

Lesson 9: P is for Proper Rest – Video Guide

And God blessed the seventh day and sanctified it: because that in it he had rested from all His work which God created and made. Genesis 2:3

- Why did God give us the Sabbath?
04:00 - The Circadian Rhythm regulates our bodies each day.
 1. Humans, plants and animals have it
 2. Tells us when we're sleepy
 3. If we don't get enough sleep, it can disrupt our rhythm

- They Circaseptan Cycle is a weekly cycle that our bodies are on.
07:00 Why do people go to church and worship God on the 1st day of the week instead of 7th?
 1. Daniel 7:25 - Government + Religious power tried to change the 4th commandment
 2. Revelation 13:3 - The whole world chooses to follow tradition/family instead of the Bible

- We need to rest nightly and we
- Recommended amount of sleep for babies, children, and adults
- Reaction time is slowed without getting proper rest
11:55: A Chat with Ms. Alana: *Help, I Can't Fall Asleep!*

Questions to answer:

1. What is the recommended amount of sleep for babies, children, and adults?

2. What is melatonin?

3. Name 3 essential oils that can help someone relax: