

Use “The Scene” to introduce “Learning to Rest” the High School Sunday school lesson for January 20, 2019. The lesson is found on page 49 of *High School Teacher* by Standard Publishing.

the SCENE

Viewing the latest news through the lens of Scripture

Recent studies suggest that half of all teens are sleep-deprived. And . . . that’s probably not news to you. It’s probably also not news to know that good sleep is absolutely necessary for the health of adolescents.

One of the things that could be adding to the problem is today’s technology. The Sleep Health Foundation has reported that the light coming from devices such as mobile phones, tablets, or laptops blocks the release of melatonin—even after just 90 minutes of using technology. But teens today report using technology around nine hours a day on average. Melatonin is the hormone that naturally controls the body’s normal sleeping and waking cycles. If less melatonin is released, people have a harder time falling asleep. Plus, of course, if teens are staying up into the wee hours using the technology, that also makes it a bit hard to go to sleep.

Just one more reason to put the phones to bed when the lights go out.

As students arrive, give each of them a copy of the above to read. After all teens have had the opportunity to read the article, discuss it in this way:

What do you think about the claims of this article?

How much do you sleep on average each week? Do you feel like that’s enough sleep for you?

What effect has sleep deprivation ever had on you, your education, or your relationships with others?

We all struggle at times to get the sleep we need. But it’s clear in the Bible that God wants us to enjoy satisfying periods of rest. Today we’ll look at three principles from God’s Word that can help us get the rest we need.



MEETING GOD FACE-TO-FACE

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