

# 1 Thessalonians 5:6

So let us not sleep as others do  
but let us be alert and sober

# Overcoming the Spiritual snoozes

The background features a dark red gradient. A horizontal band of bright, sparkling particles and bokeh lights stretches across the lower half of the image, creating a sense of depth and movement. The particles are in various shades of red and white, with some appearing as sharp points of light and others as soft, out-of-focus circles.



# SLEEP MAY BE CAUSED BY



Doubting Gods  
promise of  
Christ's return





Denial of the  
certainty of  
death



Comfortable  
and secure  
environments

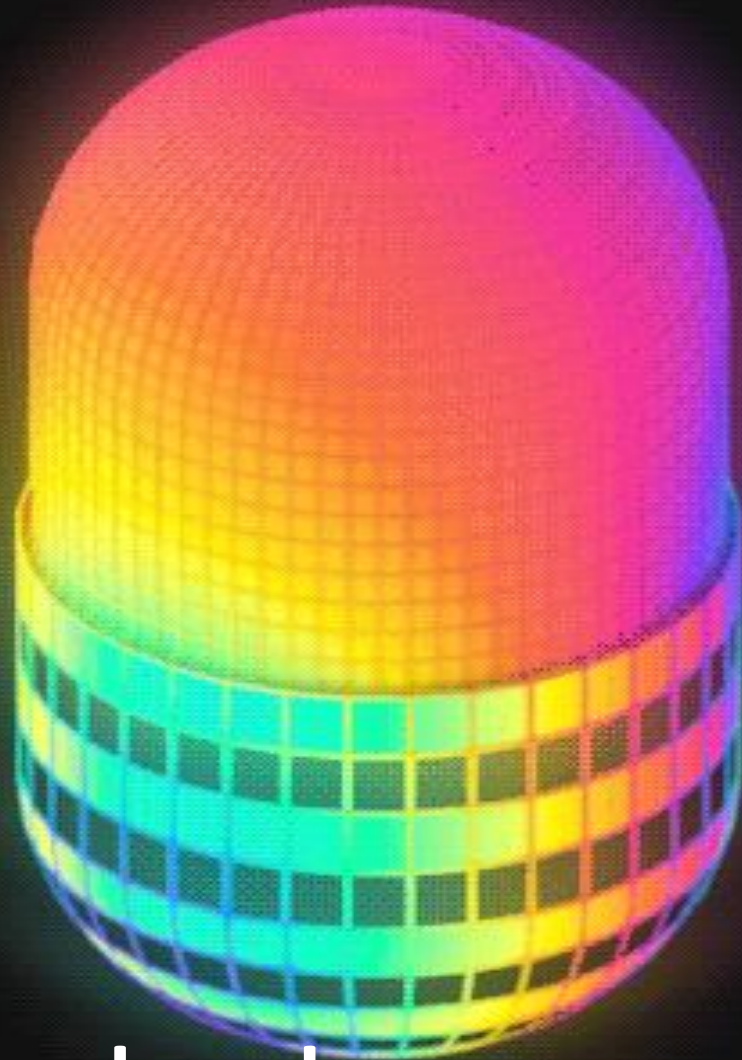




Times of  
feasting and  
frivolity



# Antidote 1



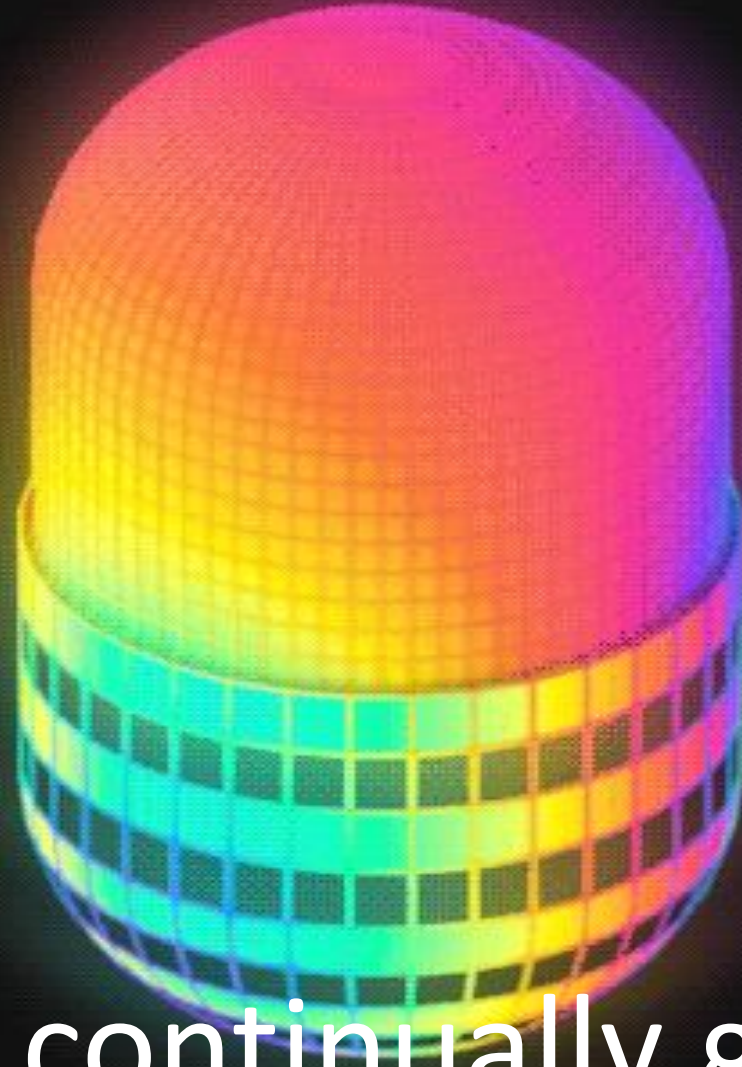
Have constant exposure to the  
Word



Hear the gospel  
Heed the gospel  
Harbour the gospel  
Hold fast to the gospel



# Antidote 2



Practice continually gossiping  
the gospel

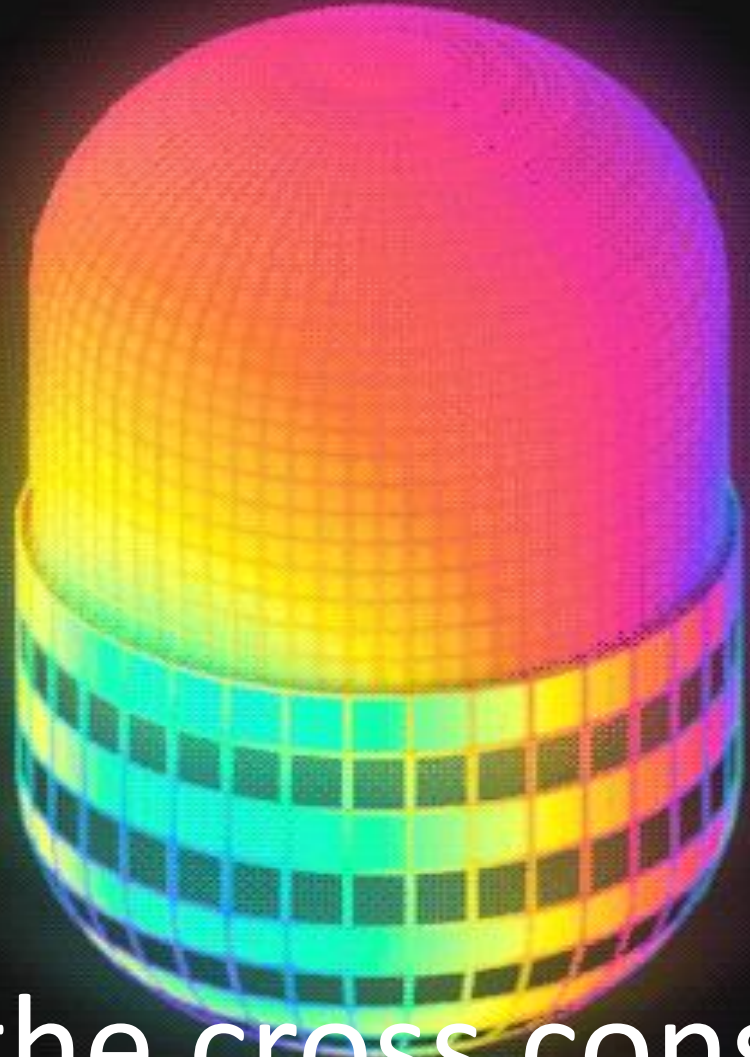


**IT'S INSTRUCTIVE**  
**IT'S PRESERVING**  
**IT'S ENCOURAGING**  
**IT'S HEALING**  
**IT'S BUILDING UP**  
**IT'S EXCITING**



