

Sleep and Travel Suggestions

by George Mueller

George Mueller emphasizes the importance of adequate sleep and spiritual preparation for believers before traveling to avoid temptation and maintain spiritual strength.

Scripture: Psalm 119:105, Psalm 127:2, Proverbs 3:5-6, Isaiah 30:21, Matthew 6:33, Ephesians 6:11, Philippians 4:6-7, 1 Thessalonians 5:17, James 1:5, 1 Peter 5:8

Topics: "Seeking God's Will", "Spiritual Preparedness"

Description

George Mueller emphasizes the importance of adequate sleep for spiritual well-being, advising believers to avoid night travel whenever possible to maintain their physical and spiritual strength. He highlights the necessity of morning meditation, prayer, and scripture reading before embarking on journeys, as travel can expose individuals to unique temptations. Mueller encourages believers to seek God's guidance before starting any journey to ensure they are within His will, reminding them to be grateful for their circumstances rather than envious of those with more resources.

Transcript

"My own experience has been, almost invariably, that if I have not the needful sleep, my spiritual enjoyment and strength is greatly affected by it.

I judge it of great moment that the believer, in travelling, should seek as much as possible to refrain from travelling by night, or from travelling in such a way as that he is deprived of the needful night's rest; for if he does not, he will be unable with renewed bodily and mental strength to give himself to prayer and meditation, and the reading of the Holy Scriptures, and he will surely feel the pernicious effects of this all the day long. There may occur cases when travelling by night cannot be avoided; but, if it can, though we should seem to lose time by it, and though it should cost more money, I would most affectionately and solemnly recommend refraining from night-travelling; for, in addition to drawing beyond measure upon our bodily strength, must be losers spiritually.

The next thing I would advise with reference to travelling is, with all one's might seek morning by morning, before setting out, to take time for meditation and prayer, and reading the word of God; for although we are always exposed to temptation, yet are so especially in travelling. Travelling is one of devil's especial opportunities for tempting us. Think of that, dear fellow believers.

Seek always to ascertain carefully the mind of God, before you begin anything; but so in particular before you go on a journey, so that you may be quite sure that it is the will of God that you should undertake that journey, lest you should needlessly expose yourself to one of the special opportunities of the devil ensnare you. So far from envying those who have a carriage and horses at their command, or an abundance of means, so that they are not hindered from travelling for want of means, let us who are not thus situated rather thank God that in this particular we are not exposed to the temptation of needing to be less careful in ascertaining the will of God before we set out on a journey."

Source: <https://sermonindex.net/speakers/george-mueller/sleep-and-travel-suggestions/>

Grow in Your Walk with Christ

Listen and read messages that will stir your heart for Christ and point you to deeper repentance and devotion.

- 50,000+ Sermons from speakers past and present
- 3,900+ Classic Christian Books freely readable online
- 1,200+ Bible Translations and Commentaries
- Over 450k forum posts — Join our vibrant online Christian forum

www.sermonindex.net