



RCCG HOUSE FELLOWSHIP MANUAL

Week 44 – THANKSGIVING SUNDAY, 5TH JULY, 2026

SLEEP AS A GIFT

OPENING PRAYER

Father, please grant every believer grace to enjoy good sleep.

PREVIOUS KNOWLEDGE

The leaders should remind the members on good success as topic for last week and how to maintain good success.

MEMORY VERSE

“It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep” Psalm 127:2

BIBLE TEXT

Psalm 4:8, Proverbs 3:24

LESSON INTRODUCTION

The bible says in James 1:17 that every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. Sleep is a good gift from God to mankind, sleep services all aspects of our bodies in one way or another. It affects both mental and physical health. Even spiritually, because we receive revelation from God through dreams. It is vital to our well being.

Leader's Diary

LESSON AIM

To make members understand that sleep is a gift from God.

TEACHING OBJECTIVES

At the end of the lesson, members should know:

That sleep is a gift
Benefits of sleep.

TEXT REVIEW

Psalm 4:8, Proverbs 3:24

Almighty God gives peaceful sleep and will still keep us safe.
When you lie down as believer, you should not be afraid.
When you lie down to sleep, your sleep ought to be sweet.

TEACHING METHOD

Leader should use discussion method.

TIME MANAGEMENT

Share the teaching time using suggested time schedule.

LESSON OUTLINE ONE

SLEEP AS A GIFT

When we are going through the storms of life or when we are anxious, we find it very difficult to sleep. Matthew 11:28 made us know that there is rest in Christ. All we have to do is to have faith and trust in Jesus. Many people are on sleeping pills because of anxiety, but Jesus is calling us today, to come and receive rest. All we need to do is to have faith, trust and obey Him. In book of Matthew 8:2-26, Jesus made us understand the significance of sleep - when the body is tired, the body needs sleep to rejuvenate.

LESSON OUTLINE TWO

BENEFITS OF SLEEP

We derive a lot of benefits from SLEEP, spiritually, physically, emotionally and mentally.

Let us always find time to rest and sleep in order not to rest in peace.

Communion with God: God communicates with us through dreams while we sleep. Joel 2:28.

Rejuvenation - Sleep allows our bodies to rest, rejuvenate and heal. Mark 4:38-40, Matthew 26:41, 1 kings 19:5-18.

Increased productivity - Adequate sleep boosts our productivity.

Reassurance of God's presence - Sleep provides the assurance that God is with us. Psalm 121:4

SUMMARY

When you lie down to sleep as a believer, your sleep ought to be sweet.

CONCLUSION

We derive numerous benefits from sleep - spiritually, physically, emotionally and mentally. Let us remember to always prioritize rest and sleep to ensure we do not rest in peace before our time.

WEEKLY ACTIVITY

Share your experience of good sleep as a gift from God.

PRAYER POINTS

- Father, please release everyone under the siege of medication before having good sleep.
- Father, let every organ that is weak be replaced with new ones.
- Father, please terminate every covenant that negates good sleep.
- Father, fortify every dying organs with your mercy of renewal.
- Father, flush out from me every dangers and poisonous elements in my system.
- GOLDEN DIET FRO THE WEEK
- MONDAY: When you lie down you will not be afraid, your sleep will be sleep. Proverbs 3:24.
- TUESDAY: He who watches over Israel will neither slumber nor sleep. Psalm 121:4.
- WEDNESDAY: Come to me all you who are weary and burdened and I will give you rest. Matthew 11:28.

- THURSDAY: I lie down and sleep; I wake again because the Lord sustains me. Psalm 3:5
- FRIDAY: You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3.
- SATURDAY: Fear is driven away by the strength of faith.
- SUNDAY: I will refresh the weary and satisfy the faint. God remembers His promise to invigorate tiredness.