

## Health and Healing Lesson 7 2Q 2010

### Rest and Restoration

#### SABBATH

Read memory text – thoughts?

The lesson tells of a medical student who was burning out, staying up late, getting up early and falling behind. A professor told him to get 7 hours sleep each night and 30 minutes exercise each day. He did it, even though he didn't believe he had time and his grades improved. Why?

Are we like that medical student? Do we need to take time away to rest? What kind of rest?

#### WEDNESDAY

Read first paragraph, "Read Genesis 1...." Thoughts?

The lesson suggests that when God created Earth with evening and morning He was setting up a biorhythm which would include sleep. Was sleep required in the Garden of Eden? Will sleep be necessary in the new heaven and earth?

The city does not need the sun or the moon to shine on it, for the glory of God gives it light, and the Lamb is its lamp. The nations will walk by its light, and the kings of the earth will bring their splendor into it. On no day will its gates ever be shut, for **there will be no night there... There will be no more night.** They will not need the light of a lamp or the light of the sun, for the Lord God will give them light. And they will reign for ever and ever. Rev 21:23-25, 22:5

Will we sleep in the new earth? Here's the perspective of one of the founders of our church:

Eld. White and Dr. Kellogg have not given themselves proper rest. God instituted the Sabbath as a day of rest to repair nature's exhausted energies. No mind can continue day after day without cessation, either in business which taxes the mental powers, or in the acquirement of knowledge, without injury. **There is no night in Heaven. There is no wear and weariness of the human machinery. There we shall never be sensible of fatigue; never need or want repose.** There is no tire in performing God's will; we shall never be wearied in sounding his praise. **We shall always have the freshness of the morning.** But as we are now in this world, with bodies which weary, we must pay heed to God's plans, and take repose when we need it. {PH043 39.1}

Thoughts?

Is sleep necessary in our current world? Has anyone ever had difficulty sleeping? Is that a problem?

- 37% of US adults c/o of excessive sleepiness that interferes with functioning at least a few days per month
- 16% c/o of excessive sleepiness that interferes with functioning at least a few days per week or more
- Major incidents related to sleepiness
  - Chernobyl nuclear meltdown
  - Exxon Valdez oil spill
- Motor vehicle accidents
  - Falling asleep while driving is responsible for at least 100,000 crashes, 40,000 injuries, and 1550 deaths per year
  - Excessive sleepiness impairs driving as much as alcohol intoxication

Women have more sleep problems than men and this changes with life

- A recent survey found women in the United States are not sleeping well and that this affects all aspects of their lives.
  - 67% report sleep problems a few nights each week

- 46% report sleep problems every night

Contributing factors to women's sleep problems:

- Overwork with house, family and career
- Hormonal changes
  - 24% of women of childbearing years report problems sleeping all but a few nights per month
  - 40% of women during pregnancy reported trouble sleeping all but a few nights per month
  - 55% post partum women reported problems sleeping all but a few nights per month
  - 25% of perimenopausal women and 30% of postmenopausal women reported problems sleeping all but a few nights per month
- 72% of working mothers had sleep impairments
- Causes of frequent awakenings included
  - Noise (39%), children (20%), pets (17%)
- If women allow children (9%) or pets (14%) to share the bed they suffer more sleep disturbance.
- Consequences to women of poor sleep
  - 80% increased stress
  - 55% unhappy, sad and depressed
  - 39% spend less time with family/friends
  - 33% too tired for sex
  - 27% drive drowsy
  - 20% late for work
- Even though many women were found to be consistently and dangerously sleepy, they are not trying to get more sleep.

- 60% do chores late
- 20% do work related to their job
- 87% watch TV
- 51% read
- 37% engage activities with their children
- Sleep deprived women don't do much with their spouses

### Thoughts?

Normal sleep has stages – I, II, slow wave (III, IV) and REM. REM is when we dream.