worshipmedia.com

# Antidote 3



Keep the cross constantly  
before your eyes

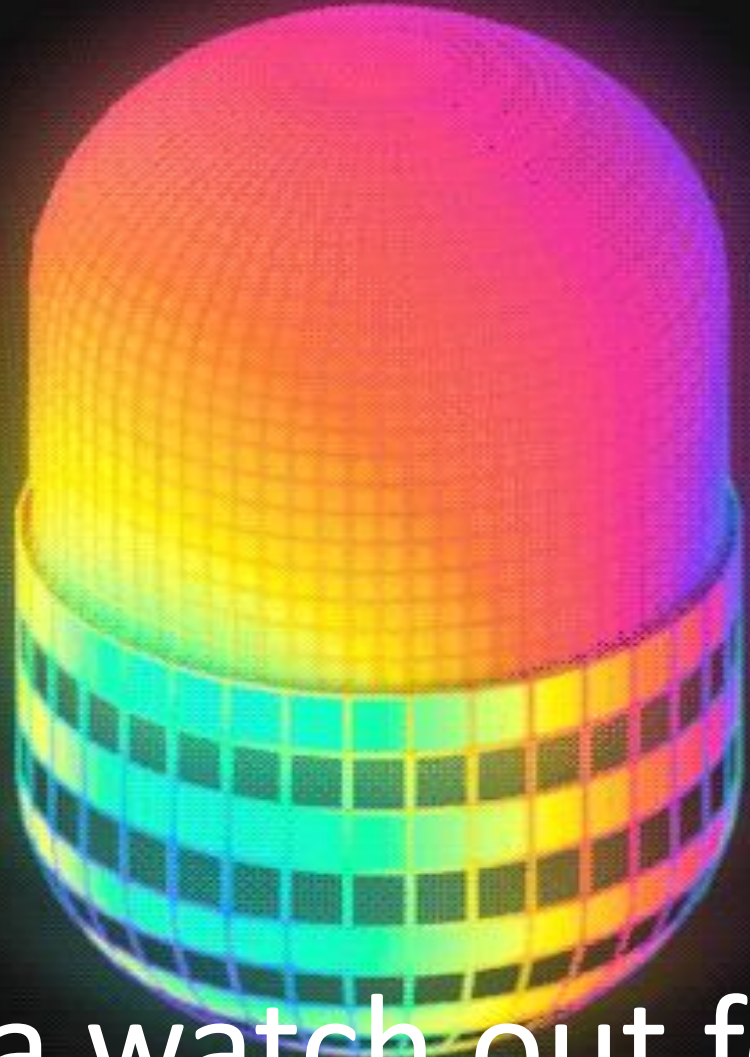


**HIS SACRIFICE**  
**HIS BLOOD**  
**HIS SHAME**  
**HIS PAIN**



MakeAGIF

# Antidote 4



Keep a watch out for the  
enemy



He's Stealthy

He looks for our weakness

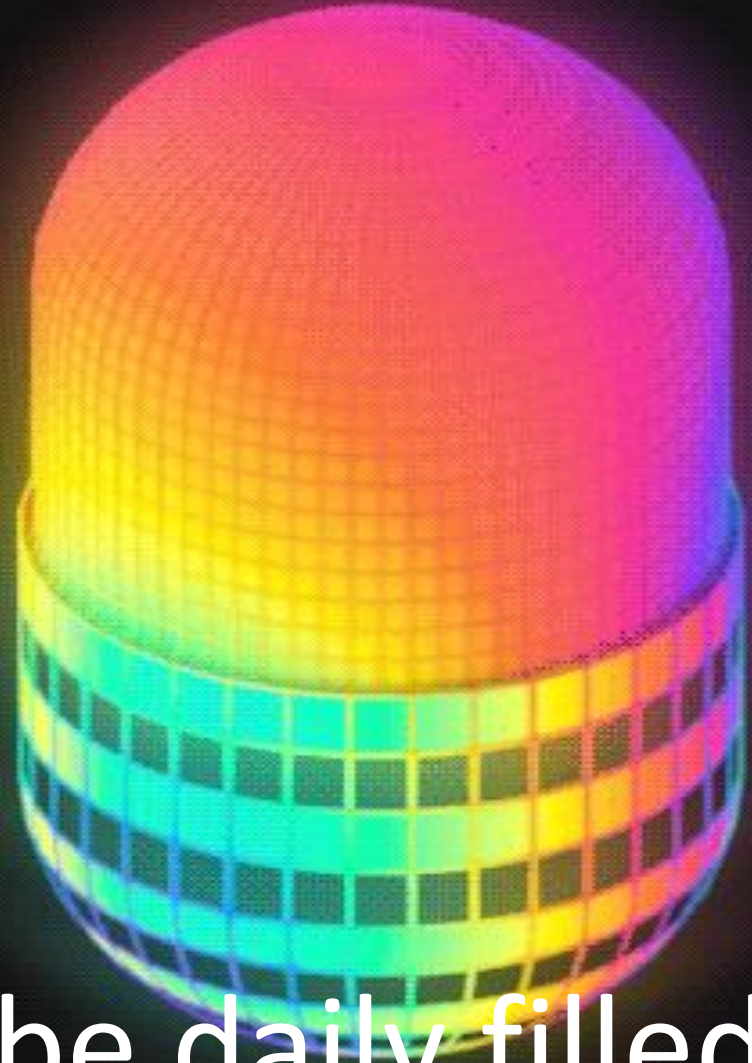
