



Healthy and Happy Seminar 7



He Slept! He died! Then Lived to Tell the Story! What Story?

When their brother got sick, they sent this message to Dr. Jesus: “Lord, he whom You love is sick.” They expected Jesus to come right away. But He didn’t!

Instead, the Savior delayed for two whole days! Finally He said, “Our friend Lazarus sleeps, but I go that I may wake him up.” His disciples replied, “Lord, if he sleeps he will get well.” Why did they say so?

1. Sleep is the body’s repair shop! Here are some of its benefits.

- Sleep facilitates the production of growth hormones.
- It strengthens the immune system enhancing resistance to illness.
- Sleep increases brain function, improves memory and concentration.
- It keeps us alert, enabling us to make good decisions.

2. Adults need six to eight hours of sleep daily. What are the dangers of insufficient sleep? True or False?

- ☐ ☐ 1. When we decrease amount of sleep, we usually decrease amount we eat.
- ☐ ☐ 2. The more food we eat, the less weight we gain.
- ☐ ☐ 3. More weight increases the risk of hypertension and diabetes.
- ☐ ☐ 4. Sleep deficiency makes us drowsy so we use caffeine to stay alert.
- ☐ ☐ 5. Caffeine gives a high, then a low, and we tend to get addicted.
- ☐ ☐ 6. Lack of sleep results in fatigue, causes accidents and death.



3. But many people find it difficult to sleep! So sleeping pills is a big business! What can we do to get a good night's sleep – free of charge? Choose the right words: dark, music, three.

- (a) Establish a regular time to go to sleep, including weekends.
- (b) Shut out the light. Keep the bedroom _____ and comfortable.
- (c) Outlaw electronics! No television or computer in the bedroom.
- (d) Eat dinner _____ hours before sleep time so the stomach can rest.
- (e) Ban alcohol and caffeinated drinks. Stimulants prevent relaxation!
- (f) Relax with a warm shower, _____, or meditation before bedtime.

Attention! Some medical conditions such as sleep apnea, phobias, respiratory and psychiatric disorders may need professional care.

4. However, good Sleep therapy also treats the mind!

- **Review the day:** Ignore the thorns, count the roses! (Prov. 17:22).
- **Be thankful** for the good things of today (Psalm 105:1).
- **Don't worry about tomorrow.** Trust God to take care of it (Matt. 6:6).

5. Christ delayed and Lazarus died! How did Jesus describe his condition?

John 11:11. "Lazarus _____, but I go that I may _____ him up." But the man was dead! So why did Jesus say sleep? Because death is like sleep! We are unconscious until we awake on Resurrection morning!

6. So what really happens at death? In order to understand death, we need examine life. Let's see how Adam was created.

Genesis 2:7. True or False?

- T ☐ F ☐ 1. God formed the body of dust and breathed into it breath of life.
- T ☐ F ☐ 2. The equation is: Body of dust + Breath of life = Living soul.
- T ☐ F ☐ 3. A human does not have a soul. Each person is a soul!
- T ☐ F ☐ 4. The word "soul" means a living human being.

7. At death, the reverse process takes place!

Ecclesiastes 12:7, Psalm 146:4. Choose: God, await, not.

- (a) The body returns to the ground and the breath returns to _____.
- (b) At death we do _____ go to heaven! Not to purgatory! Not to hell!
- (c) Good and bad, all go to the grave, and all _____ the Resurrection.

8. However people have reported the appearance of dead relatives!

Revelation 16:14. What do they really see?

2 Corinthians 11:14. Look at how much power Satan has!

9. How can Satan have such great power?

See Revelation 12:7-9. True or False?

- ☐ ☐ 1. The Devil's original name was Satan. He lived in heaven.
- ☐ ☐ 2. He rebelled against God, lost the battle, and was expelled to Mars.
- ☐ ☐ 3. Satan and his angels retained power and can work miracles.
- ☐ ☐ 4. They knew our loved ones who died, and can personate them.

10. Let's return to the story of Lazarus! Four days dead! And no Jesus!

Group Activity.

- (a) If you were his sibling, what would be your reaction?
- (b) Have you ever lost a loved one and felt forsaken? How did you cope?

11. Finally Jesus arrived! And standing by the tomb, He said, "Lazarus, come forth!" When he came to life, what story could he tell?

Choose the right words: life, name, dying, nothing.

- (a) "I went to sleep. Then I felt I was _____!"
- (b) "While in the grave, I knew absolutely _____!"
- (c) "Then one day, I heard the voice of Jesus calling my _____!"
- (d) "And I felt _____ surging through my body! I was alive again!"





12. His story can be your story! What will happen when Christ returns?

Revelation 1:7, 1 Thessalonians 4:16. True or False?

- ☐ ☐ 1. Christ's Second Coming will be a secret rapture.
☐ ☐ 2. It's a literal, visible appearing in the sky for all to see.
☐ ☐ 3. Only living people will hear the trumpet blast.
☐ ☐ 4. There will be a resurrection and a grand Family Reunion!

And then, Eternal Life! No more death! Only life! We will be healthy and happy – for all eternity!

13. I want eternal life! How can I live with Jesus forever?

Mark 16:16. "He who believes and is baptized will be saved."

If I am to live with Jesus then, I must be baptized like Jesus Now!

My Choice.

- ☐ I will cooperate with God and get six to eight hours of sleep daily.
☐ I believe that the dead know nothing. They await the Resurrection.
☐ I believe and want to be baptized so that I can live with Jesus forever.

Check Your Answers. 2. 1F, 2F, 3T, 4T, 5T, 6T. 6. 1T, 2T, 3T, 4T. 9. 1F [Lucifer], 2F [earth], 3T, 4T. 12. 1F, 2T, 3F, 4T.

Attention! The information in this seminar is for health education only. It is not designed to be a substitute for the medical care of your physician.

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