- Decreased REM results in decreased ability to read emotions in other people's faces
- REM also is the phase in which we consolidate memory and resolve emotional stress. During REM the emotional connections to the memory are stripped away so that we can remember the event without reliving the emotion.
  - Certain meds, like benzodiazapines interfere with normal sleep architecture and can impair memory
- PTSD patients have frequent nightmares and have impairments in the ability for the emotional content to be stripped from the memory so the brain brings it up again and again trying to strip the emotion away. This results in increased stress hormones and increased risk of depression.
- During REM serotonin and norepinephrine shut down, but PTSD patients have higher levels and therefore this interferes with the brains ability to separate the emotional content from the memories
  - A recent study by Walker and his colleagues examined how rest - specifically, **rapid eye movement (REM) sleep - influences our ability to read emotions in other people's faces.** In the small analysis of 36 adults, volunteers were asked to interpret the facial expressions of people in photographs, following either a 60- or 90-minute nap during the day or with no nap. Participants who had reached REM sleep (when dreaming most frequently occurs) during their nap were better able to identify expressions of positive emotions like happiness in other people, compared with participants who did not achieve REM sleep or did not

nap at all. Those volunteers were more sensitive to negative expressions, including anger and fear.

Past research by Walker and colleagues at Harvard Medical School, which was published in the journal *Current Biology*, found that in **people who were sleep deprived, activity in the prefrontal lobe - a region of the brain involved in controlling emotion - was significantly diminished.** He suggests that a similar response may be occurring in the nap-deprived volunteers

REM sleep appears to not only improve our ability to identify positive emotions in others; it may also **round out the sharp angles of our own emotional experiences.** Walker suggests that one function of REM sleep - dreaming, in particular - is to allow the brain to sift through that day's events, **process any negative emotion attached to them, then strip it away from the memories.** He likens the process to applying a "nocturnal soothing balm." REM sleep, he says, "tries to ameliorate the sharp emotional chips and dents that life gives you along the way."

"It's not that you've forgotten. You haven't," he says. "It's a memory of an emotional episode, but it's no longer emotional itself." That palliative safety-valve quality of sleep may be hampered when we fail to reach REM sleep or when REM sleep is disrupted, Walker says. "If you don't let go of the emotion, what results is a constant state of anxiety," he says.

The theory is consistent with new research conducted by Rebecca Bernert, a doctoral candidate in clinical psychology at Florida State University who specializes in the relationship between sleep and suicidal thoughts and behaviors, and who also presented her work at the sleep conference this week.

In her study of 82 men and women between the ages of 18 and 66 who were admitted into a mental-health hospital for emergency psychiatric evaluation, Bernert discovered that the presence of severe and frequent nightmares or insomnia was a strong predictor of suicidal thoughts and behaviors. More than half of the study participants had attempted suicide at least once in the past, and the 17% of the study group who had made an attempt within the previous month had dramatically higher scores in nightmare frequency and intensity than the rest. Bernert found that the relationship between nightmares or insomnia and suicide persisted, even when researchers controlled for other factors like depression

If that's the case, it may help explain the recurring nightmares that characterize psychiatric conditions like posttraumatic stress disorder (PTSD), Walker says. "The brain has not stripped away the emotional rind from that experience memory," he says, so "the next night, the brain offers this up, and it fails again, and it starts to sound like a broken record ... What you hear [PTSD] patients describing is, 'I can't get over the event.' "

At the biological level, Walker explains, the "emotional rind" translates to sympathetic nervous-system activity during sleep: faster heart rate and the release of stress chemicals. Understanding why nightmares recur and how REM sleep facilitates emotional processing -

or hinders it, when nightmares take place and perpetuate the physical stress symptoms - may eventually provide clues to effective treatments of painful mental disorders. Perhaps, even, by simply addressing sleeping habits, doctors could potentially interrupt the emotional cycle that can lead to suicide. "There is an opportunity for prevention," Bernert says.

