



Scriptures

- **Song of Songs 7:1-9:**
And your mouth like the best wine!”
“It goes *down* smoothly for my beloved,
Flowing gently *through* the lips of those who fall asleep.

Other Scriptures

- **1 Corinthians 15:50-54**
- **Psalms 139:13-15**
- **Romans 8:11**
- **Matthew 19:19-21**
- **2 Corinthians 5:21**
- **John 20:19-22**
- **Luke 13:10-17**
- **Mark 1:40-42**
- **John 14:27**
- **Revelation 2:13**
- **Ephesians 2:1-2**
- **Ephesians 6:1-12**
- **Psalms 4:8**
- **1 Thessalonians 5:10**

Main Points

- While we are in physical bodies, the LORD loves them and cares about them.
- We need to stop rejecting our bodies and bless them.
- God’s Spirit of Life ministers to our mortal bodies.
- Jesus can meet us at our point of need (as humans) because He is both God and a man.
- Jesus is able to impart to us the wholeness of His Spirit and the wholeness of His body. For example, if you need a new digestive system or heart, you can receive them from Jesus.
- We have a covenant of Shalom with Jesus (see John 19:20-22). Shalom means wholeness in spirit, soul (mind, will, and emotions), and body. We can give to Him any physical issue we have, and receive His wholeness.
- During Jesus’ earthly ministry, He demonstrated a care/concern for the physical issues people were dealing with and brought a solution.
- God’s love is continually being imparted to us 24/7, even when we are sleeping.
- When we are sleeping we are most vulnerable to the spiritual environment we live in, so although God does bless us in our sleep, there is the reality of spiritual warfare that we have to deal with. Even though God has us go through the war, He is there with us, strengthening us.
- When we are in a place of brokenness, warfare, struggle, etc., we need to cry out to God. When we do, God strengthens us in His love and brings us closer to Himself.



Discussion Questions

1. Discuss the truth that God loves our bodies.
2. Why is it important to bless your body?
3. What was included in the covenant of peace that Jesus gave to us (His disciples)? How can you walk in this covenant today?
4. Have you experienced the reality of the spiritual world (positively or negatively) while you were asleep?
5. Whether awake or asleep, what should we do when we are facing a struggle, feel alone, etc.? Why?