

Sleep's battlefield

Psalms 4:8 - "In peace, I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Proverbs 3:24 - "When you lie down, you will not be afraid; when you lie down, your sleep will be sweet."

Do you wonder why, there are multiple verses promising us peaceful sleep? God knew that attacks from the enemy wouldn't stop as soon as we laid down to sleep. When we sleep, our spiritman is still awake ready to receive visions and messages from God, or attempted attacks from the enemy. The more we stay out of sin, the more available our spiritman can be to receive dreams or messages from God. When in sin, our spiritman becomes exposed (remember sin leads to open doors) to spiritual attacks that may come as demonic dreams, physical sensations at night or deposits placed in us.

Matthew 13:25 NET - But while everyone was sleeping, an enemy came and sowed dandelion among the wheat and went away.

Science has tried to give reasons as to why we may experience sleep paralysis, voices when falling asleep or even sexual attacks, yet we know each of these are some form of oppression. Speaking from experience, when I was in lust and new-age, my sleep would either be complete darkness in dreams, voices at night, sleep paralysis or hearing things move while half awake. It wasn't until those last 3 forms of oppression that I decided to turn away from those sins and started looking for God and into self-deliverance. Once I repented and stopped the sin, the oppression started to reduce steadily. Fasting and prayer helped to control the flesh to turn from sin, which then helped in reducing the oppression.

Fear of being attacked while asleep is an attack from the enemy because God gives us sleep to replenish our physical bodies to prepare for the next day. The enemy will try to place in your mind, "I'll get attacked if I fall asleep", which stops you from falling asleep if you believe the lie. If you're out of sin, this attack will lose power against you. If you continue to read the Word, you'll be able to judge incoming thoughts against it.

Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

I tried to research Biblical examples of people being attacked in their sleep, but all the sleep examples I found were just of God's chosen being spoken to by God or given a Godly dream. It's possible either this form of attack wasn't prevalent back then as it is now, God's chosen back then didn't participate in a sin that would allow this oppression, or it wasn't recorded when someone experienced this(i.e. Denial of it, not considering it a spiritual attack etc.).

However, David frequently spoke about his struggles in the night when he was on the run. Psalm 6:6 "I am weary with my sighing, every night I make my bed swim, I dissolve my couch with my tears". Another translation puts it this way, "I am worn out from sobbing, every night tears drench my bed, my pillow is wet from weeping".

Psalm 77:2 "In the night my hand was stretched out without weariness and my soul refused to be comforted". He was deeply troubled while lying on his bed. He had his hands lifted to the Lord, but his heart had not YET found rest.

In Psalm 143 It was during the night that David said, "For the enemy has persecuted my soul. He has crushed my life to the ground." ... "Therefore my spirit is overwhelmed within me".... "In the morning, let me hear your loving-kindness, for I trust in you."

Even if you are completely out of the sin that brought the oppression, *you may still receive retaliation in this area*. The logical thought I had when initially receiving freedom was, "I'm walking this path and not serving the enemy anymore, of course it is going to retaliate". Now the key is changing your mindset about oppression. No longer in fear of it, but now recognizing your authority in Christ to fight back either in the dream or once you wake up.

What do you do

- Night prayer document
 - This should be a part of your routine before bed. It contains repenting for sin during the day, applying the armor of God, speaking the blood of Jesus over your self and possessions, then finally binding up/casting out any demons assigned to attack.
 - It also includes a prayer against witchcraft when you get attacked at night.
- Prayer in your prayer tongue during the third watch (12am-3am)
 - When, not if, you're awakened during those hours, it's God telling your spiritman to worship and pray.
 - Some say this is when the veil between the physical and spiritual is the weakest. Even occult/new-agers perform their rituals during this time, **so why can't you get up and fight?**
 - Most of my downloads and visions came during this time. Even the topic for my first teaching came during this time back in 2024.
 - Don't fall back asleep during this time until you spend time with God in some way. You may miss a vision, message from God or opportunity to counterattack if you do.
 - Remember, even when Jesus was in the Garden of Gethsemane, Peter and the Zebedee sons fell asleep when Jesus told them to keep watch.
 - Matthew 26:40-41 NET - **"So, couldn't you stay awake with me for one hour? Stay awake and pray that you will not fall into temptation. The spirit is willing, but the flesh is weak."**
- Worship

- The enemy cannot stay in a place where there's worship. There's multiple verses about singing at night:
- Psalm 149:5 NET - Let the godly rejoice because of their vindication. Let them shout for joy upon their beds.
- Job 35:10 NET (During Elihu's 3rd speech) - But no one says, 'Where is God, my Creator, who gives songs in the night,
- Psalm 77:6 NET - "I said, "During the night I will remember the song I once sang; I will think very carefully." I tried to make sense of what was happening.."
- Ps 42:8 NET - By day the Lord decrees his loyal love, and by night he gives me a song, a prayer to the God of my life.
- It's not a coincidence that once you start to worship, any negative emotions you feel vanish. Also, this will help prep the atmosphere before you pray at night.

Once you recognize that God gives us peace at night, you'll see sleep as more than a bodily function, but another area to be grateful for His protection. Just as we have to make time for Him during the day, we have to make time for Him at night. Not just because it will help against the enemy's attacks but also because we should want to do it.

References

- <https://abide.com/blog/10-bible-verses-to-reflect-on-for-better-sleep/>
- <https://www.reallifeankeny.org/sermons/sermon/2015-12-06/nighttime-battles>
- <https://newlevelsingod.org/the-third-prayer-watch-1200-a-m-to-300-a-m/>