



Powerful Prayer for Healing & Restorative Sleep

Heavenly Father, in the mighty name of Jesus, I surrender this night completely into Your hands.

I declare your word found in **Psalm 4:8**, “**I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety.**”

I receive the peace of God over my mind and the healing presence of God over my body. Release your angels to minister to me while I sleep.

I take captive every racing thought, worry, fear, and anxious imagination. I release every problem I cannot solve tonight and release tomorrow into Your steadfast hands.

Father, I welcome Your peace fill this room.

I speak supernatural healing from heaven over my body as I sleep.

I declare that every cell, organ, muscle, joint, nerve, and system come into order and be restored according to your design. Father, repair what needs repairing, replenish what has been depleted, and restore what exhaustion may have taken from me.

Let tonight be more than sleep—**let tonight be restoration down to the cellular level.**

In the name of Jesus, I resist everything that would attempt to disturb my rest. I reject fear, torment, oppression, nightmares, anxiety, and restlessness.

My mind, body, home and sleep belongs to Jesus.

Father, surround my home with Your protection and command Your angels concerning me.

I declare your Word that says in **Proverbs 3:24**, “**When you lie down, you will not be afraid...your sleep will be sweet.**”

Father, let me fall asleep peacefully, remain asleep peacefully, and awaken refreshed, strengthened, clear-minded, and restored.

I receive healing sleep. I receive deep sleep. I receive restorative sleep.

In the mighty name of Jesus and by His blood I seal this prayer , **Amen.**