

What is the sleep test? (26:14)

As the door turns on its hinges, so does the sluggard on his bed.

THE TEXT (NASB)

As the door turns on its hinges, so does the sluggard on his bed.

As the door turneth upon his hinges, so doth the slothful upon his bed. KJV - Proverbs 26:14

INTRODUCTION



How much do you sleep? Too much?

Be careful. The snooze button may be your personal “lose button.” Lazy folks love the **bed**. They toss and turn but go nowhere—like a **door on its hinges**.

How can you start the day with gusto rather than groaning?



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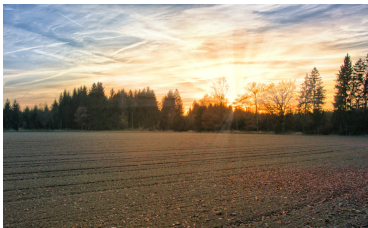
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COMMENTARY

Repeated for Emphasis

The message of the text appears often in Proverbs. Read the *Rise and Shine Tactics* in the commentary on [Two Essentials for Financial Survival](#), which deals with Proverbs 6:9-11. Check the *Classic Comments* in the commentary on Proverbs 20:13: [What is the first step out of poverty?](#) Even better, if you want to hear some music and learn more about the root problem of hiding-in-bed, see where ancient Hebrew and American baseball meet. See what they say about motivation and **the sluggard** under *Translation: Sense* in the commentary on Proverbs 24:33-34: [How are promising resources ruined?](#)

Evening, Morning: One Day



Let's go back to the basics. Most of us like to think the day starts in the morning and ends in the evening. Wrong. According to our Creator the day starts in the evening and ends in the morning (Genesis 1:5, 8, 13, 19, 23, 31). If we do our planning and preparation the day before, and this includes getting proper rest and refreshment, we get more done. It seems that God has left us an optimal pattern for daily productivity—start the day on the prior evening. By being in ready mode with everything set to go, we are less likely to lie around in bed. It's hard to learn a new habit but very beneficial.

Failing Sleep 101



A continual tossing and turning in bed is a sign of getting poor sleep. Too bad! This person is even a failure at sleeping—bad performance both in and out of bed! His comfort zone is very narrow, and it's not even comfortable since he can't seem to find just the right position. It may stem from a deliberate choice to be lazy, or it may be worry/anxiety keeping him from dealing with his problems.



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OUR CREATOR, REDEEMER, AND FRIEND

Jesus has strong words about worry and anxiety.

It's a major sin to be avoided. Seven times, directly and indirectly (Matthew 6:25-34), Jesus tells his followers not to worry, be anxious, or troubled about what may or may not happen in the future. Instead, Jesus commands full attention to today since "each day has enough trouble of its own."

Jesus never worried. When he slept, he slept well, even in the worst conditions (Luke 8:23-24). Jesus was on a mission, not a vacation.

APPLICATION

- Memorize the text in your favourite Bible translation and think about it often.
- Develop the habit of getting out of bed and dressed fast—it's difficult, but beneficial.
- Don't confuse activity with productivity.
- Get as little sleep as necessary to stay physically healthy and without wasting time.

Which of these steps, if any, does Jesus want you to take now? Ask Him.



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KEY WORDS

diligence, laziness, less assets (quantity), mortgage, sleep, bf serving others

ILLUSTRATION

Who is Diligent Daniel?



Diligent Daniel is a friend of Steady Eddie. Whereas Steady Eddie is known for his staying power, Diligent Daniel is known for his decisiveness and thoroughness. He is an early riser, a quick starter, and a job finisher. There's no room for procrastination here.

Daniel is tough-minded and sharp. He tells himself each day, “I snooze- I lose.” He pushes himself and calls himself lazy. He is tough on himself—not rough.

He’s the one Benjamin Franklin was thinking about two hundred years ago when he came up with the maxim, “Early to bed, early to rise makes a man healthy, WEALTHY, and wise.” Daniel’s also the one the author Oswald Chambers described with the words, “The heights by great men reached and kept, were not attained by sudden flight, but they while their companions slept, were toiling upward in the night.”

Daniel is more of a thinker than Steady Eddie, but is known for his enthusiastic work capacity, not his brilliance. He’s a mover and a shaker. He’s not afraid to get his hands dirty and is in good physical condition. He’s a builder. He starts the job right away and gets it DONE. He doesn’t flip-flop in this thinking. He is not double-minded. He remains humble while exuding confidence.



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One of his favourite financial tools is the Registered Education Savings Plan (RESP).

