

# Proverbs 20:13

Authorized King James Version (KJV)

Love not sleep, lest thou come to poverty; open thine eyes,  
and thou shalt be satisfied with bread.

## Analysis

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The contrast between loving sleep and loving diligence determines economic outcomes. 'Love not sleep' doesn't forbid necessary rest but warns against slothful indulgence. Excessive sleep leads to poverty; diligent wakefulness brings abundance—'satisfied with bread.' This reflects God's creational design where work produces provision. The sluggard's love of comfort becomes idolatry, while the diligent worker honors God through faithful stewardship of time and energy. The New Testament echoes this: 'if any would not work, neither should he eat' (2 Thessalonians 3:10). Hard work is not optional but a divine calling and means of supporting oneself, family, and ministry.

## Historical Context

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Agrarian life required early rising and sustained labor during growing seasons. Those who indulged in excessive sleep missed critical planting or harvest opportunities, leading to starvation.

## Related Passages

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**Hebrews 11:1** — Definition of faith

**James 2:17** — Faith and works

## Study Questions

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1. Are you disciplined in your sleep and work habits, or do you indulge in excessive rest?
2. How can you redeem your time to serve God and provide for your responsibilities?

## Interlinear Text

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אֵל	תִּתְּנָהּ ב	שֵׁנָה	פֶּן	תָּבֹרָשׁ	פֶּקַח	עֵינֶיךָ
H408	Love	not sleep	H6435	lest thou come to poverty	open	thine eyes
	H157	H8142		H3423	H6491	H5869
	שָׂבַע	לֶחֶם:				
	and thou shalt be satisfied	with bread				
	H7646	H3899				

## Additional Cross-References

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**Proverbs 19:15** (Parallel theme): Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger.

**Romans 12:11** (Parallel theme): Not slothful in business; fervent in spirit; serving the Lord;

**Proverbs 10:4** (Parallel theme): He becometh poor that dealeth with a slack hand: but the hand of the diligent maketh rich.

**Proverbs 12:11** (Parallel theme): He that tilleth his land shall be satisfied with bread: but he that followeth vain persons is void of understanding.

**Proverbs 13:4** (Parallel theme): The soul of the sluggard desireth, and hath nothing: but the soul of the diligent shall be made fat.

**Romans 13:11** (Parallel theme): And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.

**2 Thessalonians 3:10** (Parallel theme): For even when we were with you, this we commanded you, that if any would not work, neither should he eat.

**Ephesians 5:14** (Parallel theme): Wherefore he saith, Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.

**Jonah 1:6** (Parallel theme): So the shipmaster came to him, and said unto him, What meanest thou, O sleeper? arise, call upon thy God, if so be that God will think upon us, that we perish not.

**1 Corinthians 15:34** (Parallel theme): Awake to righteousness, and sin not; for some have not the knowledge of God: I speak this to your shame.

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