

EP 20 — SLEEP AND REST RESTORED

Peace in the Night Hours Episode 20 — Prophetic Prayer & Declaration · Chris & Prudence Ministries

OPENING

There's a particular kind of exhaustion that comes from dreading your own bed.

For some of you, bedtime isn't rest. It's a wrestling match. The lights go off and the mind turns on. The worries you outran all day finally catch you in the dark. You lie there doing math on hours you won't get back. And by morning you're more tired than when you laid down.

This is not small. Sleep is where God repairs what the day broke. When the night is stolen, everything else gets harder. The enemy knows it. That's why he fights so hard for your nights.

But hear this. God gives to His beloved even in their sleep. He grants rest. Not as a reward for getting it right. As a gift to the ones He loves.

You are His beloved. And the night belongs to Him too.

Today, we take back the night.

Let's go to the Father.

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PROPHETIC PRAYER

1. Worship

Father, hallowed is Your name.

You are the God who neither slumbers nor sleeps. You keep watch through every hour we can't. You are awake over us while we rest.

We worship You as the God of rest. The One who made the Sabbath. The One who slept in a storm because perfect peace had nothing to fear.

Holy is Your name over the night hours. Holy is Your name in the dark we've dreaded. Holy is Your name at 3 a.m. when we're still awake and You're still here.

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2. Submission

Your Kingdom come. Your will be done. On earth as it is in heaven.

Father, in heaven there is rest. Perfect rest. No striving. No anxious nights.

So we submit the night. We hand You the hours we've been white-knuckling. The worries we carry into bed. The problems we keep trying to solve in the dark.

Your will be done in our nights as it is in heaven. We lay it down. We give You the watch. We trust You to hold what we can't while we sleep.

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3. Petition

Give us this day our daily bread.

Father, tonight we ask for rest. Deep, restoring, supernatural rest.

Quiet the mind when our head hits the pillow. Still the racing thoughts. Slow the heart. Let sleep come easy and stay through the night.

Give us the rest the body needs to heal. The rest the soul needs to recover. The rest You designed us for and the enemy keeps stealing.

Daily bread, and nightly rest. Both come from Your hand.

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4. Confession and Forgiveness

Forgive us, Father.

For carrying into the night what we were supposed to hand You. For making the bed a place of striving instead of trust. For acting like staying awake worrying would somehow help.

We confess we've tried to be the keeper of things only You can keep. We've made ourselves responsible for outcomes that were always Yours.

Cleanse us. Lift the weight off the night.

And as You forgive us, we forgive ourselves for the nights we lost. We release the anxiety that stole them. We're not carrying it into tonight.

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5. Protection

Lead us not into temptation. Deliver us from the evil one.

Father, some of what steals the night isn't natural. We name it.

We break the spirit of fear that wakes us. We break the torment that visits in the dark.
We break the insomnia assigned against our rest in the name of Jesus.

Deliver us from the night terror. From the dread of bedtime. Post Your angels around the room. Let the night be holy, quiet, and safe.

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DECLARATION

I declare over you today.

The night is being restored. The wrestling match is over. Your bed is becoming a place of peace again.

I declare you will lie down and not be afraid. Your sleep will be sweet. Your mind will be quiet the moment your head hits the pillow.

I declare the racing thoughts stop. The 3 a.m. waking ends. The torment of the night hours is broken.

I declare God gives to His beloved even in their sleep. And you are His beloved.

I declare Psalm 4:8 over you. In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety.

The night belongs to God. And tonight, you will rest.

SEALING PRAYER

Father, we seal this.

Every night restored. Every fear evicted. Every hour of rest protected. Sealed in the name of Jesus.

What heaven has made peaceful, no torment of the night can steal.

Rest over wrestling. Peace over panic. His watch over our worry.

It is finished. It is sealed. It is so.

In the mighty name of Jesus.

Amen.