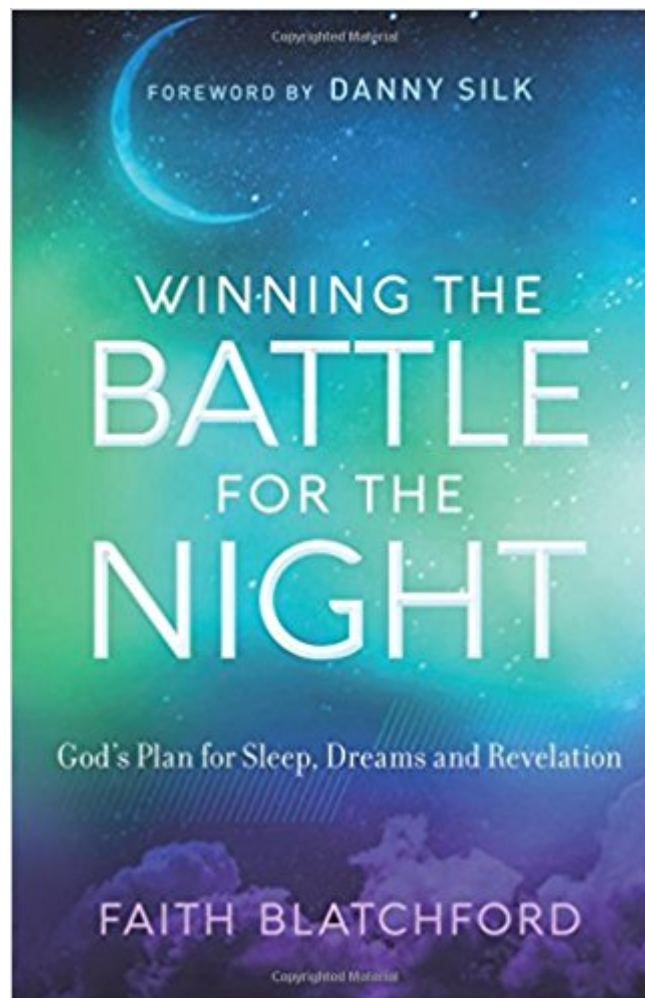




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# **Winning The Battle For The Night: God's Plan For Sleep, Dreams And Revelation**



## Synopsis

**Win the Battle for Sleep: God's Plan for Rest, Rejuvenation, and Revelation** In our fast-paced world, we see sleep as "wasted time," or else we lie awake as anxiety, fear, or distractions run through our minds. That was never God's intent for the night. Without realizing it, we've handed this sacred time over to the enemy. With warmth, compassion, and keen biblical insight, counselor and speaker Faith Blatchford reveals that it's during this precious time that God imparts everything necessary for us to be equipped for the day. Without peaceful sleep at night, we are robbed mentally, physically, emotionally, and spiritually of the resources we need. God created the night and the dark--and he called it good. He dwells in it. The dark does not belong to the devil, so don't let the enemy steal it from you. Here are the tools you need to take back your night, to encounter the God of rest, and to sleep peacefully the whole night through. Includes a chapter on how to help your children overcome nightmares and fear of the dark.

## Book Information

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## Customer Reviews

God created the night and the dark--and He called it good. In our fast-paced world, we may see sleep as "wasted time," or else we may lie awake as anxiety, fear or distractions race through our minds. This was never God's intent for nighttime. Without realizing it, we have handed this sacred time over to the enemy. With warmth, compassion and keen biblical insight, counselor and speaker Faith Blatchford reveals that it's during this precious time that God imparts everything necessary to equip us for the day. Without peaceful sleep, we are robbed mentally, physically, emotionally and

spiritually of the resources we need--including insights from God. The dark does not belong to the devil, so don't let him steal that replenishment time from you or your family. Here are the tools you need to overcome nightmares and insomnia, encounter the God of rest, and sleep peacefully the whole night through. It's time to take back your nights!\*\*\*\*"Wonderfully practical, brilliantly insightful and sure to inspire you to reconnect with God's purpose for sleep: communion and rest."--Bill Johnson, senior leader, Bethel Church, Redding, California "It will empower you to value and experience good sleep, thus improving health, performance, wisdom and God-given creativity."--Dr. Michelle A. Miller, Warwick Medical School, University of Warwick "A powerful guide for anyone who has struggled with sleep problems."--Margaret Nagib, Psy.D., clinical psychologist, Timberline Knolls Residential Treatment Center; founder, The Dunamis Project Faith Blatchford, with a B.A. in religion from Vassar College, serves as an ordained pastoral counselor at Bethel Church in Redding, California. She is also a regional facilitator-at-large of the International Bethel Sozo network. Faith spends more than half the year speaking at conferences and seminars around the world, as well as meeting with leaders to provide personal counseling and creativity coaching. Visit [www.faithblatchford.com](http://www.faithblatchford.com) for more information.

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"Winning the Battle For the Night" has been an inspiring book that gives very practical ways of dealing with many of the issues that keep us from sleeping. This is a huge issue in this day of busyness and overscheduling. So many are just exhausted and not sleeping well. What a great reminder that God has so much in store for us when we sleep. He wants to refresh us and communicate with us. It's time for Believers to take back the night! I highly recommend this book!

