

Healthy and Нарру

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!

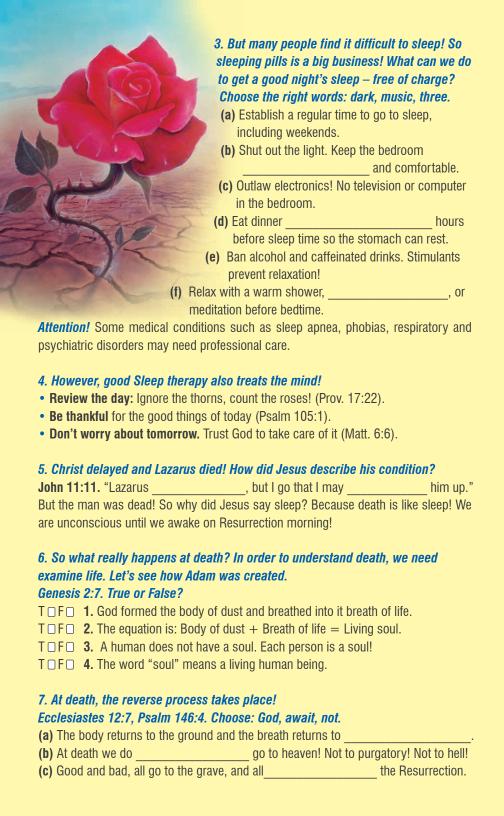
Instead, the Savior delayed for two whole days! Finally He said, "Our friend Lazarus sleeps, but I go that I may wake him up." His disciples replied, "Lord, if he sleeps he will get well." Why did they say so?

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?

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



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?

- T DF 1. The Devil's original name was Satan. He lived in heaven.
- T \(\text{F} \(\text{ } \) **2.** He rebelled against God, lost the battle, and was expelled to Mars.
- T \(\bullet \) **3.** Satan and his angels retained power and can work miracles.
- $T \square F \square$ **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?

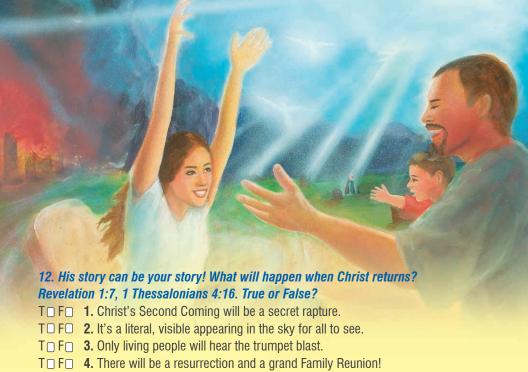
11. Finally Jesus arrived! And standing by the tomb, He said, "Lazarus, come forth!" When he came to life, what story could he tell?

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!"





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

eternity!

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.

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

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.

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