

Sleep Paralysis — Extended Deliverance Prayer

Pray aloud. Go slowly. Where it says (name specifics), say them out loud.

Preparation

Lord Jesus Christ, I turn fully to You. I ask for Your light and truth right now. Holy Spirit, come—fill this room and fill me. Clothe me with the armor of God (Eph 6:10-18) and cover me with the blood of Jesus.

Confession & Repentance

Father, I confess and repent for every sin and open door that has given place to night torment (Eph 4:27). I repent for fear and agreeing with fearful thoughts. I repent for seeking guidance outside Your Word—any occult curiosity, horoscopes, psychics, counterfeit 'prophecy,' or superstition. I repent for sexual sin and unclean media or fantasies. I repent for unforgiveness, bitterness, and judgments, and any occult items in my home. I repent for agreeing with lies about my identity or authority in Christ. (Name specifics the Holy Spirit brings to mind.) Thank You that as I confess, You forgive and cleanse me (1 Jn 1:9). I receive Your forgiveness now.

Renunciation of Agreements & Fear

In the Name of Jesus Christ, I renounce every agreement with fear, night terror, sleep paralysis, familiar spirits, and the spirit of divination (2 Tim 1:7; Acts 16:16-18). I renounce every dream covenant, night visitation, nightmare, and oppressive presence. I renounce counterfeit comfort and counterfeit guidance that does not align with Scripture (Isa 8:19-20). I cancel every assignment and claim of the enemy—null and void by the blood of Jesus (Col 2:14-15).

Forgiveness & Breaking Soul Ties

By an act of my will, I forgive everyone who hurt, frightened, or misled me—(name them)—and I release them to You. In Jesus' Name, I break every ungodly soul tie with (name people, ex-partners, abusers, false spiritual voices). I return to them what is theirs, and I take back—cleansed by Jesus' blood—what belongs to me.

Command of Expulsion (Exercise Authority)

Lord Jesus, You are my Savior and King. You have given me authority (Luke 10:19). In Your Name, I now speak to the enemy: Every spirit behind sleep paralysis, every familiar spirit, every spirit of fear and night torment—I command you to leave me now and never return, in the Name of Jesus Christ of Nazareth. Leave my mind, body, emotions, and spirit. Leave my dreams and sleep. Leave my home and family. Go now in Jesus' Name.

Cleansing & Closing Doors

I apply the blood of Jesus to every door that was open—my thoughts, eyes, ears, and home. I close those doors now: to fear, occult influence, sexual uncleanness, bitterness, and lies. Lord, seal these doors by Your blood and Your Spirit, and set Your angels on guard (Ps 91:11).

Filling & Renewal

Holy Spirit, fill every place that was emptied (Matt 12:43-45). Fill me with peace, truth, self-control, and holy desire for Your Word (Phil 4:8-9). Renew my mind and reset my nights. I receive the mind of Christ and the peace of God.

Consecrating the Room

I consecrate this bedroom and this home to the Lord Jesus Christ. I break every influence of fear, terror, nightmare, and sleep paralysis. Let the peace of Christ guard this place. Place Psalm 4:8 and Psalm 91 over my sleep. Only the Holy Spirit and His angels are welcome here.

Identity & Thanksgiving

I belong to Jesus. I am washed, forgiven, set apart, and free (Rev 12:11). Thank You, Father, for freedom. Thank You, Jesus, for Your victory. Thank You, Holy Spirit, for Your presence. In Jesus' mighty Name, amen.

Rapid Night Declaration

In Jesus' Name, I submit to God and resist the enemy—go now. My sleep is covered by the blood of Jesus; fear has no place here. Holy Spirit, fill this room with Your peace. I will lie down and sleep in safety (Ps 4:8). Amen.