Faith has a unique gift of expressing thoughts and concepts in a funny but exacting way. She has done great research to allow her readers to decide for themselves what they choose to believe and choose to apply. I enjoy the depth and clarity in which she writes.

Faith Blatchford's Winning the Battle for the Night: God's Plan for Sleep, Dreams and Revelation

brings together the most recent research on the importance of sleep and sleeping patterns with some of the richest spiritual theology about rest and sleep that I've read. Let's be honest for a minute: According to the National Sleep Foundation, the average adult sleeps six hours and 58 minutes per night during the work week. One hundred years ago -- before Mr. Edison's marvelous light bulb invention -- people slept about nine hours a night. They were right in line with the eight to ten hours of sleep specialists say we need. Now we are a nation of the chronically sleep-deprived. And this sleeplessness is depriving our children, too. Children need even more sleep than adults, yet parents now keep them up later and later, possibly because working moms and dads want to "spend quality time" with their children (a phrase laden with many revealing contradictions and falsehoods, but that's for another day), something that's just not possible if you arrive home from work at six o'clock and Junior's in bed by 7:15. Naptime is increasingly a luxury that 4-year-olds no longer can afford. Many Washington-area schools are eliminating naps from the kindergarten curriculum, so that 45 more minutes can be devoted to instruction. Administrators seem unconcerned that their charges would learn better if they were well-rested, but that may not be the point. In trading nap time for more time spent studying the alphabet, these tots are really learning to value productivity, or at least activity, above all else. The bottom line? Americans aren't getting enough sleep. Enter Blatchford's *Winning the Battle for the Night*. Blatchford contends none of this was ever God's plan for our nights. Blatchford maintains that the night is that precious time that God imparts everything necessary for us to be equipped for the day. Without peaceful sleep at night, we are robbed mentally, physically, emotionally, and spiritually of the resources we need. With a pastoral heart and a keen mind for thinking through the issues of our sleep depravity theologically, Blatchford has given us a compassion account for why sleep actually matters. Her countercultural embrace of the night -- which God has called good! -- helps us to embrace those spiritual values which the Daily Prayer office of Compline calls "the cares of this world, the deceitfulness of riches, and the desire for other things". That's because, as Blatchford notes time and again, a good night's sleep is deeply connected to the basic Christian story of Creation. We are creatures, with bodies that are finite and contingent. For much of Western history, the poets celebrated sleep as a welcome *memento mori*, a reminder that one day we will die: Hence Keats' ode to the "sweet embalmer" sleep, and Donne's observation, "Natural men have conceived a twofold use of sleep; that it is a refreshing of the body in this life; that it is a preparing of the soul for the next". Is it any surprise that in a society where we try to deny our mortality in countless ways, we also deny our need to sleep? This scientifically unarguable demand for our bodies' rest for the health of our hearts, minds, spirits (and even dreams!) we are reminded that we are creatures, not the

Creator. Winning the Battle for the Night is the book on sleep to read for Christians -- a book that, sadly, simply hadn't been written because no theologian wants to look this countercultural. Fortunately, Blatchford knows that the God who gives her a good nights rest can find a body refreshed enough to be this countercultural. \_\_\_\_\_ I received a free copy of this book from Chosen Books in exchange for my honest review here.

If you've ever wondered does God talk to us through dreams and visions, this is the book for you. It's Non-Fiction. In Faith Blatchford's book, we are reminded of the dreams in the Bible. For example, Abraham's dream is one among five. Impressionable is the thoughts about why God gave us sleep. Our sleep is His gift. It is exciting to think about God's timetable. Does He live by one? Does He need rest? These types of questions are answered in "Winning the Battle for the Night: God's Plan for Sleep, Dreams and Revelation." After reading this simple and thorough book, the mind opens to another way God might choose to show solutions to our problems and give guidance, etc. Knowing God is aware of us as we sleep could possibly take away sleep anxieties. After all, He is our Protector. The One who never grows tired, and the One who never leaves us. It is helpful to read closely the scriptures given in the chapters. I had questions about some scriptures. I felt the author might have become so zealous about this subject that she forced scriptures to meet her conclusions. Nevertheless, I've never read a better book on the subject. I'm one of those people who have never paid much attention to dreams and their meanings. The author's words have made me more open to the fact that God is the same, today and forever. Therefore, it is possible that He talks to us through dreams and visions. There is a chapter for parents too. All parents know that children can fight sleep or suffer nightmares. Swaying their minds to nap time or bed time takes creativity and prayer.

This was an interesting book from Chosen publishers, about the importance of sleep and dreams in our lives. I liked it, but I didn't love it because the main gist seemed to be that the purpose of sleep is to give you spiritual/prophetic dreams from God. I didn't exactly have a problem with this, as I know many people have such dreams, and at times in my life I've had dreams I felt were important, but it wasn't a topic I'm really, really interested in. The book is really well-written and organized, with thoughtful tips about how to remove distractions to sleep, like turning off your phone; the physical value of sleep on the body's organism; fear of the dark in children and adults; and dealing with our children's dreams or nightmares. There was also a list of Biblical persons with

important dreams, and even more modern ones, such as Abraham Lincoln dreaming of his assassination or a woman dreaming about 9/11 before it occurred. These little factoids made the book worth picking up, but there was so much emphasis on the prophetic dreams aspect of the Bible that if you don't plan on having any (or are one of those people who don't get them very often) you'll find this book just fair overall.

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