LORD sustained me.**

#### Psalm 3:5

We know from the fourth commandment that God designed us in such a way that we need rest. The Sabbath was created so that we could reflect of the goodness of God and rest. God also told the Israelites to let the land rest on the seventh year. God put a lot of festivals into His calendar for His people to rest. We know that laziness is a sin but the opposite of not resting our bodies, minds, and souls is also unhealthy in both the physical and spiritual realms. Recently I read the following devotion which made me reflect more on rest as a spiritual habit.

The one activity we do more than any other is sleep. About one-third of each day and one-third of our lives is spent sleeping. Sleep is so essential to the functioning of our bodies that we will die if we go too long without it. But the importance of sleep is not limited to our physical functions—sleep is also a spiritual activity.

*Sleep is a spiritual reminder.* Everyone sleeps, but our heavenly Father never does ([Behold, he that keepeth Israel shall neither slumber nor sleep.](#) Psalm 121:4). Sleep is therefore a daily reminder that we are not God. "Once a day God sends us to bed like patients with a sickness," says John Piper. "The sickness is a chronic tendency to think we are in control and that our work is indispensable. To cure us of this disease God turns us into helpless sacks of sand once a day."\*

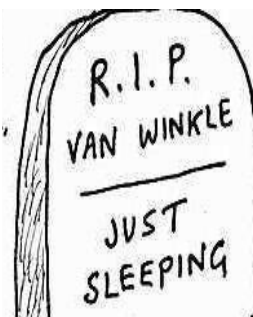
*Sleep is an act of spiritual trust.* We are never more physically vulnerable than when we are sleeping. Although most of us live in relative safety, for many people throughout history—including David in his flight from Absalom—to sleep was to place oneself at the mercy of one's enemies.

*Sleep is an earthly picture of a spiritual reality.* In Scripture, sleep is frequently used as a metaphor for death. For instance, Jesus confused his disciples concerning Lazarus by using the euphemism of Lazarus being asleep—which the disciples took literally (see [John 11](#)). Death is described as sleep, especially for believers (see [1 Corinthians 15](#); [1 Thessalonians 4](#)), while the resurrection is sometimes described as waking from sleep ([So man lieth down, and riseth not: till the heavens be no more, they shall not awake, nor be raised out of their sleep.](#) Job 14:12).

*Sleep as spiritual preparation.* One of the most overlooked aspects of spiritual formation is simply getting enough sleep. As John Ortberg says, "I have discovered I have a very hard time thinking and feeling and acting like Jesus when I lack sleep." Sleep is a form of spiritual preparation that equips us to follow where Christ leads.

Here is the PRACTICAL TAKEAWAY: Sleep is essential for both our physical health and our spiritual development.

To put this principle to the test. Try getting a good night's rest before you attend church next Sunday and see if it is easier to stay awake during the service. You may find that you will walk away from the experience with a new commitment of making sure you get enough rest for the sake of your body and your spirit.



### MARK YOUR CALENDAR

- April 30—Homecoming @ Four Points
- May 9— Executive Board Meeting @ Association Building @ 6:30 pm
- May 13— 3rd Annual Cruise-In @ Four Points Baptist Parking Lot from 9 am—1 pm. Cruise on In! Enjoy Antique Cars! Free Food! Childrens Activities! Door Prizes For Entrants! For more information call: Clay Ingram: 205-316-0053
- May 14— Happy Mother's Day!
- May 17— BCUCM meet in Association Building @ 9 am
- May 18— Senior Adult Lunch 11 am @ Association Building
- May 18— Association Leadership Conference @ Eastmont Baptist Church, Montgomery
- May 22— West Blocton High School Graduation @ 7 pm
- May 23— Bibb County High School Graduation @ 7 pm
- May 25— Cahawba Christian Academy High School Graduation
- May 29— Memorial Day! Office Closed



**District 8 Disaster Relief Training For Chain Saw Safety (& Refresher) Training** will be at the Cahaba Baptist Association Office—Basement of Siloam Baptist Church, 505 Washington Street, Marion, AL 36756—  
Phone: 334.683.6313

To Register: Go to the Disaster Relief website: [www.sldr.org](http://www.sldr.org)  
— Please register by **May 16, 2017**

Cost: Refresher: \$30 — New Volunteers: \$65  
(Send monies to Cahaba Baptist Assoc.)

### VBS is Coming Up

Very Soon!

Are You Ready?



Vacation Bible School is the largest effort Southern Baptists are involved in during the year. More professions of faith are made and more prospects are found as a result of VBS than any other event we do. Over 5,218 decisions for Christ were reported in Vacation Bible School in Alabama in 2016.

In 2016, 2,124 Alabama Baptists reportedly enrolled more than 155, 300+ girls and boys, youth and adults in VBS. In a week of Bible School which meets three hours a day, children have more Bible exposure than two months of Sunday School.

LifeWay's VBS theme for 2017 is called "Galactic Starveyors, Discovering the God of the Universe", Colosians 1: 15-16. As kids focus their telescopes on the marvels painted in the sky by the Creator they will discover the wonder among all wonders that the God who created everything wants a personal relationship with them!

If you don't want to use LifeWay, there are several really good ones available. Ask God to show you the one He wants your church to use. Be sure it teaches the truth of the Bible!

If your church needs any help or guidance, Melissa Thompson and Greg Findley who are our associational VBS leaders will be available to help you. Also, Bro. Bill Russell will help. Feel free to call them: Melissa's phone: 334.590.802, Greg's phone: 205.966.3556, Bro. Bill phone: 205.926.7866

Remember to call and let Bro. Bill and I know your VBS date so we can put in the backpage.