

From the June 4, 2010 Issue

Drink Water and Get Some Sleep!

Did you know:

That your body is about 70% water?

Your muscles are about 70% water?

Your brain cells are about 85% water?

Your blood is approximately 82% water?

Even your bones are approx. 25% water?

I don't think it would be an exaggeration to say that water is the single most important nutrient for our bodies because of our every part of our bodies dependence on it. As humanity has also discovered, humans can live about 5 – 7 weeks without food, but can last no more than 5 days or so without water! I also think it not an exaggeration to say that most people do not drink enough water (the required 8-15 cups a day we all hear about) and, therefore, by the time we are thirsty and drink, we are barely touching the dehydration of our bodies.

And actually, with what it can do for helping so many of our ailments such as headaches, backaches, arthritis, skin problems and other ailments, you could almost call water God the Trinity's miracle sustenance and cure!

Not only is our body filled with water, but so is the scripture. It is mentioned at the beginning of, and as a major theme of, the Old Testament (Gen 1:1-2) and continues as a theme in the New Testament and our Life after death (Revelation 21:6).

Did you know:

Sleep regulates the release of important hormones that cause children to grow, regulates muscle mass and helps control fat in adults?

Sleep slows the aging process? (And "beauty rest" is literally true, baggy eyes! Ha-ha!)

Sleep boosts the immune system? (Especially when you sleep the 9 hours you are supposed to – stop laughing! – killing viruses, bacteria and cancer cells!)

Sleep improves brain function? (In other words, we aren't being blessed with all of your smarts because you are a "sleepyhead.")

Sleep reduces cortisol levels? (Cortisol comes from excessive stress - disrupting neurotransmitters causing irritability, depression, anxiety and insomnia.)

Wow! To think that a fundamental cure for many of the problems in your life is as literally as close as your pillow! I am pretty sure that you would agree with me based on the evidence of your own life and family that most Americans, and many around this busy world, are chronically sleep deprived! By sleep deprived I mean that you don't sleep 9 hours a night, and that you experience about a 3-4 hour deficit from that, regularly! No, I do not have the gift of prophecy, I just know so many of you - my adopted brothers and sisters – because I know myself Ha-Ha!

Research says that sleep deprivation shortens attention span, impairs memory, leads to poor coordination, costs an estimated \$150 billion a year in higher stress and reduced workplace productivity, is responsible for at least 100,000 crashes and 1500 fatalities a year, reduces sex drive, increases your risk of developing type 2 diabetes, and is a contributing factor for a higher rate of divorce (fighting over money is the number one reason for divorce!) Check out this link when you get a chance and see one of the funny practical consequences of not getting enough sleep:

<http://www.cnn.com/video/#/video/us/2010/05/28/winchester.mi.woman.sleep.cnn?hpt=T2>

Sleep, too, is mentioned as a positive and necessary thing in the scriptures: Psalm 127, Mark 4:35-41 (Jesus was sound asleep during a storm – hint, hint!)

So what is the Trinitarian and Adoption point to all of this? The last sentence about Jesus should have said it all, but glad you asked! Ha-Ha!

The point is that YOU are the Father, Son and Spirit's adopted child in Jesus, and you were created for getting proper amounts of sleep and for drinking lots of water in order to live as healthy a life as possible, despite your sin riddled self! And in case you're still not getting the point of this paragraph, let me put it this way:

When was the last time you gave your pet, or (God forbid someone else's pet!) mostly soda and coffee, instead of water?, Cigarettes and chewing tobacco instead of table scraps?, An alarm clock to wake-up with? Isn't that hilarious and ridiculous?! WHY is it ridiculous??? Because even you, a sinner, know how to give even a mutt good things! We even treat our cars good by filling up their tanks with gasoline ONLY, and not with sugar, water or pork rinds!

Ahhh, now we are beginning to see things a little more clearly – wink, wink! So what do you have against you, the Father's Adopted child?! Jesus' brother or sister?! The Holy Spirit's temple?! Of course, I could have chosen a few other important physical things we need to participate in more obediently with Jesus, such as proper eating and exercise, but maybe another time. I picked these two subjects because, in my estimation as a certified Professional Life Coach and Health and Wellness Coach, these are two of the top physical issues creating some of our greatest problems in relationships and even in church!

I am tired of preaching “Wake up oh, sleeper!”, and I, personally, don't know many who are skipping out on meals, including me, (which we “exercise” in running to get to!) All joking aside, not too many sleep on me in church because of their interest in the Gospel of Humanity's Adoption in Jesus, but I am re-thinking the possibility that much of the sleepiness in the pews comes not only from wretched theology and poor preaching, but as much or more from lack of proper sleep.

Can you imagine in the dance, Dance, Dream and Gospel of the Trinity how long we could live, how alert we could be, how transformed our bodies, minds and spirit could be, how much more fun our work and play could be, how transformed our relationships could be and our spreading of the Good News could be if we, IN THIS PRESENT WORLD, embraced our fame as God the Trinity's children and got enough water and sleep, even in our sin?

Knowing the Divine Wisdom and simplicity (on the other side of complexity), some of your practical problems could be solved in this kind of simple, Gospel way!

~ Timothy J. Brassell

Most of the research from this article was taken from who Jesus is, and the statistics and other facts from the "Health and Wellness Life Coaching" course from www.lightuniversity.com and, one of my favorite health books entitled, The Seven Pillars of Health by Dr. Don Colbert, MD