Sleep is also important to our physical health. Poor sleep is linked to:

- Diabetes
- Obesity
- Coronary artery disease
- Immune problems

Several large-scale genomic studies published last month *Nature Genetics* (vol 40, p 1399) have revealed a link between blood sugar levels and the biological clock that cues our sleeping and waking cycles. The link is very significant given that type 2 diabetes is increasing dramatically in the developed world, while average amounts of sleep are decreasing. The research suggests that the link is a protein that recognises the sleep hormone melatonin. It's clear that the less one sleeps, the less insulin one produces, though exactly how melatonin affects the insulin-producing cells in the pancreas remains to be worked out. The intriguing possibility is that this is somehow related to the fact that sleep-poor individuals also tend to be at increased risk of obesity and immune problems.

Sleep deprivation can mimic other disorders, such as depression or ADHD:

- In an analysis of 83 children with ADHD, David Gozal from the University of Louisville, Kentucky, and colleagues found that a quarter of those diagnosed with mild ADHD suffered from sleep apnoea, compared with just 5 per cent of those with strong ADHD and 5 per cent of healthy controls. "SDB can lead to mild ADHD-like behaviours that can be readily misperceived and potentially delay the diagnosis and appropriate treatment," the team concluded (*Pediatrics*, 2007, vol 111, p 554).
- A study of children undergoing surgery to remove their tonsils and adenoids (a common treatment for snoring and sleep apnoea) found that before the operation, 25% had a diagnosis of ADHD compared to 7.4 per cent of

healthy controls. But a year after the operations, half of these children no longer met the criteria for ADHD (*Archives of Otolaryngology – Head & Neck Surgery*, vol 133, p 974).

- Sleep deprivation impairs prefrontal cortex function and result in diminished capacity to modulate limbic system. This results in more moodiness, impulsivity, less ability to focus, organize, plan, self restrain and problem solve.
- Sleep deprivation in childhood can interfere with healthy brain development.

<b>Age and condition</b>	<b>Average amount of sleep per day</b>
Newborn	up to 18 hours
1–12 months	14–18 hours
1–3 years	12–15 hours
3–5 years	11–13 hours
5–12 years	9–11 hours
Adolescents	9–10 hours
Adults, including elderly	7–8(+) hours
Pregnant women	8(+) hours

- Things to improve sleep:
  - Make healthy sleep a priority; (Sleep over TV, games, studies, work)
  - Allow enough time to get 7-9(adults) hours of sleep each night;
  - Create a relaxing and quiet environment for sleep;
  - Exercise regularly (but not less than 3 hours before bedtime) and eat a healthy diet;
  - Avoid caffeine and alcohol;

- If you have a new infant, arrange for help;
- Do not let children or pets in bed with you;
- Cool environment;
- Melatonin 3mg 6 p.m.;
- Early a.m. bright light; and
- Healthy spirituality (clear conscience).

Questions?

MONDAY

The lesson states, “Much of the time, if we would listen to what our bodies tell us, we would get enough rest.”

What things interfere with our ability to get enough sleep?

- Work
- Housework
- Schoolwork
- Worries
- Eating late
- Caffeine
- TV
- Video games
- Telephone
- Texting
- Guilty conscience
- Alcohol, tobacco, drugs
- Pets
- Children
- Relationship problems
- Situational stressors
- Pain states



The lesson asks us to “Consider the word restoration, which means ‘the act of returning to an original state or condition.’”

Thoughts about this? Is this meaning connected with Sabbath? How?

#### THURSDAY

Read first paragraph, “God rested...” thoughts? Why is it hard to grasp? Is it hard because we have failed to understand the Great Controversy, the nature of God’s character and government and the nature of sin? What kind of rest did God take? Was it a physical rest? If we think it was a physical rest then we miss the point:

So, because Jesus was doing these things on the Sabbath, the Jews persecuted him. <sup>17</sup> Jesus said to them, “My Father is always at his work to this very day, and I, too, am working.” <sup>18</sup> For this reason the Jews tried all the harder to kill him; not only was he breaking the Sabbath, but he was even calling God his own Father, making himself equal with God. John 5:17, 18

Does God stop physically working (expending energy) on Sabbath? Here is a commentary from the book Education:

