

## Prayer to Sanctify Sleep –Sue Bowman

I want to share an insight that may bring you, and those you pray for, more peace during the night.

I have struggled to sleep all night for some time now. I was aware that the issue was historical, but unable to find the source.

As you know, I also pray for folks who suffered abuse as children and who struggle to rest at night.

Here's the breakthrough: It came in these steps, so I will report it as I received it.

1. Pray asking the Father to sanctify the night.  
"Father God, I ask that you would sanctify the night season and set it apart unto yourself.
2. Ask the Lord to reveal what you expect will happen at night.  
I expected "bad things" to happen in the night.
3. Ask the Lord what your heart-level belief is.  
Mine was this: Bad things happen in the night.
4. Ask the Lord what judgment you made.  
Mine was this: The night is bad.
5. Then I repented of judging (blaming) the night time for the bad things.  
"Lord, forgive me for blaming and judging the night. You made the night time. It is good. It has never hurt me. Sin is what has hurt me."
6. Then ask how you are managing your pain. These will be inner vows.  
Here are mine: I will stay awake and watch. I will hide = fantasy world.  
"Father, I break all inner vows I took to protect myself from the night. I break the vow to stay awake and watch. I break the vow to hide. I send all evil enforcers to the feet of Jesus for judgment."
7. Ask for the Lord God to bring your wrong expectations to death.  
"Father, please bring to death my habit of thinking, expecting and believing that bad things are going to happen in the night. Teach me that the night is good, because You made it. Amen"

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