He is tricky

He is a liar

He is a murder

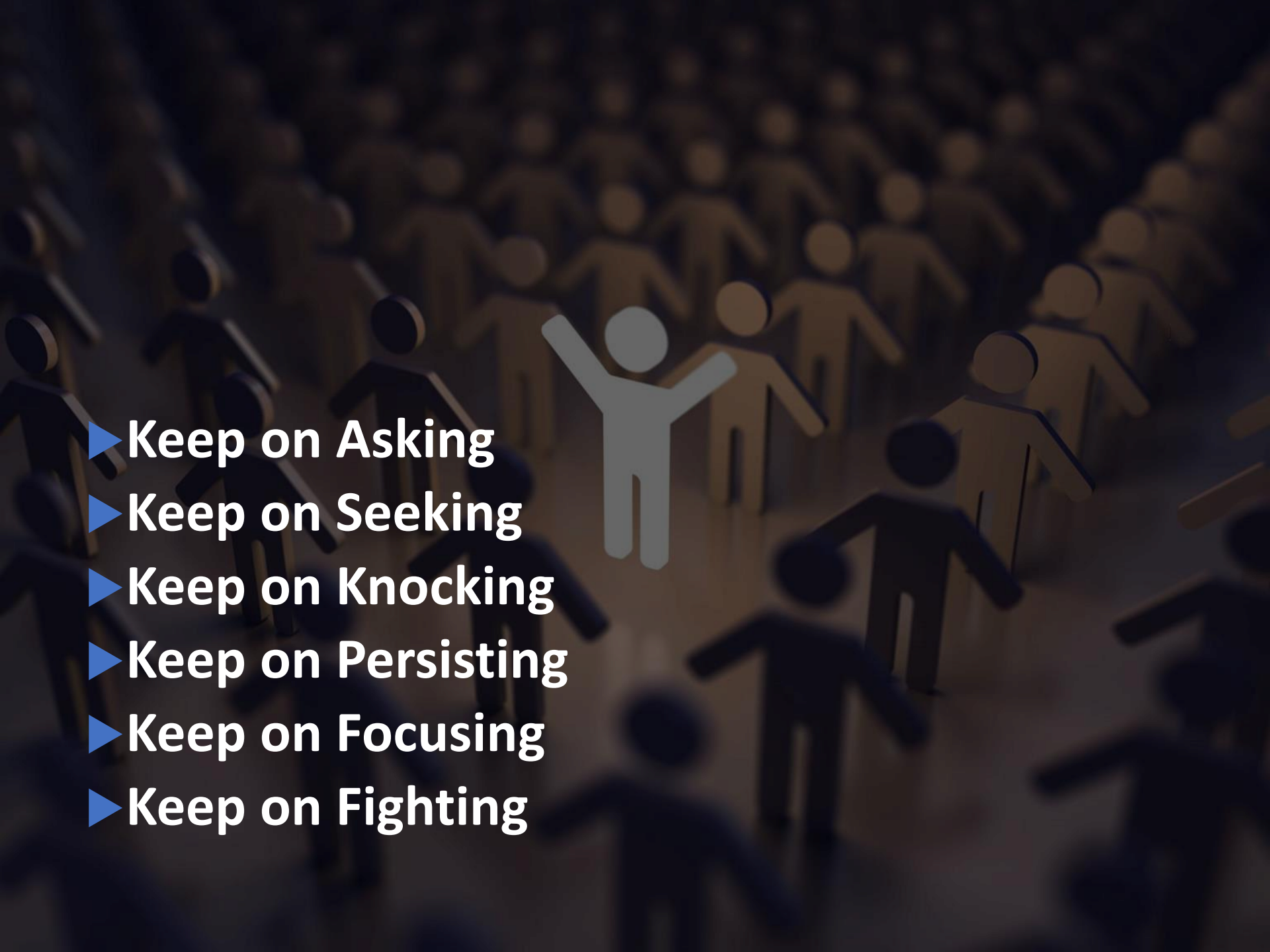


# Antidote 5



Strive to be daily filled with the  
Holy Spirit



- 
- ▶ **Keep on Asking**
  - ▶ **Keep on Seeking**
  - ▶ **Keep on Knocking**
  - ▶ **Keep on Persisting**
  - ▶ **Keep on Focusing**
  - ▶ **Keep on Fighting**