As regards this world, God's work of creation is completed. For "the works were finished from the foundation of the world." [HEB. 4:3.] **But his energy is still exerted in upholding the objects of his creation.** It is not because the mechanism that has once been set in motion continues to act by its own inherent energy, that the pulse beats, and breath follows breath; but every breath, every pulsation of the heart is an evidence of the all-pervading care of Him in whom "we live, and move, and have our being." [ACTS 17:28.] **It is not because of inherent power** that year by year the earth produces her bounties, and continues her motion around the sun. **The hand of God guides the planets, and keeps them in position in their orderly march through the heavens.** He "bringeth out their host by number; he calleth them all by

names by the greatness of his might, for that he is strong in power; not one faileth." [ISA. 40:26.] **It is through his power that vegetation flourishes, that the leaves appear**, and the flowers bloom. He "maketh grass to grow upon the mountains," and by him the valleys are made fruitful. Education 195.

Does God rest every seventh day? What kind of rest did God take on the Sabbath? He rested from presenting the truth about Himself. He rested from presenting evidence to refute Satan's lies. He rested His case. He left His intelligent creatures free to consider the allegation of Satan and the evidence He had provided and come to their own conclusion.

But when mankind fell, God had another work to do, a new work that He didn't need to do before man sinned. What work was that? Christ came to finish the work Adam was created to achieve as well the work of reversing the damage sin caused this creation. And after Christ finished His work, He again rested. He rested His case on the Sabbath and the intelligences of the universe were now convinced of God's goodness and Satan was exposed as the liar, murderer and fraud.

Some question the Sabbath being for the universe when the Bible says the Sabbath was made for man and not man for the Sabbath. How do you answer this?

- 1Cor 4:9 this world is a lesson book to the universe
- Isa 66 that in the new heaven and earth all will celebrate the Sabbath

Commentary from EGW:

- In the beginning the Father and the Son had rested upon the Sabbath after Their work of creation. When "the heavens and the earth were finished, and all the host of them" (Gen. 2:1), **the Creator and all heavenly beings rejoiced in contemplation of the glorious scene.** "The morning stars sang together, and all the sons of God shouted for joy." Job

38:7. . . . When there shall be a "restitution of all things, which God hath spoken by the mouth of all his holy prophets since the world began" (Acts 3:21), the creation Sabbath, the day on which Jesus lay at rest in Joseph's tomb, will still be a day of rest and rejoicing. Heaven and earth will unite in praise, as "from one sabbath to another" (Isa. 66:23) the nations of the saved shall bow in joyful worship to God and the Lamb. {Mar 371.1}

What were the heavenly beings doing on Sabbath? Contemplating, thinking, weighing the issues, coming to their own conclusion, but what about after the fall of Adam and Christ's work of redemption? Why rest in the tomb on Sabbath? For contemplation?

- It was in order that the heavenly universe might see the conditions of the covenant of redemption that Christ bore the penalty in behalf of the human race. The throne of Justice must be eternally and forever made secure, even tho the race be wiped out, and another creation populate the earth. **By the sacrifice Christ was about to make, all doubts would be forever settled, and the human race would be saved** if they would return to their allegiance. Christ alone could restore honor to God's government. The cross of Calvary would be looked upon **by the unfallen worlds, by the heavenly universe, by Satanic agencies, by the fallen race, and every mouth would be stopped.** In making His infinite sacrifice Christ would exalt and honor the law. He would make known the exalted character of God's government, which could not in any way be changed to meet man in his sinful condition.

Who is able to describe the last scenes of Christ's life on earth, His trial in the judgment hall, His crucifixion? **Who witnessed these scenes?--The heavenly universe, God the Father, Satan and his angels.** {ST, July 12, 1899 par. 2}

- **Satan saw that his disguise was torn away. His administration was laid open before the unfallen angels and before the heavenly universe. He had revealed himself as a murderer.** By shedding the blood of the Son of God, he

had uprooted himself from the sympathies of the heavenly beings. Henceforth his work was restricted. Whatever attitude he might assume, he could no longer await the angels as they came from the heavenly courts, and before them accuse Christ's brethren of being clothed with the garments of blackness and the defilement of sin. The last link of sympathy between Satan and the heavenly world was broken. {DA 761.2}

Thoughts?

