

Warfare Prayer for Healing from Sleep Apnea

Father, in the mighty name of Jesus Christ, I come boldly before Your throne, standing on the authority of Luke 10:19—"Behold, I give you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you."

I lift up every attack against my breathing, my rest, and my body. I declare that sleep apnea is not my portion. It is an illegal trespasser in the temple of the Holy Spirit. It is written in Your Word in Psalm 127:2 - You give Your beloved sweet sleep, and I decree that I shall rest in peace, not wrestle with torment in the night.

I bind and break the assignment of **the spirit of infirmity, the spirit of oppression, and the spirit of torment and disruption** working against my sleep. I renounce every generational curse of respiratory affliction, chronic fatigue, and premature death. I sever it with the sword of the Spirit right now, in Jesus' name.

I command every demon choking my breath in the night, every spirit of witchcraft sent to suffocate, and every spirit of python assigned to constrict and restrict my airways—be loosed from me now! Go to the dry places, never to return. I release the breath of God over my lungs, over my airways, over my body. I shall breathe freely, I shall sleep soundly, and I shall wake up refreshed.

Holy spirit release healing into every part of my respiratory system. Realign my airways, strengthen my body, and restore my sleep. I apply the blood of Jesus to cover me as I lie down, guarding me from every spirit that tries to invade the night.

I decree prophetically: I will not die prematurely, but I will live and declare the works of the Lord (Psalm 118:17). My nights will be filled with peace, and my mornings will be filled with strength. I receive the healing anointing of Jesus Christ right now, for by His stripes I am healed (Isaiah 53:5).

I seal this prayer in the name of Jesus, declaring that sleep apnea is broken, healing is loosed, and the breath of God sustains me. Amen and amen.

Before sleep:

I declare in Jesus' name that I am healed by the stripes of Christ (Isaiah 53:5).

I bind every spirit of infirmity, torment, and oppression working against my sleep.

I decree that my breath shall not be stolen, my nights shall not be disturbed, and my body shall not be weakened.

I declare that the blood of Jesus covers me as I sleep.

The breath of God fills my lungs, my airways are open, and my body aligns with divine health.

I reject every generational curse of sickness and declare that I walk in covenant blessing and healing.

I prophesy over myself: I will lie down in peace and sleep soundly, for the Lord sustains me (Psalm 3:5).

I will rise up refreshed, renewed, and strengthened.

I shall not die before my time, but I shall live and declare the works of the Lord (Psalm 118:17).