

# CATCHING Zs

*Message: God never sleeps*

*Scripture: Psalm 121:3b*

**ZZZZZZZZ**

Let me ask you a silly question. Do you ever sleep? Sure you do! Most people sleep. Most people sleep at night, but some people work at night, so they have to sleep during the day. Some people sleep at other times – like at church! (They think nobody sees them, but the Pastor knows who they are!)

Animals sleep, too. Did you know that horses can sleep standing up? That's because their legs lock in place, so when they fall asleep, they won't fall down.

Of all the animals in the world, do you know which one sleeps the longest? The Koala. It sleeps up to 22 hours a day. That's almost all day. Which animal do you think sleeps the least? I'll give you a hint: he's got a long neck. It's the giraffe. He sleeps less than two hours a day.

How much do you think God sleeps? Do you think he sleeps at night or during the day? The Bible actually tells us in Psalm 121, verse 3. It says, "He who watches over you will not slumber." (NIV) In other words, God never sleeps. He never sleeps because he busy watching over us all day and all night.

I don't know about you, but that makes me feel pretty secure knowing that God is watching over us all day and all night. He never falls asleep on the job.

Let's thank him for that now: Father God, thank you for watching over us and taking care of us. We know that because you never sleep, we can sleep safe and secure. In Jesus' name we pray. Amen.