The lesson says the Sabbath is a perpetual sign of our recognition of His love. Why? How? Did the Jews worship on the true Sabbath? Did they experience God's love? Why not? What was the problem? They believed in a legal system of salvation, a system with a legalistic God who is angry, wrathful and must inflict punishment. Can that be a problem today?

Read last paragraph, "Besides all the spiritual..." thoughts? Did they need a Sabbath to rest without guilt or rest their bodies in Eden? Will this be the reason for Sabbath in the earth made new? What is the reason for the Sabbath in the new earth?

TUESDAY

Read first paragraph, "The rest that Jesus..." thoughts? The Greek word for soul is "psuche" which means our minds. How does Jesus bring rest to our minds?

Read third paragraph, "It includes..." Does this bring rest to your mind?

How do you hear the idea that God accepts us because of Jesus perfect work?

- Is it that God is unaccepting or somehow against us until Jesus presents His blood to the Father and the Father becomes convinced by Jesus to accept us?

**Christ was not only an expression of the Father's love, but a channel to convey the love of God to men.** Christ loved us, and gave Himself for us. He gave His life that He might bring salvation to perishing sinners. Man could not satisfy the claims of justice; no human hand **could apply the atoning blood and cleanse the heart from sin.** Christ alone, by clothing His divinity with humanity, could reach mankind and bring it near to God. {ST, January 13, 1909 par. 1}

And "**God so loved the world** that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." **In the compassionate life of Christ we behold the character of the Father.** "He that hath seen Me," Christ declares, "hath seen the Father." {ST, January 13, 1909 par. 2}

**God does not love us because Christ died for us, but it was because He loved us that He gave Christ as a ransom for our sins.** Satan has represented God as selfish and oppressive, as claiming all, and giving nothing, as requiring the service of His creatures for His own glory, and making no sacrifice for their good. But the **gift of Christ reveals the Father's heart.** It testifies that the thoughts of God toward us are "thoughts of peace, and not of evil." It declares that while God's hatred of sin is strong as death, **His love for the sinner is stronger than death.** Having undertaken our redemption, He will spare nothing, however dear, which is necessary to the completion of His work. {ST, January 13, 1909 par. 3}

- Is Jesus covering us from the view of the Father? Then what is Jesus covering us for or from?
- If Jesus is covering us from the view of the Father what does that say about God and does that bring rest to your mind?
- As soon as Adam and Eve sinned they ran and HID, are we saying that Jesus is actively hiding us from the Father?

This robe, woven in the loom of heaven, has in it not one thread of human devising. Christ in His humanity wrought out a perfect character, and this character He

offers to impart to us. "All our righteousness are as filthy rags." Isa. 64:6. Everything that we of ourselves can do is defiled by sin. But the Son of God "was manifested to take away our sins; and in Him is no sin." Sin is defined to be "the transgression of the law." 1 John 3:5, 4. But Christ was obedient to every requirement of the law. He said of Himself, "I delight to do Thy will, O My God; yea, Thy law is within My heart." Ps. 40:8. When on earth, He said to His disciples, "I have kept My Father's commandments." John 15:10. **By His perfect obedience He has made it possible for every human being to obey God's commandments. When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness.** Then as the Lord looks upon us He sees, not the fig-leaf garment, not the nakedness and deformity of sin, but His own robe of righteousness, which is perfect obedience to the law of Jehovah. {COL 311.4}

- To whom did Jesus pay a penalty?
- What is the high standard God requires of us? How do we experience this? Did Jesus achieve for us that which we could not achieve for ourselves? And can we experience this transformation through the work of the HS in our lives?

How would you explain the good news brought by Jesus which brings us rest?

SUNDAY

Talks about being too busy to rest, what in your life interferes with your ability to get daily sleep, and weekly rest?

FRIDAY

Read question 1 and discuss