

Suggestions Regarding Protection During Sleep

Due to the fact that we are very vulnerable to the workings of wicked spirits (ws) during sleep the following suggestions may be helpful.

One common way ws work on us during the night is by talking to us. What they say is often a reminder of our past sins, failures, or what others have said to us. They often seek to get us to relive in some way past trauma as though it has not been settled or sins forgiven. It is a subliminal way of contacting us.

Or they get us to live through events that are yet future and inject condemnation, failure, exaggeration of problems, confusion, pain, and rejection into the event. As a result we enter into the relationship with feelings of failure, sure we will be rejected, and some kind of impending judgment.

A very serious way ws interfere with our sleep is to counterfeit or control us in some way. The goal is to exhaust us – keep us from being alert during the day – make us fail in our work – and make us vulnerable to secondary solutions such as taking medication. (medication is often needed but one must pray and be sure it's the valid solution). The following symptoms are very common.

- Can't go to sleep
- Can't wake up
- Appear asleep when really almost awake
- Involve us in "dreams" in which we are working very hard
- Involve us in relationships in which we are rebuked, failing, rejected, disowned, etc.
- If one is divided ws often influence/control the personalities so they do not sleep. One way is to convince them they must be awake to protect the host person or themselves.

Ws may exaggerate fear or noise or odors (smoke) when one is sleeping so the sleep is extremely "light" or being awakened many times during the night and unaware of it. Often a parent will "hear" a child calling out, or a person will "hear" the telephone or doorbell ring many times during the night – but never really wake up.

There may also be an exaggeration of one's vulnerability to sleep disturbance causes – allergies, dryness, choking, coughing, temperate change, etc.

The following suggestions may help you to have more "normal" sleep patterns.

"In the name of the Lord Jesus Christ I take my sleep away from ws, claim it as my own and give it to the Lord Jesus for safe keeping."

"In the name of the Lord Jesus Christ I bring His redeeming blood against all the negativism, accusations and condemnation spoken to me by ws. I affirm that my sins and judgment was paid for by the Lord Jesus and that I am completely forgiven."

“In the name of the Lord Jesus Christ I refuse to accept any work of ws during my sleep. I break down all triggers, conditioning and programming related to my sleep.”

“In dependence on the True and Living God – I surrender myself and my sleep to the Lord Jesus and put on the Belt of Truth, the Breastplate of Righteousness, and the Sandals of Peace. I cover my head with the Helmet of Salvation, lift up the Shield of Faith and take into my hand the Sword of the Spirit which is the spoken Word of God.”

“In the name of the Lord Jesus Christ I rebuke all ws involved in counterfeiting me and my sleep. I rebuke you and your work (say it with an authoritative voice and a few times very sharply). I stop all your work. I take back all ground I have given you by allowing you to work on me. I drag you and your work out into the light of God. I bind all your systems to you and incapacitate you and all guards and protection you may have. I separate all of you from me, from all my functions, and in particular from my function of sleep. I command all of you to leave me and all my possessions and go in your entirety to where the Lord Jesus Christ, Who was born of the Virgin Mary, sends you.”

When you wake up in the morning and are aware of exhaustion, discouragement and/or confusion – and are aware it is the work of the enemy – break down what ws have done to you during the night and command it has to leave you. It may be helpful to say the following in a firm and authoritative voice.

“In the name of the Lord Jesus Christ I smash down all that ws have done to me and said to me during the night. I separate all effects of this activity from me and command it has to go where the Lord Jesus sends it. I take charge of my thinking, emotions, and bodily desires and give these functions to the Lord Jesus Christ for this day.”

If your problems with sleep are serious you may need the help of some knowledgeable person who can pray with you. If you are under attack, particularly if you are being counterfeited – then you will have a tendency to think the above is irrelevant and in no way applies to you. Be careful to make these issues items of prayer and ask for discernment. You may be more controlled than you realize.

Victor Matthews