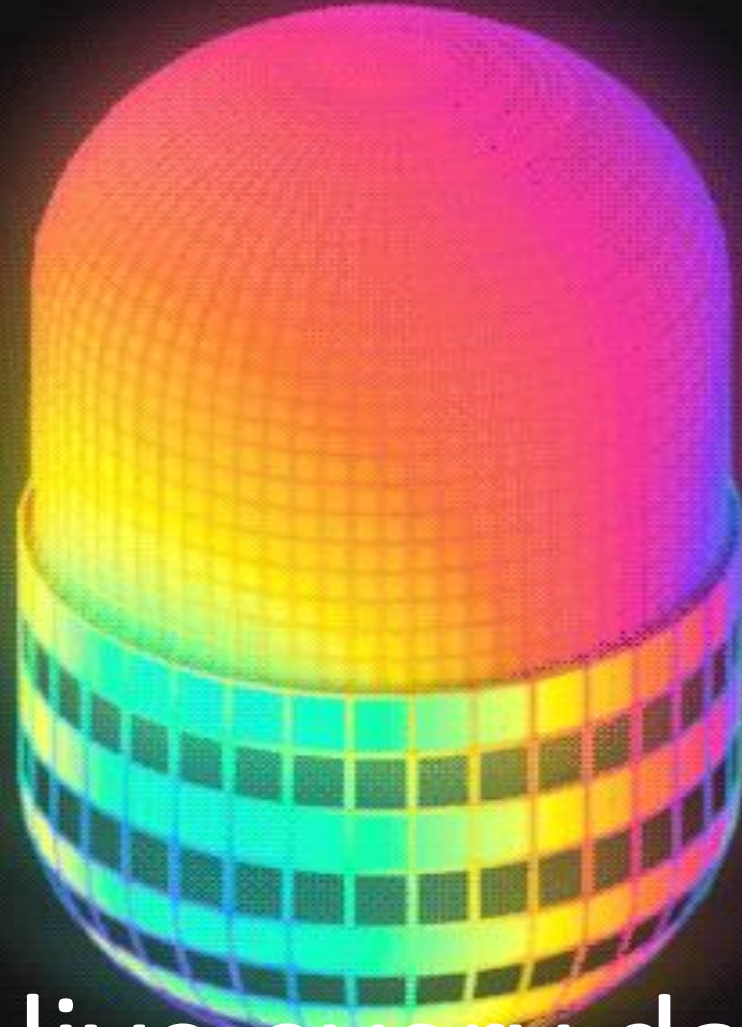


Work Out  
Your Salvation  
With Fear And  
Trembling

Philippians 2:12

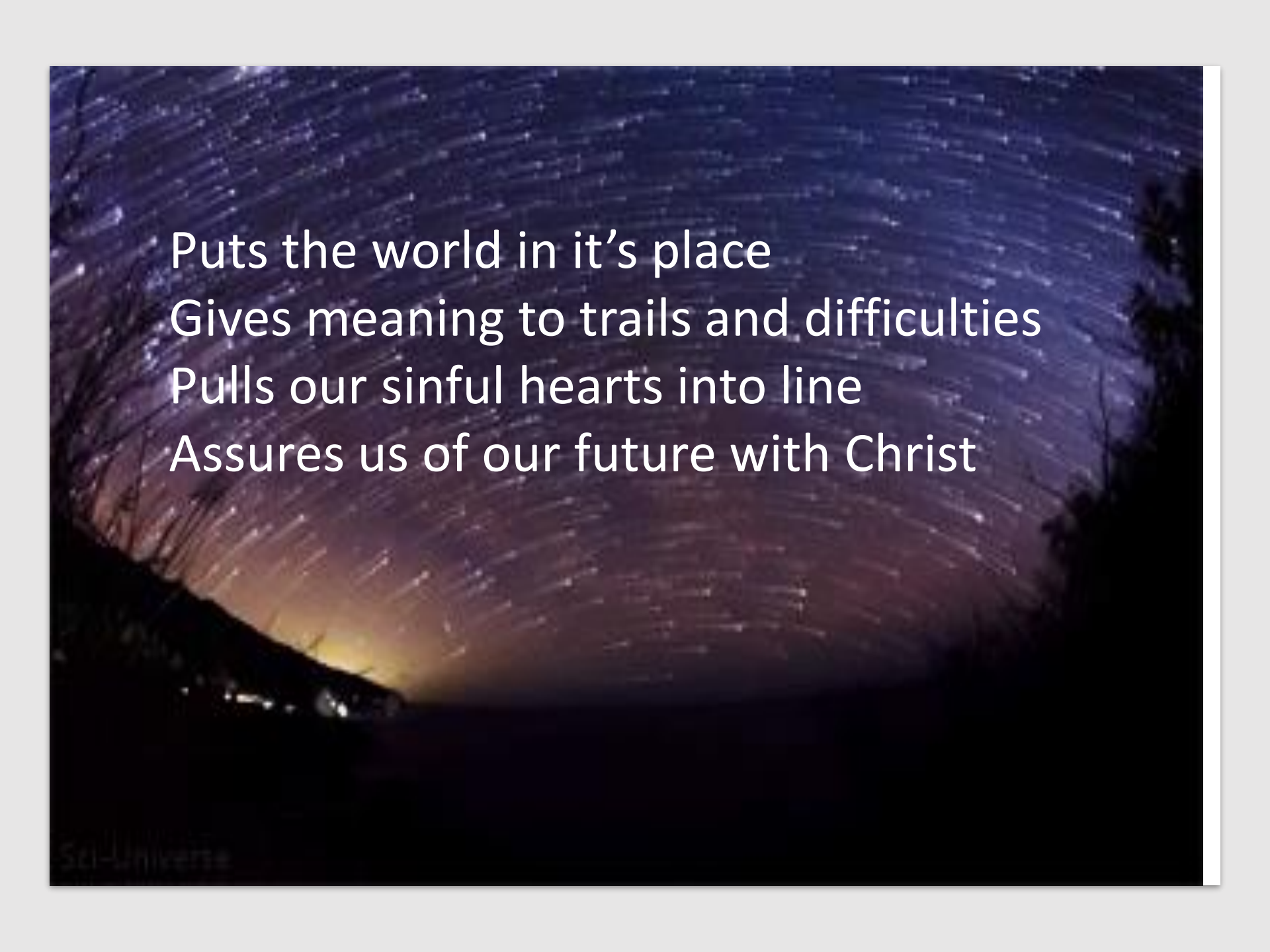
[Knowing-Jesus.com](http://Knowing-Jesus.com)

# Antidote 6



Seek to live every day with a  
heavenly perspective





Puts the world in it's place  
Gives meaning to trials and difficulties  
Pulls our sinful hearts into line  
Assures us of our future with Christ



**WAKE UP**  
and strengthen the  
things that remain  
**WHICH WERE ABOUT TO DIE.**  
Revelation 3:2