



God Gave Us Sleep

Lisa Tawn Bergren

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“Little Cub!” Mama called. “Time for bed.”

Little Cub is having so much fun building an igloo with her friends that she doesn’t want to stop for bedtime! Who needs sleep when there’s fun to be had? Mama patiently answers her child’s questions as she puts her to bed, explaining the importance of daily rhythms of work, play, and rest. As they talk through the fears that come with nighttime—and work through Little Cub’s endless stalling tactics—our favorite bear learns to realize that God gave us sleep as a vital gift.

“God gave us rest so we have energy for our day, and patience to enjoy it. And so we have quiet time to listen to him.”

This charming addition to the best-selling God Gave Us series, with its Arctic characters and relevant message, will help all little ones prepare for a peaceful night’s rest.

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