Subject: Re: Why Is Sleep Needed?
Posted by Becky on Wed, 22 Oct 2025 09:30:18 GMT
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From the holy book, we were told that God rested on the seventh day. I will call that sleeping because he has been working from day one to day six to get everything right. So for us, we needed sleep because we need to be refreshing for a new day, relaxing our weak bones to get better, rebooting every places that needed to wake up.