

Prayer to Release Sleep

"...for He grants sleep to those He loves."

Lord I repent and renounce for myself and my ancestors for all fear, distrust, disobedience, unbelief, hardening of hearts, and rejection of the Gospel resulting in the inability to enter into the rest of the Lord. I repent and renounce for myself and my ancestors for failing to heed God and rest from works as God rested from His works.

I repent and renounce for myself and my ancestors for not being diligent to enter the rest of God and for not drawing near to the throne of grace to receive mercy and forgiveness.

I break, shatter, destroy and smash the curse that I will find no rest and there shall be no resting place for the sole of my foot and that I will have a trembling heart, failing eyes and despair of soul, no assurance of life, be in dread night and day, and long for evening in the morning and morning in the evening.

Forgive me Lord and my generational line for not perceiving when you spoke to us even though you spoke more than once – in dreams and visions during my sleep. Lord, you were trying to withdraw me from my own purposes and pride.

Lord, I repent for myself and my generational line, and I ask your forgiveness and I ask that you would again speak while I sleep and grant me sound sleep.

I renounce all worship of the serpent in my generation line and believing any lie of the enemy. I disconnect myself from the effects of eating from the tree of knowledge of good and evil. I choose now to draw my life from You, the Tree of Life. I repent for grumbling and murmuring instead of thanking you for all the blessings you have given and want to give to me. I ask you Lord to heal me and take me into your perfect rest and time.

I choose to obey the voice of God and not go to the right or to the left or follow other gods to serve them. I bind myself to God's wisdom, discretion, and understanding and I commit into Your hands, Lord, all that concerns me, my family, my household, my finances, my life, my whole body, soul and spirit and all that you are doing in my life. I ask you to give me your deep refreshing and perfect sleep, I ask you Lord to cleanse every part of me from opposition from the enemy and bring me into your place of safety and rest.

I repent for myself and my generational line for not loving our fellow man. I repent for murdering, stealing, and coveting. I choose to walk in the finished work of Christ. I choose to love my neighbor as myself. At this present time, I put aside the deeds of darkness and put on the armor of light because the night is over and the day is almost here. I put aside orgies, drunkenness, and sexual immorality

and debauchery. I choose not to walk in dissension and jealousy. I choose not to gratify the desires of the sinful nature. Rather, I clothe myself in Jesus Christ.

Lord, if I am stuck in time, domains, quadrants, or dimensions because of my sin or sin in my generational line, or due to a life event, I ask you Lord to forgive the sin and release me and adjust my time clock and the natural cycles of my body into the correct creative time order. Lord, would you move me into the destiny you have written for me. I demand back from the thief a seven- fold return for everything good stolen from me and my generational line.

Lord, I ask Lord for my destiny and for my inheritance that You have ordained for me. I repent and renounce for deliberately giving away and handing over my destiny and inheritance to the enemy because of not believing that You would fulfill Your word. I ask you Lord to close the unrighteous doors that were opened and to open the doors for righteous blessings to come in, and I request 100 fold blessings. Lord, I choose to receive from You the keys to open and to shut. I choose to receive only from You Lord, the Tree of Life and not from the tree of knowledge of good and evil. I choose to receive the refreshing dew from heaven. I repent and renounce for myself and my family line for not receiving and using the rod of authority and power that you have given in order for You to receive glory. I now choose to receive and thank you for the rod, power, and authority that you have given to me to use for your glory, Lord. I choose to receive Your words, Your way, Your wisdom and all that I need to go forth in Your name, authority and power.

Gen. 3:24, Deut. 1:34-35, Deut. 28:14, Deut 28:65-67, Joshua 1:13, Job 33:14–18, Ps 4:8, 95:11, 127:2, Prov 3:24. 6:31, 19:23, Is. 29:10, Jer. 31:26, Romans 13:8–14, Heb. 3:4, 3:18-19, 4:11,