



And So to Bed.: A Biblical View of Sleep

By Adrian Reynolds

Christian Focus Publications, United States, 2014. Paperback. Book Condition: New. 194 x 128 mm. Language: English . Brand New Book. Sleep is part of our created humanity, a good gift from God to be treasured and enjoyed; an earthly picture of a spiritual reality. In this reflection on sleep, Reynolds reflects on what the Bible has to say about sleep and rest, and how that can impact not only your night but your life. He includes his suggestions for turning off and enjoying rest.



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