

SURRENDERED SLEEP



CHARLES W. PAGE, M.D.

Dr. Charles W. Page is a sleep-deprived surgeon who completed medical school and residency at Baylor College of Medicine in Houston, Texas. He and his wife Joanna live in Texas with their five children. His activities and ministries include:

- Service as a rural surgeon in Texas since 2001
- Fellow of the American College of Surgeons and the Christian Medical and Dental Association – FACS and CMDS
- Local church involvement in teaching/preaching
- Medical mission trips to Cameroon, Pakistan, Mexico, Honduras, Nicaragua
- Evangelism trips to Niger, Malawi

Available Speaking Programs:

See www.surrendered-sleep.com for more topics

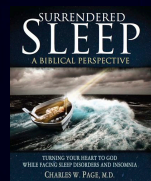
A Servant's Heart—Sleep can become an escape from the realities of life and can reflect a heart deadened to things of God. There are times when the need to serve outweighs the desire to sleep.

A Responsive and Enduring Heart—Sometimes God interrupts rest in order to speak to believers. A responsive heart listens for and obeys the voice of God. An enduring heart anticipates the enjoyment of an all-satisfying God.

A Wise Heart (The Great Disconnect)—Often there is an association between our daily decisions and the quality of our sleep. Learn to incorporate discernment and judgment in every area of your life—surrendered to biblical principles.

A Calm Heart (What a Calm Heart Knows)—God offers us a calm heart. Believers can sleep peacefully during adversity, due to the assurance of God's providence, provision and protection in every detail of their lives.

Surrendered Sleep (Putting It All Together)—God is active and engaged in the believer's life as we lay down to sleep. God created you (physiologically & spiritually) to surrender your sleep over to Him.



Surrendered Sleep - A Biblical Perspective

Dr. Charles W. Page

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Endorsements of Dr. Charles W. Page

I found Dr. Page's *Surrendered Sleep* fascinating as I had never thought about a biblical connection with sleep. Dr. Page brings together the physical, mental, scientific and spiritual aspects of sleep in a way you've not seen before.

Brenda Fried, Shreveport, Louisiana
Author of Bridging the Gap of Faith

Surrendered Sleep explores the root causes of many sleep disturbances from a biblical perspective. Dr. Page offers practical advice on how to draw closer to God to overcome the anxieties and fears that rob many of their night's rest.

Jeffery J. Vrielink, M.D., Grand Rapids, Michigan
Christian Psychiatrist

Dr. Page cuts through the deceptions of modern life to expose the roots of our sleeplessness. His masterful, insightful study of sleep in the Scriptures will awaken a new understanding of sleep and sleeplessness in our lives.

Kevin Paszalek, Kijabe, Kenya
Professor and Vice Principal for Administration of Moffat Bible College, AIM International