

# Prayer Against Tormenting Dreams

## Scripture Foundation

### **Job 33:14–16**

“For God speaketh once... In a dream... that he may withdraw man from his purpose.”

### **2 Timothy 1:7**

“God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

### **Psalm 4:8**

“I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.”

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## Instruction

Pray this if you experience disturbing or oppressive dreams. Begin by submitting yourself to God before rebuking anything.

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## The Prayer

Father God,

I come before You in the name of Jesus Christ. I thank You that my rest belongs to You.

If any dream I have experienced was from my own anxiety or imagination, I ask You to calm my mind and restore peace.

If a dream was a warning from You, give me clarity and wisdom through Scripture, not fear.

If any dream was oppressive, confusing, or rooted in spiritual disturbance, I reject it now in the name of Jesus Christ.

I submit my sleep, my mind, and my subconscious thoughts to You.

Your Word says You have not given me a spirit of fear, but of power, love, and a sound mind. I receive that promise.

I cancel every residue of fear attached to any dream. I reject lingering anxiety. I refuse to meditate on images that disturb my peace.

Holy Spirit, guard my mind as I rest. Let my sleep be peaceful and undisturbed.

My dreams belong to the Lord. My rest belongs to the Lord. My mind is covered by the peace of Christ.

In the name of Jesus Christ,  
Amen.

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### **Closing Declaration**

I sleep in peace under God's protection.  
Fear has no authority over my rest.  
My mind is sound and guarded by Christ.

OVERTHROWING ALTARS